

# CWA starting a Sconversation about women's mental health

Hi The Country Women's Association (CWA) of NSW is ready for the start of its annual Awareness Week campaign for 2019, which kicks off on September 1. The theme for this year's Awareness Week is women's mental health issues and support services in country NSW, and how all of us can help make a difference, with the CWA using its 'tea and scones' reputation for an important community appeal. CWA members are urging everyone to 'Start a Sconversation' this Awareness Week, a morning or afternoon tea with friends where the social interaction is the main focus. "The CWA of NSW has long been a supportive social network for women so the power of a Sconversation – boil the jug, sit down and enjoy a cuppa and a chat – is well known. It's the chance to talk about how you're feeling in a safe and supportive environment, and ask for assistance should you need it. For those who are listening it's an opportunity to offer support and some advice if you think it's required," said CWA of NSW President Stephanie Stanhope. "Maintaining strong mental health – and finding support services – is challenging enough in country communities where the 'tyranny of distance' is very real. The drought is just another factor they're dealing with at present. It's never been more important to Start a Sconversation with your friends. Too many people are still suffering in silence, and that's something we can all start doing something about." Attached is a media release on Awareness Week, and for interview inquiries or more information, please let me know. For information on events in your local area, please get in touch with your nearest branch. With more than 370 branches around the state and 8000 members - across regional NSW, Sydney and Newcastle - a CWA branch is never too far away. Kind regards, Kylie Galbraith Seftons Tamworth NSW 2340 Ph. 0411 480 208

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