

18 October 2022

## YOU'RE INVITED

Living with a chronic disease is difficult at the best of times, add in the additional stresses of everyday life - like holding down a job, paying bills, raising a family, plus heartbreaking life moments like losing friends and family members, drug affordability and consistent monitoring of your health and it's no wonder that many chronic diseases are now extended to show their impact on mental health and general wellbeing.

Mental Health Month is celebrated each year in October. We encourage everyone to think about your own mental health and wellbeing, regardless of whether you may have a lived experience of mental illness or not. It gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

As part of Mental Health Awareness Month, we are pleased to present this session 'Humour & Health', proudly supported by Mediplast. Please join your host CFA CEO, **Jo Armstrong** along with Comedian **Blake Pavey** and Psychologist **Chris Thompson** as they discuss mental health, how we each cope differently, and steps we can take to support positive well-being.

### **CONSUMER CONNECT** **This Thursday 20<sup>th</sup> October 2022** **6.30pm – 7.30pm (AEDT) 1hr** **Free to attend**

This Consumer Connect session is generously supported by Mediplast, Australian supplier of the PARI range of innovative respiratory products (formerly distributed by Technipro Pulmomed). The PARI range provides high quality, effective solutions for those living with significant respiratory conditions, including the cystic fibrosis community, enabling optimal treatment times and a fast return to daily activities.

We welcome any questions for our panel and look forward to you joining the session!

\*Questions can be submitted below

*Disclaimer: This session is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek the advice of an appropriately qualified healthcare professional before making decisions about your own circumstances. You should not disregard professional medical advice, or delay seeking it, because of any information contained in this session.*

[SUBMIT QUESTIONS HERE](#)

CYSTIC FIBROSIS CONSUMER CONNECT

# Meet Your Panel



Jo Armstrong

Jo is Cystic Fibrosis Australia's CEO, having been with the organisation since January 2022. Jo is passionate about achieving the best outcomes for our CF Community and ensuring all people are able to live life to the full.



Blake Pavey

Blake Pavey has amassed a following of over 825,000 across social media. He's converted his online presence onto stage, performing stand-up comedy shows around Australia. Blake has cystic fibrosis and has incorporated this into his shows, he says 'it's pretty cathartic to be able to talk about it on stage and spread awareness that way'.



Chris Thompson

Chris has been a private practice Psychologist since 2006, helping people with a wide range of presentations. For example - depression, anxiety, stress, trauma, grief, or adjusting to change. Chris has nearly 50 years of lived experience with CF - which brings a further understanding of all that living with a chronic condition can bring.

Regards

Jo Armstrong  
Chief Executive Officer  
**Cystic Fibrosis Australia**