

19 September 2018

MENTAL HEALTH MONTH AT ROYAL NORTH SHORE HOSPITAL

Royal North Shore Hospital will hold a week long mental health display this October as part of mental health month.

Organiser and Royal North Shore Hospital mental health clinical nurse consultant Suzy Russell said it was a chance for people to ask questions and learn about the services on offer.

“Nearly half of all Australians, around 45 per cent, will experience some form of mental illness during their lifetime, and those that don’t will most likely know someone that does,” she said.

“There’s still a lot of stigma and confusion around the topic and that’s where learning and growing comes in.”

Each stall will operate daily from 10am to 2pm in the main foyer at Royal North Shore Hospital.

Every day will feature a focus on a different service, beginning with the Older Persons Mental Health Service on Monday October 22.

Tuesday October 23 will feature stalls from Child and Youth Mental Health Services with Community Mental Health on October 24.

Drug and Alcohol services will be on show on October 25 before the week rounds out with inpatient services on October 26.

“It’s important to make sure that as many people as possible know what mental illness looks like and what can be done to treat it,” Suzy said.

“Even if it’s not an issue for you right now, it might be one day, either for you or someone you know.”

Mental Health Month runs for the whole of October, with this year’s theme being ‘share the journey’.