

Probus Neutral Bay Guest Speaker – Tues. 10<sup>th</sup> October, 2023

## **SARAH MARTIN - Author**



### **“Breaking the Silence of Mental Ill Health – One Family’s Story”**

**Introduction:** In 2015 Sarah Martin received a text in the middle of the night from a stranger, saying that Alice, her 21-year-old daughter, who was travelling on the other side of the world, was having some mental health issues and was in trouble. Alice was last seen in Turkey, whilst Sarah and the rest of her family were at home in Australia.

This account is a rollercoaster, as Sarah begins a race to rescue Alice from what appears to be a psychotic break, in a city thousands of miles away..... and the trauma that ensued. Most of all, it is a story of recovery, hope and the power of family.

**A powerful story that needs to be heard.**

#### **Our Guest Speaker.... SARAH MARTIN**

Sarah was initially an experienced theatre nurse, and part of an extended family of medical professionals, but nothing could have prepared Sarah for navigating this episode. Following on from this experience Sarah achieved accreditation in mental health first aid and is a mental health officer at the hospital where she works. With her daughter Alice, she is also a Peer Ambassador with SANE Australia.

When not tackling the stigma and silence around mental illness, writing has become her therapy and release. Sarah also loves playing golf and making and baking sourdough bread. Sarah is wife to Shane and mother to three adult children. She currently lives in Riverview, Sydney

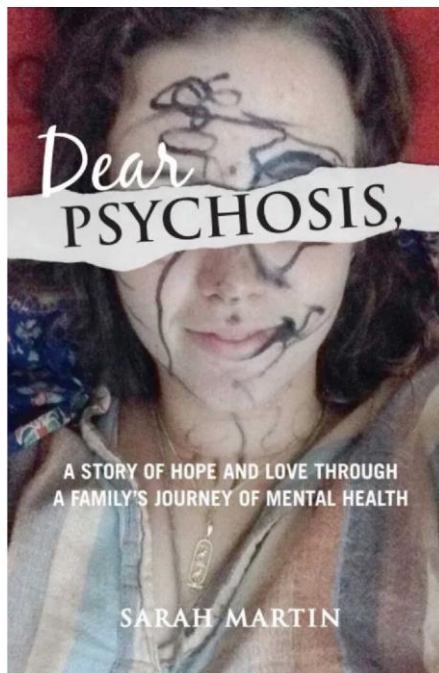
**Her Presentation...** Sarah will present a heartfelt account of her story. It was presented on Channel 10's 'The Project', with Waleed Aly.





**Sarah Martin**

**Sarah's 1<sup>st</sup> Book .....**



“Dear Psychosis” is Sarah’s first book and describes not only the dramatic rescue of her unwell daughter from Turkey, but the ongoing impact of helping a loved one deal with mental illness.

**It will be available to purchase by cash or credit card.**