

MEDIA RELEASE

Monday 26 March 2018

RURAL MINDS COMMUNITY WORKSHOP

Narrandera Library will host the Rural Minds half day workshop on Wednesday 4 April from 10am to 2.30pm.

The free workshop is an excellent opportunity to learn about mental health and wellbeing and in particular how it affects rural and remote communities.

Mayor Cr Neville Kschenka is encouraging everyone to attend, "This is a great opportunity for community members interested in health and wellbeing to gain a further understanding about mental health issues and the impacts - a subject that can affect anyone."

The program is designed to raise awareness, grow understanding and delivering proactive prevention strategies for everyone working and living in rural agricultural and farming communities. The half-day Rural Minds workshop combines practical, culturally relevant information around risk factors, signs and symptoms, prevention tips/techniques and where and how to get assistance.

For further information contact Narrandera Library on 02 6959 5585 or email council@narrandera.gov.au.



Rural Minds Community Workshop

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| Precis or Summary: Rural Minds Community Workshop | | | |
| Attachments | Nil | Embargoed: | N/A |
| Authorised By: | Media Contact: | Number | 2 |

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