

BOYS DON'T CRY

If Die Hard's John McClane were real he could easily have become a drug user prone to irrational bursts of anger, unable to sleep, scared of tall buildings and experiencing flashbacks and suicidal thoughts. Instead he has become an archetypal hero of our age and starred in five brutal and traumatic movies with nothing more sinister than a divorce to show for it. However real men and women who experience a fraction of the action of a Die Hard movie can develop post-traumatic stress disorder (PTSD). Unfortunately, prevailing cultures, reinforced by films such as the Die Hard series, dictate that people who experience PTSD report their symptoms much later than if they were physical injuries, and they subsequently take much longer to recover. Our armed forces and essential service providers experience high levels of PTSD. Anxiety-related illnesses have skyrocketed by 40 per cent over the past four years, according to Roy Morgan research. This highlights the growing concern about conditions such as PTSD.

THE PRESENTER

PAUL BARCLAY, *Presenter, ABC Radio National Big Ideas program.*

Big Ideas is a special series from Australia and around the world where prominent thinkers present their ideas about major social, cultural, scientific or political issues that affect us all.

THE PANEL

Allan Sparkes CV VA, *Author of "The Cost of Bravery", beyondblue ambassador and former policeman who has experienced PTSD and depression*

Lieutenant General Peter Leahy, *AC Former Chief of Army and Chairman of Soldier On, Director National Security Institute, University of Canberra*

Professor Brett McDermott, *Psychiatrist, beyondblue Director and Director of the Mater Child and Youth Mental Health Service, Mater Hospital, Brisbane*

Emily Talbot, *spouse of a British Royal Marine Commander who experienced depression and PTSD*

WHEN	Thursday 21 November, 2013 5.30pm - 7pm
WHERE	BAE SYSTEMS THEATRE Australian War Memorial
FREE	OPEN TO GENERAL PUBLIC No booking required
INFO	Mary-Anne Waldren e: maryanne@mawaction.com.au p: 0412 340 622


Mary-Anne Waldren
Mentor • Speaker • Event Creator

This event has been created and developed by Mary-Anne Waldren.



PAUL BARCLAY

Paul Barclay is presenter and series producer of Big Ideas on ABC Radio National.

Prior to this he was presenter of Australia Talks for 6 years.

Paul has produced countless stories for many programs on most ABC radio networks, has occasionally appeared on ABC TV, and when circumstances permit, has produced radio documentaries for ABC Radio National's Background Briefing.

He presented ABC Radio's morning current affairs program in the Northern Territory, from Alice Springs.

Over the years Paul has won numerous awards, including a Walkley Award for his investigation of Bundaberg's notorious 'Dr Death'.

He has written for various magazines (including Rolling Stone), been program director at ABC Local Radio in Brisbane, and was executive producer of Australia Talks' predecessor, Australia Talks Back, for seven years.

He can be seen conducting conversations, interviews, panel discussions and debates at various cultural events and venues including writers' festivals, bookshops, the state library, arts centres, film festivals, theatres and science festivals.



Australian War Memorial