

## **'Understanding Mental Health: Building Awareness and Resilience'**

By: Professor Deborah Turnbull

Friday, 13 June 2025

1:45pm to 4:00pm (Jakarta time)

Indonesian graduates and scholars of Australian tertiary institutions who are interested in attending this event, please RSVP by Wednesday, 11 June, via this link:

<https://oz.link/rsvpGL13JUN>

*\*Due to the limited availability of places, early registration is recommended. A link to this event will be shared with you after registration.*

## **Lecture overview**

Indonesia and Australia both recognise the importance of human capital development and are actively working to enhance mental health and wellbeing across their communities. This lecture is designed to provide participants with a deeper understanding of mental health and its vital role in supporting individual fulfilment and societal progress. Key topics will include emotional literacy and practical approaches to supporting others in their mental health journey.

Professor Deborah Turnbull will draw on her extensive research in developing online mental health tools, sharing practical, evidence-based strategies to help individuals build resilience, particularly during times of personal and organisational change.

Professor Deborah Turnbull holds the Chair of Psychology at Adelaide University, where she is a leading academic in health and clinical psychology. She combines her active research and teaching roles with a number of leadership responsibilities. She serves on the Management Committee of the Freemasons Centre for Male Health and Wellbeing and sits on the Board of the Kathleen Lumley Foundation. She is also a member of the College of Reviewers for the Canadian Institutes of Health Research and contributes to the MBBS Admissions Working Group within the Faculty of Health and Medical Sciences.

Professor Turnbull teaches psychology across all levels and is a dedicated supervisor of students undertaking higher degrees by research. She also leads internationalisation efforts at the School of Psychology. Her academic qualifications include a Bachelor of Arts with Honours and a Masters of Psychology (Clinical) from the University of Newcastle (NSW), and a PhD from the University of Sydney. In addition, she holds adjunct appointments as a Professor at the University of South Australia and a Visiting Professor at Taylor University in Kuala Lumpur.



**Professor Deborah Turnbull**

Chair of Psychology  
Adelaide University

