

Thursday 10 October 2019

Julia Gillard on ending mental health stigma

Former Prime Minister The Hon Julia Gillard AC will discuss the importance of prevention and early intervention in mental health and wellbeing when she speaks at Sydney Town Hall on Tuesday 29 October.

As current Chair of Beyond Blue, Ms Gillard will give a keynote address at the free City of Sydney CityTalks event and lead a panel discussion with leaders in the mental health community.

The event is taking place as part of Mental Health Awareness Month and is held in partnership with UTS Centre for Social Justice and Inclusion.

Ms Gillard joined the Beyond Blue board in 2014 and became Chair in 2017. The organisation advocates for mental health system reform with a focus on early intervention and prevention so that every Australian can achieve their best possible mental health.

At CityTalks, Ms Gillard will address a range of big picture issues and touch on how Australia's diversity, identity and strong sense of community is supporting our mental health as individuals and as a nation.

Lord Mayor Clover Moore said the City of Sydney is committed to creating safe and welcoming spaces and communities that enhance the mental health of Sydney's residents and visitors.

"One in five Australians experience a mental health condition each year, and we have an important role to play in supporting and maintaining the mental health of our community," the Lord Mayor said.

"We know that social exclusion and isolation can exacerbate mental health conditions, so we are working to create an inclusive and just society with community wellbeing at its core – truly a city for all.

"From urban design to social programs, our parks, libraries, community centres and cultural events – in everything we do – we aim to build connections within our area and support physical and mental health."

Speakers on the panel include:

- **The Hon Julia Gillard AC** – Chair of Beyond Blue, Former Prime Minister of Australia
- **Clover Moore** – Lord Mayor of Sydney
- **Magda Szubanski AO** – Actor, writer and human rights advocate
- **Jordan Raskopoulos** – Writer and mental health advocate
- **Julie Millard** – Board Director at World Federation for Mental Health and member of the City of Sydney's Inclusion Advisory Panel
- **Professor Martin Cohen** – Deputy Commissioner, Mental Health Commission of NSW
- **Jennah Dungay** – Youth ambassador for AbSec
- **Georgie Harman** – CEO, Beyond Blue

Ms Szubanski will also perform a special finale act to conclude the event.

24-hour City of Sydney Media Team contact details

Phone 0400 331 027 or email mediateam@cityofsydney.nsw.gov.au

CityTalks: We all have a role in supporting mental health and wellbeing

When: 6.30pm–8pm, Tuesday 29 October

Where: Centennial Hall, Sydney Town Hall

The event is free to attend but bookings are essential. Register at [Ticketmaster](#)

For more information visit [cityofsydney/citytalks](https://cityofsydney.nsw.gov.au/citytalks)

For media inquiries or images, contact Roxanne Macara (0438 554 640) or Angela Salt (0455 958 503) or email mediateam@cityofsydney.nsw.gov.au

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