

# World Mental Health Day 2021 - panel discussion

**WHEN** Friday, October 8th 2021  
12:30 PM – 2:00 PM

**WHERE** Online

**COST** Free

Join our experts this World Mental Health Day as we raise awareness on isolation and the importance of connectedness. This panel discussion will focus on practical ways to improve mental health, including ways to ease loneliness and create connections within our community. We hope this discussion will include ways that we as individuals can cope in the current context, but also ways in which Australia might best respond to emerging mental health challenges.

This year our panel consists of - Dr Leanne Beagley, Associate Professor Tegan Cruwys, Dr Amelia Gulliver, Dr Hugh Mackay AO, and Emeritus Professor Andrew Markus. The session will be moderated by Michelle Linmore from ANU Counselling.



Scan for [more information](#)  
and [registration details](#)