



THE UNIVERSITY OF
MELBOURNE

Supporting Mental Health in Regional Communities

Department of Rural Health

Public Event

Awareness, Acknowledgement and Action

Mr Warren Davies

The Unbreakable Farmer

Mr Warren Davies is The Unbreakable Farmer.

Resilience, persistence and determination are the three words that describe Victorian mental health advocate, and professional speaker, Warren Davies.

At the age of 22 Warren purchased his first farm and the harsh reality of being a farmer soon became evident: high interest rates, low commodity prices, flood and drought; all having an impact. Most significantly it took its toll on his mental health. This built up over time with his mental health spiraling out of control until he hit rock bottom and could not see a way forward.

While the stigma associated with mental health is slowly reducing in Australia, in rural communities the stigma of it's weak to discuss their emotional and mental health is rife. Mental health stigma is considerably worse in rural areas and the suicide

rates are 40% higher than the rates in metropolitan areas.

Mental illness is made harder in rural communities since rural areas have fewer local services, professionals, and knowledge on where to access help. Additionally, people generally have feelings of embarrassment or fear to ask for help so they manage their problems by themselves. However, recognising when help and support is needed, either for yourself or for someone else, is very important.

Your mental health is critical to your overall health and wellbeing. You need good mental health to help you get through life's challenges, to have healthy relationships with others and to enjoy life.

Warren will share his life lessons, his message is simple and so very important at a time when stress is seen as normal and depression is commonplace.



Event Details

Date:
Tuesday 19th November, 2019

Time:
5:30pm - 6:30pm

Venue:
The Learning & Teaching Centre
The University of Melbourne
Dept. of Rural Health &
Northeast Health, Dixon St
Wangaratta VIC 3677

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Bookings:
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