

Consumer and Carer Forum

When: Wednesday 24th July 2019, 1:15 pm – 4:15 pm
Where: Training room, Chermside Community Health
490 Hamilton Road Chermside



A time to weep by Karen Saunders

Managing Depression

1:15 – 1:30

Registration

1:30 – 2:15

What is Depression? Presented by Denae Crough, Senior Psychologist

This presentation will outline the nature of depression, and how it affects the lives of mental health consumers, as well as some of the ways carers and consumers can help to alleviate symptoms, in conjunction with interventions and treatments provided by mental health clinicians. There will be time allowed for any questions you may have about depression and how the MNMH service may be able to assist.

Denae Crough is a Clinical Psychologist who has worked within the Chermside Community Mental Health Service for over six years. Denae has experience in a range of other clinical settings, including working extensively with consumers with long-term depression, anxiety, personality disorders, chronic pain, eating and weight issues, trauma and psychosis.

2:15 – 2:45 **Depression: A Lived Experience. Presented by Lyndall baker**

"My first major depressive episode and diagnosis came later in life – in my late forties, due to workplace stress - a result of which I now have cognitive impairment (from the major depression). I had previously known I had lower moods than other people, however it was not until this series of events and finally consulting a psychiatrist that I realized how seriously this condition impacted my life and the lives of others.

Knowledge is power. Knowing how to find appropriate support and treatment options were the first step towards recovery/wellness. In my presentation I will briefly discuss the highs and lows of my Lived Experience to date, and be happy to openly and honestly interact with attendees should they have questions to ask and share. I have been engaged as a Consumer Representative on a committee with Metro North Mental Health over the past two years, and have met a lot of people with depression and other mental health issues; we have all learned from one another."

2:45 – 3:15 **Tea and coffee break**

3:15 – 4:00 **The pharmacological management of depression. Presented by pharmacist Zahra Hossein Zadeh.**

Zahra is a pharmacist working within the Royal Brisbane and Women's Hospital Mental Health services for over two years. Graduating from JCU in 2010, she has worked in both Community and Hospital pharmacy across Cairns, Sunshine Coast and Brisbane. She has completed a graduate certificate in clinical pharmacy and is currently finishing her graduate diploma in the same field. She currently also works with the Queensland Medicine's Advice and Information Services (QMAIS) one day a week. Throughout her career she has taken special interest in mental health and increasing awareness and support for mental health in our community.

4:00– 4:15 **Feedback**

Please RSVP by Friday 19th July 2019

For more information please contact Imani:

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All welcome

**Please park your car in the designated parking area,
highlighted on the map overleaf.**

The Prince Charles Hospital campus map

