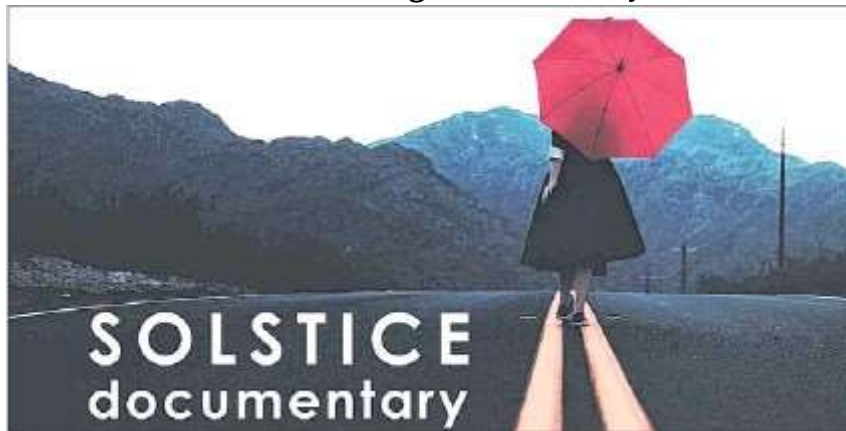


Solstice to raise awareness on mental health and suicide

Wangaratta Chronicle · 13 Feb 2023 · • If this media article causes you any distress, please phone Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.

THE multi-award winning documentary 'Solstice' is coming to Wangaratta next month.



Touted as “a powerful testament to the human spirit” by ABC media identity David Astle, Solstice is a film about survivors of suicide by Australian filmmaker Helen Newman.

“We are incredibly happy to be able to bring this film to Wangaratta,” said Grit and Resilience Program coordinator Bek Nashwebster.

“Grit and Resilience Program have proudly partnered with Beechworth to Bridge to make this happen.”

“Together we want to raise awareness of issues around mental health and suicide.

“We want to encourage discussion without stigma, awkwardness or judgement.

“Solstice will promote discussion which can be difficult but can also be restorative and helpful in promoting mental wellness in our community.”

Solstice has received stunning recognition from leading experts in mental health and suicide. Professor of Community Psychiatry, Centre for Global Mental Health, Sir Graham Thornicroft said, “Everyone concerned about mental health will be engaged and inspired by this story”.

Grit and Resilience Program and Beechworth to Bridge invite you to the screening of Solstice at Wangaratta Cinema Centre on Wednesday, March 1 at 6.30pm.

Tickets can be purchased at <https://tickets.demand.film/event/12132>.