

# The Cost of Silence



Vickie Skorji

Wednesday, September 19<sup>th</sup> • 7:00 pm

**I**t is estimated that one in four people will suffer from a mental illness such as depression at some point in their life. Untreated mental illness can lead to myriad other problems, the most severe being suicide. Japan has one of the highest suicide rates in the world, partly due to the cultural stigma surrounding mental illness in Japanese society. This lecture will explore issues of mental illness in Japan, look at ways to fight the stigma around mental illness and its treatment, and introduce TELL Lifeline Services, which has been helping to address Japan's growing mental health care needs since 1973.

Vickie Skorji, the Director of TELL Lifeline Services, has a Masters in Counseling from Monash University and a Behavioral Sciences degree with honors from La Trobe University Australia, along with specialist training in neuropsychology and Acquired Brain Injury in both hospital and rehabilitation settings. She managed an Acquired Brain Injury Support Service in Australia, supporting families and individuals with a variety of neurological conditions such as dementia, Parkinson's disease, Multiple Sclerosis, Stroke and migraine. During her time at TELL she has developed a wide range of suicide prevention programs, for schools, workplace and the community.

**Location: 5-7-12 Shinjuku, Shinjuku-ku, Tokyo, 2nd Floor**  
See <http://luj.tokyo/maps> for map; Tel: 03-3225-0425