

Benalla...

Let's Talk Suicide

A community forum to discuss the high rate of suicide and depression in our area.

Monday 22nd June

7.30pm - 9.30pm

Raffety's Reception Centre

(enter from Denny St Car Park)

Guest Speakers

Opening Address: Dr Debra Monk (Clinical Psychologist)

Audience questions will then be addressed by a panel of experienced speakers, including:

Susan Benedyka (Regional Development Company)

Michael Donehue (Youth Mental Health advocate)

Michael Nuck (Acting Executive Director Northeast and Border Mental Health Services)

Chair: Matthew Susmilch (Benalla Solicitor and former Benalla Health Chairman)

To RSVP and for further information:

Email: gail.brown@benalla.vic.gov.au

Phone: 5760 2655

This is a free event and supper is provided.

For catering purposes, RSVP's would be appreciated.

This event is proudly supported by:



HELP

LISTEN

DO NOT JUDGE

Keynote Speaker:

Dr Debra Monk MAPS



Keynote speaker for this event is Dr Debra Monk MAPS, Senior Clinical Psychologist for the North East Border Mental Health Service. Debra has worked in Public Mental Health for the past 12 years, working in public and private health care facilities in Melbourne and Wangaratta.

Based in Wangaratta, Debra and her team provide psychological services such as therapy, education to families and carers, group programs, and supervision throughout the North East region.

Debra also has an interest in palliative care and works with oncology patients and their families.

Panel members:

Susan Benedyka



Susan is Managing Director and Principal Consultant of The Regional Development Company, a business she founded in 1997 which delivers strategic planning, facilitation services, community development and leadership training for a range of government organisations, business and community groups across Victoria, New South Wales, South Australia and Tasmania.

Susan has an extensive background in rural and regional development, professional qualifications in business, and experience in business development. Susan has sat on a range of Boards from the Telstra Foundation to the National Rural Women's Advisory Group. Susan is also a dynamic and engaging public speaker and adult education trainer.

Michael Donehue



Born and bred in Benalla, after leaving secondary school Michael worked in a variety of roles for Benalla Rural City Council. Michael has always been community minded, actively supporting Benalla Relay for Life, the Benalla Festival, and the Benalla All Blacks Football Club. Most recently he has served as the Chair of the Benalla Young Sportsperson's Trust, and has been an outspoken advocate for programs that support youth mental health. In 2014 Michael walked from Albury to Benalla, raising funds to support the Love me Love You Foundation, an organisation established to help prevent and control youth mental health disorders and substance abuse.

Michael Nuck



Michael has over 30 years' experience working in public mental health in Victoria and Queensland. With qualifications in nursing, mental health and business management Michael is now leading the Mental Health Services in the Northeast which includes the recently integrated Albury Based Mental Health and Drug & Alcohol Services. NEBMHS now has over 400 staff in 16 programs representing acute inpatient, adult, aged and younger persons community mental health, primary mental health, residential and sub-acute services, with bases in Wodonga, Albury, Wangaratta and Beechworth.

In his limited spare time Michael manages a small farm and a family business in Beechworth as well as being an active and proud CFA volunteer.