

Shining a light on mental health

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THE Grit and Resilience Program is partnering with Gateway Health, headspace, NESAY, and Rural City of Wangaratta's Youth Services, to hold a series of free workshops in Wangaratta aimed at shining a light on mental health.

The workshops, which commence Monday, will teach the importance of self-care, how to look out for your mates, and how embracing and supporting your wellbeing can enable you to flourish.

There is a range of workshops available, with some being conducted in person and others virtually.

There are workshops for young people, workshops for families, and workshops for parents and carers.

"Mental health and wellbeing are important for not only individuals but our whole community," Grit and Resilience program coordinator, Bek Nashwebster said.

"While it can seem complex, we have incredible resources to assist in supporting people to develop skills to improve their mental health and wellbeing."

"Looking after our mental health is really important, and most of us need advice on how to best do this at some point in our lives.

"The Grit and Resilience Program is incredibly grateful we are able to work with such dynamic partners and it's great that together we are able to hold these ten workshops in our local community.

"The spotlight is on all of us to connect and reach out to get the care and support we need and these workshops will assist."

To learn more on how to look after your mental health, how to look out for your friends, how to support young people, and how to flourish see the full Spotlight on You program of workshops at <http://bit.ly/3s1vjf9>.