INSIGHT is a creative way of thinking, talking and teaching about mood disorders. Developed by the Black Dog Institute for adolescents aged 12-25 it covers:

- Signs and symptoms of depression and Bipolar disorder in young people
- The pressures faced by teenagers today
- Identification of early warning signs
- When and where to seek help
- Practical strategies for offering support and communicating with a friend
- Strategies for building resilience
- Benefits of Good Therapy

It covers what happens if we lose our mental health, how we can get it back again and explains what resilience is and how to build it. INSIGHT is made of engaging and often humorous illustrations by best-selling author Matthew Johnstone. The images help explain concepts that are traditionally difficult to articulate. This presentation offers hope, wellbeing strategies, help seeking avenues all while dispelling stigma.

When: Monday, 14 April 2014  
Where: Henley & Grange Community Centre  
196a Military Road, HENLEY BEACH  
Time: 2.00pm (light refreshments provided)  
To register your interest please ring 8408 1277

This workshop is run by Centacare’s Navigate & PACE Mental Health programs and hosted by the Henley & Grange Community Centre