



Dear Australia Awards Scholars and Global Alumni members

The Department of Foreign Affairs and Trade (DFAT) invites you to attend an online address from Dawn O'Neil AM former CEO of Lifeline and Beyond Blue.

Dawn will speak to you about the current COVID-19 environment, share some personal reflections and explore strategies for resilience in these challenging times. She will also discuss the services that are available to you if you do feel overwhelmed by study and life. Cultural expectations can inhibit the willingness of some scholars to seek help when they have experienced distress and depression. We hope this address will go some way to challenge the stigma that is sometimes associated with seeking help and encourages you to take advantage of support services if you need them. There will be an opportunity to ask questions prior to the address using the Slido app. These questions will be shared in the Q&A session after the address. We will only be addressing questions that are 'on topic'.

Dawn is a well-known thought leader in Mental Health. She is an Ambassador for the Breathing Space Executive Mental Health Program that focuses on supporting leaders to manage high pressure situations and high performance. Since 2011 Dawn has worked as a consultant in collaborative leadership, mental health, suicide prevention and autism, as well as pursuing her lifelong interest in the protection of our environment. In 2017 Dawn joined the eWater Group, enabling her to contribute to the reduction of synthetic chemicals particularly around commercial food production and cleaning through emerging electrolysis technology. In 2009 Dawn was appointed a Member of the Order of Australia for her services to the Community and Mental Health. In 2010 she received the Outstanding Contribution Award from Suicide Prevention Australia.



We hope you can attend this special event.

Date: 9 November
Time: 2 - 3 pm AEST
RSVP: Not required

The address will be held over the Webex app. Attendees will be able to join 15 minutes prior to the event.

Instructions for using the Webex app are:

Desktop

Follow the link <https://dfat.webex.com/dfat/onstage/g.php?MTID=e580dda71ec48cfc9bd2e88f6fe744ecc> in your browser.

*On the Events homepage, enter in your name, email and the event password to join the event. The event password is: **AustAwards2020****

First name:

Last name:

Email address:

Event password:

Remember me on this computer
[\(Clear my information\)](#)

Join Now

Note: you may be required to run a one-off application to view the event. Please run this application.

Phone

To dial in call +65-63024601 Singapore Toll and enter event number (access code): **170 674 0352**

Or

Connect using the Desktop instructions and then select either the **Call me** (where you enter your phone and Cisco will dial you in) or **I will call in** (and you will be provided with dialling details.)



Call Me

The meeting will call you.



I Will Call In

Smartphone App (requires the cisco Webex application)

Open the app and enter event number (access code): **170 674 0352** and the event password (you may be required to provide name and email).

Attendees will be able to join 15 minutes prior to the event.

Instructions for using the Slido app for Q&A

You can participate by using the link below:

<https://app.sli.do/event/Irdam0ob>

or join by heading to [sli.do](https://www.sli.do) or using the slido smartphone app via code **#AustAwards**