



## Let's start a conversation: Mental Health 101

Tuesday 23 October, 6.00pm – 7.30pm  
St Kilda Town Hall (room?)

### Agenda

| Time        | Item   |
|-------------|--|
| 5.30-5.45pm | Panel arrive, introduced to COPP & PG, IT set-up   |
|             | Tea, coffee & biscuits on arrival  |
| 6.00pm      | Acknowledgement to country + welcome to community  |
| 6.10pm      | PG introduces format of the evening + panellists   |
| 6.15pm      | Kirsten Cleland, social worker headspace + explanation of "triggers": thumbs up, thumbs down |
| 6.40pm      | The Moon's a Balloon choir   |
| 6.55pm      | Marie McLeod, positive well-being educator   |
| 7.10pm      | Q & A  |
| 7.25pm      | Closing remarks identifying COPP staff with resources + add slide with local assistance #s   |
|             | Thank you gifts to speakers from PG  |
| 7.30pm      | Evening close and Mental Health 101 resources handed out                                     |

