

Healthy Minds, Healthy Life Expo hits Geraldton

22 May 2018

WA Primary Health Alliance invites the Geraldton community to explore local services that promote mental wellbeing at a free Healthy Minds, Healthy Life community expo next Wednesday, 23 May.

This interactive, family friendly event will provide an opportunity for people to meet local healthcare providers and learn more about what health and community support services are available in the Midwest. This includes mental health, alcohol and other drugs, family violence and suicide prevention services.

WA Primary Health Alliance regional manager, Ms Jodie Green, said the expo will focus on the importance of looking after your mental health and how to get help when you need it.

“It’s really important for our community to know exactly what health and support services are available in Geraldton and across the Midwest.

“This can include having a chat to your GP or other health professional who can refer you to an appropriate service. It’s also important to know about the self-referral options you can access.

“The expo will also be a great opportunity for high school students to recognise the benefits of taking care of their mental health, and how they can help themselves and each other,” Ms Green said.

Entry to the expo will be free and includes prize giveaways, children’s colouring station, and a drumming demonstration by the City of Greater Geraldton, an activity with proven positive mental health benefits.

Health information and services being showcased on the day will include, headspace, Geraldton Regional Aboriginal Medical Services, 360 Health + Community, Geraldton Local Drug Action Group, Fusion, Desert Blue Connect, Hope Community Services, Centacare, Mission Australia and many others. My Health Record representatives will also be there to talk about the benefits of having a digital health record.

Date : Wednesday, 23 May 2018

Time: POSH, 218 Marine Terrace, Geraldton

Venue: 2:00pm 5:30pm

This activity has been made possible through funding provided by the Australian Government under the PHN Program.

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About Us: WA Primary Health Alliance oversees the strategic commissioning functions of the Perth North, Perth South and Country WA Primary Health Networks (PHNs). The WA PHNs are three of 31 PHNs established by the Australian Government nationally to increase the efficiency and effectiveness of medical services for the community. We work across the WA healthcare system with doctors, allied health professionals, Area Health Services and service providers to improve the coordination of care for people who are at risk of poor health outcomes. For more information, visit www.wapha.org.au