



Getting to the talks

Not sure where the venue is?

For each talk we will have volunteers situated in main areas of West campus ready to direct you towards the event, so feel free to ask them for help!

You can also find a map of the campus on the University of York website:
www.york.ac.uk/about/maps/campus

Other mental health support

The talks are informational, and speakers aren't able to personally provide professional therapeutic or advisory help in a clinical context.

If you suffer from a mental health problem and would like to seek help, you may find the following support pages useful:

www.mindyourheadyork.org/find-support

www.york.ac.uk/students/health/help

www.mentalhealth.org.uk/your-mental-health/getting-help

www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx

Alternatively, make an appointment with your GP. If you're a student at the University of York, visit a student support service such as the Open Door Team on campus.

Mental Illness Awareness Week started in 2015-16 and is being continued as an annual event every February. We are extremely grateful to all our guest speakers, who have given us so much of their time and energy, without which this event could not exist.

If you or your colleague are interested in taking part next year as a speaker, please email us:
mindyourhead@yorkgsa.org

This free event is brought to you by **Mind Your Head York** (www.mindyourheadyork.org) with the generous support of the University of York's **Graduates' Student Association** and **YuFund**.

Mind Your Head York is a mental health campaign run by volunteers at the University of York. Our mission is to promote general understanding of mental health (and mental illness), to ensure that students have access to information about support services, and to combat the stigma that surrounds mental health difficulties.

We are so pleased to have the ongoing support of the GSA and Goodricke College.

Follow us online:



www.mindyourheadyork.org



mindyourhead

Mental Illness Awareness Week

20-24th February 2017



A unique series of educational talks.

Join us and our enthusiastic group of guest speakers: Researchers, clinicians and experts in the fields of psychology, psychiatry and neuroscience, plus speakers with personal experience of mental illness from all over the UK.

Completely free; open to everyone.
Each day features a different mental illness.

Full timetable inside!

'My experience with...'

5:15-5:45pm

An informal platform for you to expand your knowledge about mental illness. Hear about speakers' personal experiences and ask questions.

Research talks

6:00-6:30pm

Experts in mental illness present exciting developments and clinical/scientific research on topics including eating disorders and personality & psychotic disorders. There will be time for Q&A and light refreshments at the end.

www.mindyourheadyork.org



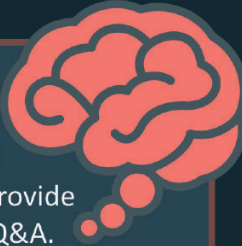
Mental Illness Awareness Week (20-24th February)

timetable of events

'My experience with...' talks are led by speakers with personal experiences of mental illness. They are informal and provide a great learning platform with Q&A.

Research talks are led by scientific and academic experts, providing a stimulating introduction to current research in their field. Join us for complimentary snacks and refreshments afterwards.

All talks are completely free.
No sign up is required.



Monday: Mood disorders (general) Exhibition Centre/Physics Building (P/T/005)

5:15-5:45pm: 'My experience with mood disorders' by Jake Furby (Health & Wellbeing, York LGBT Forum).

6:00-6:30pm: Bipolar disorder by Prof. Lisa Jones (University of Worcester).

Lisa is Professor of Psychological Medicine in the Institute of Health & Society, University of Worcester. Her research interests lie in the causes of major mental illnesses (in particular, bipolar disorder, post-partum psychosis, major unipolar depression and psychosis). Lisa is the Principal Investigator of the Mood Disorders Research Group and founder and Principal Investigator of the Bipolar Disorder Research Network (BDRN).

Tuesday: Mood disorders (depression) Exhibition Centre/Physics Building (P/T/005)

5:15-5:45pm: 'My experience with depression' by Tom Underwood (Student Support & Wellbeing, Uni of York).

6:00-6:30pm: Depression by Dr. Dean McMillan (University of York).

Dean is a clinical psychologist that works at both the Hull York Medical School and Dpt. Health Sciences, UoY. His current research involves evaluating and developing brief psychological interventions for common mental health problems. Other research includes investigating the diagnostic accuracy of psychological screening tools, Cognitive Behavioural Therapy and low-intensity psychological interventions.

Wednesday: Personality disorders Department of Biology (B020)

5:15-5:45pm: 'My experience with dialectical behaviour therapy for BPD' by Jelena O'Reilly (Founder, MYH).

6:00-6:30pm: Borderline personality disorder (BPD) by Kate Saunders (University of Oxford).

Kate is a clinical researcher and consultant psychiatrist with expert knowledge in mood instability, borderline personality disorder and bipolar disorder. She conducted one of the first studies to distinguish bipolar disorder and borderline personality disorder on the basis of cognitive function and social behaviour. Amongst her current work is a project exploring mood and behaviours through wearable technology.

Thursday: Psychotic disorders Department of Biology (B020)

5:15-5:45pm: 'My experience with psychosis and schizophrenia' by Sarah Lazenby (Speaker, York).

6:00-6:30pm: Schizophrenia by Prof. Shôn Lewis (University of Manchester).

Shôn has been Chair of the Royal College of Psychiatrists' research committee and served on the Wellcome Trust and the MRC Neurosciences and Mental Health Boards. His research interests focus on risk factors and new interventions in schizophrenia and psychosis, including, for example, the use of new technologies to deliver cognitive behaviour therapy-informed interventions in early psychosis.

Friday: Eating disorders Department of Biology (B020)

5:15-5:45pm: 'My experience with eating disorders' by Katie Linden (ED Counsellor, MRes student, Newcastle).

6:00-6:30pm: Eating disorders by Dr. Andrea Brown (The Tuke Centre & the Retreat, York).

Andrea is a consultant psychiatrist and psychotherapist for the Eating Disorders (ED) Service at The Tuke Centre, and runs the ED Inpatient Unit at the Retreat. She is keen to address men's eating disorders and has a wider interest in disordered eating associated with anxiety and mood disorders, gender issues and autism.