Come and see New Spring Arrivals
- Spring Fashion
- Bags
- Jewellery

Houghtons
93 Belmore St Yarramong
5744 3923

WEATHER FORECAST

MIN MAX
Wednesday 4° 16° Mostly Sunny
Thursday 4° 18° Mostly Sunny
Friday 4° 20° Mostly Sunny
Saturday 6° 22° Mostly Sunny
Sunday 8° 23° Mostly Sunny

Sunrise 6.29am  Sunset 6.05pm

Have your photo appear here!

Community members are welcome to submit autumn weather photos that depict the Yarramong/Warrakina region. Please email JPEGs in high resolution (2000x1000) to advertising@yarramongchronicle.com.au or drop into The Yarramong Chronicle office.

CONTACTS

OFFICE
101 Belmore St, Yarramong
Mon-Fri 8.30am - 5pm
Ph (03) 5744 3731
Fax (03) 5744 2390

EDITORIAL
Rachel Finia
editor@yarramongchronicle.com.au

ADVERTISING
Sandra Finia
advertising@yarramongchronicle.com.au

CLASSIFIEDS
Rod Hickman
classifieds@yarramongchronicle.com.au

GENERAL ENQUIRIES
Rachel Finia
rfinia@yarramongchronicle.com.au

ONLINE
Website www.yarramongchronicle.com.au
Photo Orders www.localpix.com.au

ADVERTISING DEADLINES
Classifieds Mon 3pm
Display/Editorial Mon 10am

Youth mental health crisis

with their mental health, drug or alcohol issues, sometimes all three.

“There is definitely a lack of appropriate services here and there is most definitely a need for them.”

Sgt Elginity called for the whole community to get behind the push for better mental health services in the local area.

“We need something that we can actually do about this issue,” he said.

“We need to get behind the hand wagon and we need to be pushing as hard as we can to get help for our young people.”

In its latest report beyondU said more needs to be done to improve the mental health of children and young people.

The extensive report found almost 14%, or 560,000, of Australians aged between 4 and 17 had experienced a mental health disorder in the past year, including 276,000 who experienced an anxiety disorder and 112,000 who experienced depression.

While the prevalence of depression increased from 2.1% to 3.2% since the previous survey in 1998 the report found half the children with mental disorders had significantly increased since then.

Board Director Professor Brett McDermott said the findings, including that one fifth of adolescents had high levels of psychological distress and 1 in 13 had seriously considered suicide in the past year, were “deeply concerning and highlights what beyondU see every day”.

Young people are “more, than ever and exposed to pressures and risks unimaginable 17 years ago”, Prof McDermott said.

CEO Georgie Harman said the report’s findings confirmed the importance of investing in prevention and early intervention programs.

“Education is already at the frontline for identifying problems, making referrals and supporting,” Georgie said.

Teachers and parents must be provided with everything they need to create mentally healthy schools, identify problems early and refer children in distress to the right places.”

To get involved or to make a contribution in improving the mental health of the community the local CWA branch is urging everyone to attend an R U OK? Forum on Thursday, September 10.

Secretary Sue Jackson said the theme for the event is Up, Up and Away and the CWA is inviting all interested groups and organisations to join in and show the community they care.

Like Superman, we hope to move the myths, shift the stigma and lift us up where we belong,” Sue said.

“Let’s carry the moment of this initial round table discussion and carry it forward to involve the whole community.”

Beginning at 5pm at the Yarramong Town Hall there will be representatives from Yarramong Health, the Lions Club, Yarramong College P-12, Moora Shire, Beyond Blue, North East Health Warrakanta and the Yarramong Police.

If you are a struggling or you need advice about your life, trained mental health professionals can be reached 24/7 via the beyondblue Support Service on 1300 224 636 or via web chat from 3pm to midnight every night at www.beyondblue.org.au/got-support.

Thanks for asking R U OK?

Yarramong College P-12 year 8 students were part of Yarramong Health’s R U OK? Day celebrations.

“We have a massive social media following as well which is great.

“We are asking people to write thank you notes to someone who has helped them during their lives and record themselves reading the notes; it has been a very moving experience.

“The turnout at Yarramong has been marvellous with so many interested people coming out to support this campaign.”

R U OK? Campaign Director Rebecca Lewis said it was the simple things that really help.

“We can really make a difference to the people around us,” she said.

“We bare witness to the small changes that our friends or work colleagues have in their moods or personalities and we can ask the question R U OK? at any time.”

FILTERWORLD
Domestic - Commercial

No Bottles No Fuss
Sales - Service - Rentals
Best Service, Product & Price!
Full Range Available
Satisfaction Guaranteed
5744 1990
See in store for details
184 Belmore St, Yarramong

KFC
Do you like your chicken? Call us first on 5744 3923

FILTERWORLD
Domestic - Commercial

No Bottles No Fuss
Sales - Service - Rentals
Best Service, Product & Price!
Full Range Available
Satisfaction Guaranteed
5744 1990
See in store for details
184 Belmore St, Yarramong

IN HOME COMPUTER REPAIRS
- FIX YOUR COMPUTER
- SALES & SETUP
- VIRUS REMOVAL
- SERVICING YARRAMONG & DISTRICT

everybitpc
total computer solutions
Jason & Debbie 0417 522 587
jason@everybitpc.com.au www.everybitpc.com.au

by Fiona Black

R U OK? Day was celebrated throughout the nation on Monday and Yarramong was no exception.

Yarramong Health hosted a morning of conversation, music and inspiring speeches with some very special guests, a group of health professionals who are travelling across Australian on the R U OK? Conversation Bus, a national initiative promoting mental health.

General Manager Brendon Mahor from the bus said they began travelling on August 11, departing from Perth and making their way across WA into South Australia and Tasmania before coming across Victoria to Yarramong.

“The response has been absolutely amazing wherever we have gone,” Mr Mahor said.

“R U OK? Campaign Director Rebecca Lewis said it was the simple things that really help.

“We can really make a difference to the people around us,” she said.

“We bare witness to the small changes that our friends or work colleagues have in their moods or personalities and we can ask the question R U OK? at any time.”

Yarramong Chronicle