

# Mental Health

## Week 2015

**Bella Basilides** |  
Law Society Northern Territory







Held from 4–10 October, the Society's Mental Health Week program promoted awareness about mental health and well-being for all.

The events held aimed to educate, engage and raise awareness about mental health issues and encourage those in the legal profession to integrate work/life balance practices into their workplace as well as in their everyday life.

This year's theme for Mental Health Week was 'Celebrate, Connect and Commit'.

**Celebrate collegiality.**

**Connect with friends, family and with the community.**

**Commit to learning something different—take on new challenges and contemplate to reduce stress.**

Events held:

- CPD: Effective participation of vulnerable people in the criminal justice system
- CPD: Keep calm and chill out – walk the wire: manage stress
- Corporate yoga
- Tai Chi and Qi Gong exercises
- Walk for wellness
- Mindful meditation
- Mental Health Week Breakfast

The Society would like to thank the following sponsors, presenters and instructors for sharing their valuable time and expertise in support of Mental Health Week 2015:

- Felicity Gerry QC
- Dr David Chapman
- Jennifer Yuen
- Kevin Walle
- The Hon Chief Justice Trevor Riley
- Dr Sue Erica Smith
- Dr Simon Moss
- Peter Fadelli, Managing Director of Time Out Fitness, in donating the raffle prizes.
- EASA for providing promotional materials and support.

Law Society CPD Program proudly sponsored by

