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MEDIA RELEASE



Community invited to hear inspiring LIVIN co-founder and actor Sam Webb at mental health expo

The mission to improve mental health and end stigma will step up at Broken Hill this month.

Community members are invited by CatholicCare Wilcannia-Forbes to the Broken Hill Mental Health Expo on November 8.

Actor and mental health champion Sam Webb will give a special guest talk at the free event.

Webb co-founded mental health charity LIVIN in 2013 after the death of a good friend to suicide.

CatholicCare Wilcannia-Forbes Better Health and Wellbeing Portfolio delivery leader Jodie Callegher is inviting schools, parents, carers, students and other community members to come along to the expo.

She said a highlight will be the talk by Webb, who is also known for his appearances in *Home and Away*, *Neighbours* and *Australian Survivor*.

Webb gave inspiring and insightful talks at similar mental health expos organised by CatholicCare Wilcannia-Forbes in June at Parkes, Forbes, Orange and Bathurst.

“We’re thrilled that Sam Webb will be back to speak at Broken Hill,” Ms Callegher said.

“He is committed to helping people and organisations understand the importance of mental health and making wellness a priority.

“We think the community will gain a lot from his talk.”

Representatives from mental health support providers at Broken Hill will also be at the event for community members to meet and talk to.

“The mental health expo is a great chance to access a range of resources to focus on an area of health that can often be overlooked,” Ms Callegher said.

“Mental health as an issue is growing in communities, especially in young people and it is an area of concern.

“This event is so important to increasing the community’s knowledge and understanding, and its capacity to support people’s well-being.”

The Broken Hill Mental Health Expo will be held at the Broken Hill Entertainment Centre on November 8 from 11am to 2pm.

It is free to attend, but people are asked to register through Eventbrite.

Ends.....

CatholicCare Wilcannia-Forbes provides social services, caring for the well-being of individuals, families and communities.

We respectfully acknowledge the traditional custodians of the land on which we work and pay our respects to Elders past, present and emerging



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