



Media Release

The Hon Greg Hunt MP

**Federal Member for Flinders
Shadow Minister for Climate Action,
Environment and Heritage**

Wednesday 10th July 2013

Youth Mental Health Forum with Professor Patrick McGorry

I am delighted that former Australian of the Year and leading youth mental health advocate Professor Patrick McGorry will join me in convening a Youth Mental Health Forum at Dromana.

Depression, anxiety and other mental health problems are among the biggest issues facing our young people today and I am keen to work with the community on tackling this.

The forum is aimed at local Year 10 and 11 students and their families and will be an opportunity to discuss some of the issues around mental health and hear how other young people have overcome challenges and built resilience.

Too often we find that young people are struggling in silence to cope with mental health issues, rather than seeking help.

Young people should be able to seek help for mental ill-health without feeling stigma or shame.

The earlier a young person seeks help for a mental health issue the better the long-term outcome for them.

We need to bring this issue out into the open and let our young people know that they are not alone and that help is available.

Along with Professor McGorry, the forum will hear presentations from Headspace Frankston, Victoria Police and the Mornington Peninsula Shire Youth Team.

The forum will also hear from young people who have experienced mental health issues.

The forum will take place at Dromana Secondary College on Friday, August 2 at 12pm. Those wishing to attend must RSVP to my office on 5979 3188.

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