



UPPER HUNTER WHERE THERES A WILL

Upper Hunter Where there's a Will (UHWTAW) are thrilled to be selected as the Charity for Upper Hunter Team Penning to support at the Interclub Team Penning Challenge on 27 July 2019.

Where possible, UHWTAW seek to create a partnership which for UHWTAW means 'how can we share the knowledge we have with you?' Our success has been due to the partnerships of local organisations fundraising and supporting our charity.

The team at UHWTAW look forward to this partnership with Upper Hunter Team Penning and to join in this event with you.

We wish everyone involved with Team Penning a continued successful and flourishing 2019.

Upper Hunter Where there's a Will

A LITTLE BIT ABOUT US.....

WE TAUGHT HIM THAT

Visiting the psychologist just a couple of months after the tragic death of her youngest son, Will, to suicide, Pauline Carrigan wanted to know why in the final hours of her son's precious life, wearing a large billabong hat, zinc cream across his nose and sunscreen mixed with dirt on his forearms, he chose to protect his skin from the harsh Australian summer sun.

"We taught him that!" her psychologist responded simply.

Can prevention of mental ill health and increased wellbeing be taught in the same manner we have been advised to teach our children sun safety, safe sex education, driver education, physical health and the range of skills they need to face life?

The resounding answer is yes. It is already happening with guarded positive results in individual affluent schools across Australia and the world.

We soon discovered:

- 26% of all Australia's youth are suffering some form of depression or anxiety of which only half will ever seek medical help in their lifetime (ref: ABS 2007 National Survey of Mental Health and Wellbeing)

- Average age for onset of depression 50 years ago was 28 it is now 14 ½
- In Australia, suicide is the leading cause of death for males and females aged between 15 and 44. In a typical year 2500 people lose their life to suicide in Australia, nearly seven (7) every day. (ref: ABS 2007 National Survey of Mental Health and Wellbeing)

The catalyst to establish Upper Hunter Where there's a Will was the disturbing World Health Organisation (WHO) prediction:

- Depression and anxiety will be the leading cause of disease burden globally by 2030. Less than 12 years from now.

Upper Hunter Where there's a Will was established in 2016 by the Carrigan Family from Scone. We believe that 'Prevention through Education' for all youth, preschool to Year 12, can equip our children with the knowledge and skills to develop resilience and self-awareness from a young age. We can teach them to build their own resource toolkit, so they can call on their strengths to make informed choices for their own wellbeing now, during and long after their formal education is completed.

OUR APPROACH

Slip Slop Slap was the most successful health campaign in Australian history, it was introduced to aid in the prevention of skin cancer. At Where there's a Will, we have embraced the simplicity of Slip Slop Slap and our approach to mental health and wellbeing is based on this.

The most effective way to effect true cultural change within our community is start in our schools. Education is the key, more specifically, Positive Education.

Education for prevention is the sun hat and sunscreen for improved mental health and wellbeing.

Education towards improved literacy, greater understanding and awareness will contribute to early intervention of decreased mental health and wellbeing

Education in our schools, our families, leads to a ripple effect of improved literacy in the greater community.

It is important to understand that mental ill health does not discriminate. It can happen to me, my family. It does not respect age, race, gender, level of education or financial status.

Social Media

Facebook has a strong following and continues to gain momentum weekly.

<https://www.facebook.com/uhwheretheresawill>

Instagram is also being used and currently being further developed.

www.instagram.com/uhwheretheresawill/

Our website is a great place for more information

www.uhwheretheresawill.com.au