



**GOVERNMENT OF GIBRALTAR**  
**MINISTRY OF FAMILY, YOUTH & COMMUNITY AFFAIRS**  
**14 Governor's Parade**  
**Gibraltar**

## **PRESS RELEASE**

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### **FREE PUBLIC INVITATION TO ATTEND MENTAL HEALTH CONFERENCE**

Members of the public are invited to attend the conference on "*Mental Health Throughout the Lifespan*" which is being held at the Mediterranean Rowing Club on Wednesday 26<sup>th</sup> and Friday 28<sup>th</sup> March, commencing at 9.00 am each day. In addition there will be a series of workshops on Thursday 27<sup>th</sup> to be held at the John Mackintosh Hall. Entrance to the conference and the workshops will be free at all times.

This ambitious conference will cover a wide range of topics presented by a roster of renowned international and local speakers. Subjects to be covered include:

- Children and families – how to help children and families make positive changes and engage in the decision making process around care
- Psychological approaches to the management of depression
- The psychological aspects of cancer
- The treatment of dementia in Gibraltar
- The genetic and environmental risk factors which may cause depression in the elderly
- Attention Deficit Hyperactivity Disorder in children
- Working with children who have been abused
- Childhood Autism
- Sleep problems and links with depression
- The psychological impact of terminal neurological conditions
- Cognitive Behavioural Treatment of Anxiety Disorders
- Strategies to prevent mental disorders

- Improving access to Psychological Therapies in Gibraltar

Copies of the programme and advice on the programme can be obtained from Brenda Santos, Personal Secretary to the Minister for Health on telephone number 72266 extn 2005. If you are interested in attending one or any of the days please either ring Brenda on the above number or send an email to her at

[brenda.santos@gha.gi](mailto:brenda.santos@gha.gi)

The public are asked to note that, due to demand, members of the public must book their seats in advance for all sessions, so if you are interested in attending please contact Brenda Santos immediately.