

# MEDIA RELEASE



## Celebrating Mental Health Week 2006

Thursday 5<sup>th</sup> October 2006

Northeast Health Wangaratta (NHW) provide a wide range of Mental Health Services to our community and next week 8<sup>th</sup> – 15<sup>th</sup> October will provide us with the opportunity to promote and celebrate good mental health.

Michael Nuck, NHW Mental Health Area Manager says "We provide a full range of clinical services for the Hume sub-region. Those services include Adult Community Mental Health – with centres in Wodonga and Wangaratta with teams also regularly visiting our outreach areas stretching from Corryong and Alpine in the east, Yarrowonga in the west Benalla and Mansfield to the south. The population covered is about 130,000 people. We also provide 24 hour Crisis Response accessed through NHW's Kerferd Acute Inpatient service and on-call clinicians. We also provide Aged Community and Inpatient services, in conjunction with Rehabilitation services provided through Beechworth and Wodonga Health. Community child and adolescent services are provided by Northeast Child and Adolescent Mental Health Services auspiced by the Wodonga Regional Health Service."

Mr Nuck continues "Two important new initiatives are the Integrated Primary Mental Health Service (IPMHS) – which covers all of NE Victoria – providing clinicians co-located in most GP practices – proving assessment and counselling for those suffering the high prevalence disorders such as anxiety and depression – access is through referral from your GP. The IPMHS is also providing a range of promotion and prevention activities based on community education, and up skilling of individuals and other service providers about mental health issues, and responding to people in need. We aim to create in partnership healthier and happier communities. The mental health wellbeing of our communities relies upon an all of community response not just the clinical services".

To celebrate Mental Health Week, NHW have organised for a fantastic day of free music and activities in the King George Gardens this Sunday 8<sup>th</sup> October from 11am until 3pm. The day has been fittingly titled "Stress Less Fest" will include music from local bands Jammin On from Wangaratta, Rhythm Hounds from Beechworth and KOKA from Wandiligong. There will be Qi Gong (Tai Chai) demonstrations, neck and shoulder massages, face painting for the kids, water painting, art displays, craft stalls, local agency information accompanied by a BBQ, dutch pancakes, cold drinks and coffee.

On Monday 9<sup>th</sup> October a celebratory breakfast will be held at the Gateway with entertaining and inspiring guest speaker Beth Wilson the Victorian Health Commissioner from 7am. The Health Services Commissioner receives and resolves complaints about health service providers with a view to improving the quality of health services for everybody. Prior to becoming Health Services Commissioner, Beth was the President of the Mental Health Review Board, a Senior Legal Member of the Social Security Appeals Board and the WorkCare Appeals Board. Cost is \$20 for a buffet and fully cooked breakfast. To book your place please contact Nadia on (03) 5722 0069.