

MEDIA RELEASE

28 September 2011

FREE PUBLIC LECTURE ON ANXIETY IN SENIORS

Friday October 14, Macquarie University

To coincide with her world first research program on the treatment of anxiety and depression in older adults, highly respected researcher Dr Viviana Wuthrich from the Centre for Emotional Health will give a free public lecture at Macquarie University on Friday October 14 to increase understanding of the issue.

Little is known about anxiety and depression in people aged over 60.



“While age 60 is not old by any means, our knowledge of anxiety and depression in people aged over 60 is limited. At the lecture I’ll cover the basics of mental health in older adults with a focus on anxiety and depression. I’ll talk about the common symptoms, the consequences if anxiety or depression is left untreated and a little bit about why this area is neglected in adults,” said Dr Wuthrich.

“As Mental Health Week is focussed on understanding and improving the mental health of all Australians, it’s a great opportunity to hold the lecture and raise awareness of anxiety and depression in people over 60.”

Dr Wuthrich’s 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 per cent of older adults who met criteria for major depression also met criteria for an anxiety disorder.

The Centre for Emotional Health is Australia’s foremost anxiety and emotional disorder support, treatment and research hub. It is based within Macquarie University.

Lecture information:

Date: Friday 14 October 2011

Time: 2.00pm – 3.30pm

(Light refreshments from 2.15pm, lecture 2.30pm-3.30pm)

Venue: Building E7B, Level 3 room E7B T2 (lift access available)
Macquarie University, North Ryde

RSVP: by 5pm, Wednesday 12 October (limited seating)

To register email cehpubliclecture@gmail.com or call Anna Reichard
(Tuesdays and Thursdays only) on 02 9850 8711

Information: www.psy.mq.edu.au/CEH/events



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About the Centre for Emotional Health

The Centre for Emotional Health (CEH) is Australia's foremost anxiety and emotional disorder support, treatment and research hub, continually improving treatments for children and adults who live with anxiety. The only one of its kind in Australia, the Centre's Emotional Health Clinic delivers tailored treatment and support programs for children, families and adults living with anxiety, depression and associated mental health problems, as well as practical training for health care workers, psychologists and school counselors. CEH's Emotional Health Clinic delivers support and treatment programs both in person and online, for more information visit www.emotionalhealthclinic.com.au or www.ecentreclinic.org. The CEH and its team of researchers lead cutting-edge research programs into the causes and treatment for anxiety, stress, depression and mental health disorders. The CEH is located at Macquarie University's Department of Psychology and is led by internationally renowned Professor Ron Rapee. www.centreforemotionalehealth.com.au