



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

The mission to improve mental health and end stigma will step up at Parkes, Forbes, Orange and Bathurst this month.

Community members are invited to CatholicCare Wilcannia-Forbes's mental health expos in the four locations.

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

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

CatholicCare Wilcannia-Forbes mental health programs manager Kate Shambrook is inviting schools, parents, carers, students and other community members to come along to the expos.

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*.

"We're thrilled that Sam Webb has come on board," Ms Shambrook 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 will also be at the events 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 Shambrook 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 mental health expos will take place at:

- Parkes Services Club on Monday June 20, 11.30am-1.30pm.
- Forbes High School Hall on Tuesday June 21, 11.30am-1.30pm
- Orange Function Centre on Wednesday June 22, 9.30am-12.30pm
- Bathurst Memorial Entertainment Centre on Wednesday June 22, 12.30pm- 3.30pm

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