



MEDIA RELEASE

[Monday October 10, 2006]

Mental Health Week Event Australia's best known adolescent psychologist talks about young people and mental health

*Event details: Friday 14, October 2005, 9:30am - 4:30pm,
Calvary Hospital, Lewisham Bld, Function Rm*

The Youth Coalition of the ACT is proud to announce that Australia's best known adolescent psychologist, Dr. Michael Carr-Gregg will give a workshop on mental health and young people 'at-risk'.

"We are expecting over 100 people to this Mental Health Week Event," said Carrie Fowlie, Deputy Executive Officer, Youth Coalition of the ACT, ACT's peak body for youth affairs.

"It is great to see an event that focuses on young people during Mental Health Week, as they are often overlooked."

"Youth specific mental health services in the ACT are under-resourced and under strain." said Ms Fowlie.

"It is a major challenge is to ensure that young people with co-morbidity [experiencing drug and alcohol problems as well as mental illness] are able to access support."

Dr. Carr-Gregg is the author of 4 books and is a regular on the 'Today Show' on Channel 9. In 1985, he founded the world's first national teenage cancer patients support group, CanTeen - The Australian Teenage Cancer Patient's Society.

He is a founding member for the National Coalition Against Bullying and an official ambassador for the beyondblue foundation and for Mindmatters.

PhotoKids ACT, an initiative to support young carers explore the world around them through photography, will be on display throughout the day. Young carers will speak about their involvement at 12.15pm.

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