

Live streamed in partnership with the International Convention Centre

northern beaches mental health summit

Join Northern Beaches locals:

- James Griffin (Member for Manly)
- Alex Hayes (Founder of The Daily Living)
- Joel Thompson (Manly Sea Eagles second-rower and Indigenous All-Star captain)
- India Smith (batyr, Head of Programs)

For an interactive and engaging session to chat about mental health, resilience, hope and positivity.

Monday 19th October | 5:30 - 6:30pm

What's involved?

- Hear from a local young person share their story of hope, courage and resilience
- Participate in a live Q&A with a panel of local mental health advocates
- Connect with others in your community to discuss ways to move through this time together
- Have fun!

Whether you are 18 - 30 or just passionate about mental health in the northern beaches community, you're welcome to join us for this jam-packed and interactive live streamed session.

Register Here

<https://events.humanitix.com/northern-beaches-mental-health-summit>



Who is batyr?

batyr is a for purpose preventative mental health organisation, created and driven by young people for young people. Since 2011, batyr has reached over 230,000 young people through peer-to-peer programs that aim to reduce stigma and increase help-seeking.

www.batyr.com.au

