

# Perspectives **on** Women's Mental Health

In conjunction with

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

*Lilly*

Answers That Matter



**Thursday 9th  
& Friday 10th  
August 2007**

**Rydges Hotel  
cnr Oxford Tce  
& Worcester St  
Christchurch**

● **KEYNOTE SPEAKERS**

International Speakers yet to be finalised...

● **HIGHLIGHTS FROM THE FIRST MEETING**

**Kay Carncross (Nurse Advisor Mental Health, Capital and Coast DHB) says,**  
“This was an extremely interesting conference, it covered a range of perspectives from the clinician, consumer and the researcher. All these perspectives were brought together in a way that was informative and dynamic. The conference was one of the most interesting and informative conferences I have ever been to.”

**Miranda Woodall (R.C.p.N. BN.) says,**  
“The Perspectives on Women’s Mental Health conference, held in August 2005 was one of the most worthwhile and relevant educational opportunities I have had the pleasure to attend. The information presented covered a wide range of mental health issues for women throughout the life span. The information has positively benefited nurses in my workplace and highlighted the importance of taking into account the impact of physical influences on women, which can affect their mental health. Woman as mental health professionals was also an interesting topic for discussion and one long overdue. This highlighted how as a profession, nurses need to be more supportive of each other and also their work colleagues with mental health issues. A superb conference and we look forward to attending future conferences relating to women’s mental health.”

**Barbara Loomes (South Canterbury DHB) says,**  
“I was lucky enough to be able to attend the perspectives on women’s mental health conference in Christchurch. It was thoroughly enjoyable and enlightening experience. The conference was very well organized and we were all looked after marvelously. The absolute highlight of the conference and a presentation that I shall never forget was a presentation given by Dr Julia Aranui-Faed and her struggles with mental illness and the ramifications this has meant in her life. Her inspiration has helped me since in being able to tackle more difficult and challenging situations with colleagues that are easier to brush under the carpet in an attempt to have the problem disappear. Very inspiring.”

**Mandy Shelker (S.F. Aoraki) says,**  
“We would like to commend the sponsors and organisers of the Perspectives on Women’s Mental Health Conferences for a most valuable, informative and relevant experience. This was the first conference to our knowledge, which specifically addressed Women’s mental health issues through the lifespan. We would definitely be interested in attending future seminars relating to women’s issues and wish the team well in their efforts to organise another conference.”

● **DRAFT PROGRAMME**

**DAY ONE** *Scientific Day Theme: **Trauma Issues** for Women service users.*  
**DAY TWO** *Trauma Impact - Managing ourselves as Health Professionals.*

● **GREAT ENTERTAINMENT**

Please note: Numbers are strictly limited.

**FOR FURTHER INFORMATION**

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