

Medical Treatments for Mental Distress

Date: Friday 14 August 2026
Time: 10:00pm – 2:00pm
Venue: St George and Sutherland Community College – SGSCC
127-129 Sutherland Road, Jannali NSW 2226

This course gives an overview of medical treatments for mental distress including medications and electro-convulsive therapy (ECT) in supporting recovery.

We will discuss the purpose of these treatments, benefits and their potential adverse effects. Students will gain confidence in talking to health professionals about their medical treatments.

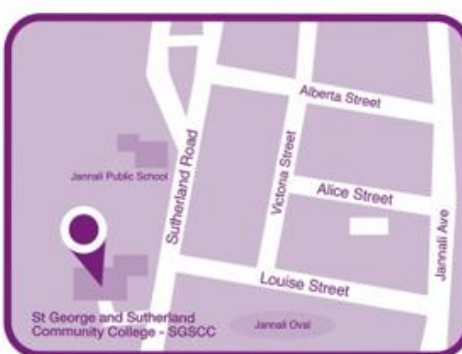
To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Photo by Marcel Straubb Unsplash

Course Information Sheet



For more information
please contact the
Recovery & Wellbeing
College Team

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SESLHD-
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