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Advancing social, emotional and cognitive health and wellbeing for all.
That's YOU to the power of us.



MACQUARIE
University
SYDNEY · AUSTRALIA

LIFESPAN HEALTH
AND WELLBEING
RESEARCH CENTRE

Mental Health Month Public Lecture



WHEN

Mon 23 Oct 2023
5.30pm-7pm



WHERE

Theatre 1.200
Level 1
Australian Hearing Hub
16 University Ave



REGISTER

[Register here](#)

Join us for our Mental Health Month Public Lecture on Monday 23 October where we will be discussing emotional health across the lifespan (kids, adults, older adults).

Hear from **Dr Lauren McLellan** who will discuss Developing a National Voluntary Mental Health and Wellbeing Check-in for Australian School Students, **Prof Melissa Norberg** who will present on CBT for Hoarding Disorder and **A/Prof Carly Johnco** will present findings from a long-term (10 year) follow-up study of older adults previously treated with CBT.

We will also be screening a short documentary “A Second Chance at Life” that is part of a recent collaboration between **Prof Viviana Wuthrich** and **Dr Iqbal Barkat** from the Department of Media, Communications, Creative Arts, Literature and Language (MCCALL). “A Second Chance at life” is a documentary about Helen, an older widow, who was struggling with depression and anxiety. Through the documentary she describes what her life was like before seeking treatment, and then how her life was revolutionised after receiving Macquarie University’s Ageing Wisely cognitive behavioural therapy program as part of a current National Health & Medical Research Centre-funded clinical trial.

CONTACT US

Email lifepsan@mq.edu.au for more information.