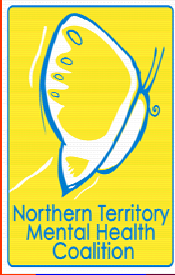


# Mental Health Week Dinner 2009

The theme for the week is "Mental Health in the Workplace"

Don't miss  
this one



Supported by:



## A Candid Conversation with John Brogden

**You are invited to join us for a special evening with John Brogden to hear this remarkable public figure speak openly and honestly about mental illness**

On the night of 30 August 2005, John Brogden decided to take his own life. He was later treated for depression.

"I understand what it's like to be in such a dark place that taking your life seems like the only way out, and I understand how hard it is to come back from that," Brogden later told the ABC's PM program.

John Brogden was elected to the NSW Parliament at the age of 27 and, in 2002, he became the youngest ever leader of the Opposition at the age of 33. He was well on the track to becoming Premier of the largest state in the country before he turned 40. However, he resigned from Parliament in September 2005, as his illness made it increasingly difficult for him to carry out his public duties. After recovering, he redirected his energies and talent to business and from 2006 to 2008 he was CEO of health insurer Manchester Unity, and is now the CEO of the Investment and Financial Services Association of Australia.

While Australians readily understand and openly discuss physical illnesses, mental illness is shrouded in fear and ignorance. Some 20% of Australians will suffer from depression at some time in their lives, and still we don't want to talk about it. This is an opportunity to hear someone who does.



John Brogden is intent on lifting the veil & having a candid conversation about an issue that affects everyone



**A wonderful addition to the evening will be Alice Springs' own very talented and successful comedian & recent "Dancing With the Stars" star, Fiona O'Loughlin, who will be our MC for the evening. For the past ten years Fiona has worked as a stand-up comedian and columnist, written & presented for ABC Radio, performed many television comedy spots (including spectacularly successful guest spots on ABC TV's "Spicks and Specks"), produced her own shows in Australian & UK Comedy Festivals and grabbed acclaim at Montreal's invitation-only "Just For Laughs" Comedy Festival ...**

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**Where: Crowne Plaza, Barrett Drive, Alice Springs**

**When: Wednesday, 7th October 2009**

**Time: 6.30 - 9.30pm** featuring a superb 3-course meal, with pre dinner drinks included

**Cost: \$90 pp. (\$50 conc.)**

**RSVP: By Friday, 25 Sept.** (table bookings of 8 available)

**To book:** Contact Elizabeth Dodd @ MHACA on 8950 4600 or email [info@mhaca.org.au](mailto:info@mhaca.org.au)

*"Fiona O'Loughlin appears by arrangement with Australian Speakers Bureau"*

Book early  
to avoid  
missing out