

BREAK THRU PEOPLE SOLUTIONS

BROGDEN URGES MEN OF WESTERN SYDNEY TO 'OPEN YOUR MOUTH!'

Lifeline Patron and former NSW Opposition Leader, John Brogden, is urging all Western Sydney men to open their minds, their hearts and most importantly their mouths in the name of mental health.

October is Mental Health Month in NSW and two local Penrith organisations, Break Thru People Solutions and the Rotary Club of Penrith Valley, have joined forces to hold a special forum at Penrith Panthers on Wednesday 12 October, to get people talking about those most at risk of not asking for help when it comes to mental health – men, especially those aged 35+.

For Don MacKenzie, Business Manager for the Penrith Break Thru office, men keeping silent about their mental health is a growing issue that he witnesses too often. "I hear all sorts of comments everyday such as, 'I felt I could rely on myself, I didn't want to expose my feelings to those who loved me, I destroyed my family and I lost my job,' and when they finally come to us at Break Thru, they feel it is too late. But what we want to get across is that it is never too late to speak up, ask for help, and rebuild your life."

The theme of the night is "*Men – open your minds, open your hearts and OPEN YOUR MOUTHS! Men's mental and emotional health issues - why don't we talk about it?*" The guest key note speaker will be John Brogden who will share his very personal story regarding his own battle with depression and suicide and talk about the common misunderstandings of living with a mental illness.

"We want men of all ages and backgrounds to come and hear John. We want men to bring their wives, partners and loved ones to come and realise the support out there for them and how easy it can be to open up. It is better to take action and speak up now than try and ignore the problem which can ultimately destroy your life," says Don.

Tickets for the forum are \$25 a head and include a three course meal. They can be bought at www.penrithvalleyrotary.org.

In the lead up to the event, Break Thru staff will be handing out free tickets to the event on High Street, Penrith. They will be out in force on Thursday 6 October and Friday 7 October from 10am-1pm, so keep a look out for them and please take a ticket for yourself or for someone you know that needs support.

EVENT DETAILS:

DATE: Wednesday 12 October

TIME: 6.30pm-10pm

LOCATION: Panthers Banquet Room, Mulgoa Road, Penrith

COST: \$25 a head which includes a three course meal at a sit down formal function

SUPPORT INFORMATION: Available on the night to take home

breakthru.org.au

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