2015 Community Seminar Series

Anxiety & Depression

This seminar will be presented by:
groupworx – Adolescent Day Program team

Depression is the leading cause of disability worldwide. Anxiety disorders are the most common mental health problem affecting Australians. While depression and anxiety are different conditions, it is not uncommon for them to occur at the same time. Over half of those who experience depression also experience symptoms of anxiety. In some cases, one can lead to the onset of the other. (Beyond Blue - www.beyondblue.org.au).

Depression and anxiety are the most common mental health conditions in young people today.

The groupworx team will be delivering a seminar regarding the management of these two conditions when present in adolescents. Topics to be covered include signs and symptoms, causative factors, treatment options within health services and management within schools.

WHERE: Maroondah Federation Estate
32 Greenwood Avenue, Ringwood 3134
Melway Reference 49 H10

WHEN: Tuesday 24\textsuperscript{th} November 2015

TIME: 9:30am to 12:30pm (Registration desk opens 9:15am)

COST: $80.00 (includes GST, seminar notes and catered refreshments)

You will be invoiced prior to the event.

BOOKINGS: Pre-booking is essential. Please complete the separate registration form and fax to 03 9843 1299 or email to communityseminarCYMHS@easternhealth.org.au

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