

# Centre for Emotional Health Public Lecture

## Focusing on the Neglected Area of Mental Health in Ageing

*Presented by Dr Viviana Wuthrich*

Macquarie University's Centre for Emotional Health is providing a FREE public lecture on Anxiety and Depression in seniors during Mental Health Week to highlight the importance of this issue.

### Abstract

In this free public lecture Dr Viviana Wuthrich will cover the basics of Mental Health in older adults focusing on Anxiety and Depression. She will talk about the common symptoms, the consequences of these problems left untreated, and comment on why this area is so neglected in older adults.

### Speaker Profile

Dr Viviana Wuthrich has specific interests in understanding and treating anxiety in children and older adults. She has a keen interest in improving the treatment of anxiety in these age groups and her research focuses on developing psychological treatment programs for these populations.

Her research is very timely given the ageing of the world's population. By 2050, over a quarter of Australia's population will be over the age of 65 and studies show 47% of older adults who met criteria for major depression also met criteria for an anxiety disorder.

### Event Information

**Date:** Friday 14 October 2011

**Time:** Doors open 2.00pm. Light refreshments 2.15pm. Event 2.30pm-3.30pm

**Venue:** Building E7B, level 3, room E7B T2 (lift access available), Macquarie University, North Ryde, NSW 2109

**RSVP:** Please register your attendance by 5pm, Wednesday 12 October (limited seating).

To register contact Anna Reichard (**Tuesdays and Thursdays only**) on (02)9850 8711 or [cehpubliclecture@gmail.com](mailto:cehpubliclecture@gmail.com).

For more information visit: <http://www.psy.mq.edu.au/CEH/events.htm>.

**All welcome - Light refreshments will be provided.**



ADULT ANXIETIES



eCENTRE CLINIC



AGEING WISELY

