

Subject: Impressions from Blue Week Story telling night

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Howdy folks,

I just thought I'd share a bit about the Mental Health Story-telling Night that was held tonight in the Learning Centre by NOMAD.

We had three med students share about their personal stories of depression. To respect their privacy, I won't mention any specifics here. What I would like to say, though, is that I was very moved by each of their stories and their journey with depression so far. I was reminded that none of us are invulnerable to depression, and I was challenged by just how difficult it can be to be able to say that you have depression, and be able to get the right kind of help. (Thank you so much to you all who shared your stories.)

I think it's very timely that the Med School is holding Blue Week, and I suppose I would like to encourage everyone to have a good look at all of the initiatives that are being promoted to better raise awareness of the many facets of depression.

I hope you'll consider coming along to future NOMAD story telling sessions, because there are many interesting topics (like tonight's one) that will be discussed.

Check out the NOMAD DSO page or the website below for info on future events and other NOMAD activities!

<http://nomad.dusa.org.au/>

Cheers,

Yota