

# Henry Deane Building – Lunch n’ Learn Mental Health (Prevention and Resilience)

**Monday 20 November**

**12.30-1.30pm**

**Rooms 4 & 5, Level 1**

The PSA is hosting a Lunch n’ Learn for members at Henry Deane Building.

Presented by PSA WHS Officer, Suzanne Mann, the session provides information, strategies and resources to build personal resilience and enhance mental health awareness. It also provides participants with strategies to identify and support colleagues with mental health issues and encourage them to seek professional help.

The event will be catered with sandwiches and biscuits, but attendees can bring their own lunch.

Please RSVP to PSA Organisers:

- » Surabi Alauddin ([salauddin@psa.asn.au](mailto:salauddin@psa.asn.au))
- » Gino Di Candilo ([gdicandilo@psa.asn.au](mailto:gdicandilo@psa.asn.au))

Numbers will be limited to a max of 20 members so please respond soon to reserve your spot.

*United we bargain, divided we beg – A unionised workplace is a fairer one!*

