



Invites you to the launch of Australia's first virtual peer support service



Tuesday 28th April 2020 | 10am - 11am

In this time of physical distancing, eFriend's experienced Peer Support team are here for you. You are not alone.

eFriend is a free virtual peer support service

eFriend provides non-clinical, peer-based mental health support to people experiencing loneliness, isolation, distress, difficulty coping and the impact of trauma, anxiety, depression or thoughts of self-harm.

An eFriend Peer Worker is someone who has their own experience of difficult circumstances or mental health difficulties. They get it, because they've been there too. An eFriend Peer Worker can be there to listen and provide advice across up to six free scheduled sessions.

If you need to talk about something serious, if you are feeling alone, isolated or just in need of a person you can talk to like a friend, we are here for you.

For 30 years ICLA has been providing in-community housing, support and services for Australians with psychosocial disability. eFriend builds on this expertise and forms parts of the Australian Government investment and commitment to suicide prevention in Australia. eFriend has been funded as part of the Government's mental health and wellbeing support for all Australians during COVID-19.

Join ICLA in this virtual LIVE announcement and launch event with ICLA Patron, Janet Meagher AM, National Mental Health Commission CEO, Christine Morgan, ICLA CEO, Rachel Green, and special guests

**RSVP: Friday 24th April
to Rachel Kathriner: rkathriner@primary-pr.com**

This is a secure login LIVE event. You will be sent a login and password on receipt of the RSVP. For further information, please feel free to contact Rachel Kathriner on 0402 737 042 or email rkathriner@primary-pr.com

Thank you for joining us to celebrate the launching of an Australian first service for mental health and suicide prevention.