55th BARTON POPE LECTURE
Mental Health Week 2016
Tuesday 11 October, 2016 at 7.30pm

Wayne Schwass
‘A long road to becoming authentic’

Wayne Schwass is a retired elite Australian Rules Footballer. His extensive career included playing for both North Melbourne and the Sydney Swans. Throughout his highly successful sporting career, Wayne lived with clinical depression for more than a decade.

Members of the general public and a wide range of professionals will gain an insight into clinical depression through Wayne’s personal experiences. He will share his own journey and the long road regaining control and reclaiming his life.

Wayne will share his experiences, knowledge and understanding of the following fourteen stages he worked through to overcome the debilitating effects of a mental illness.

1. Men don’t cry
2. Diagnosis
3. Denial
4. Stigma
5. Isolation & hopelessness
6. Mental illness’s sole purpose
7. Self-medication
8. Living a lie
9. Epiphany
10. Help seeking
11. Hard work
12. Acceptance
13. Going public
14. Authentic

Ian McLachlan Room,
Adelaide Oval, Memorial Drive, North Adelaide

Supper provided. There is NO FEE to attend this lecture.

To assist with catering please RSVP to the SA Branch Office, RANZCP by 4 October, 2016.

Telephone: (08) 8239 2911 or Email: ranzcp.sa@ranzcp.org