

Entertainment



All the pieces come together

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HELEN Williams will soon release her first book, 'The Jigsaw Within my Mind.'

Ms Williams began writing the self-help book around two years ago, which was inspired by the real events of her life.

"When you're writing your life story, you're reliving the events, and a lot of them are very traumatic, so I had to pace myself," she said.

"You couldn't just sit and dedicate yourself to writing every day, because you had to have time to recuperate."

Ms Williams founded Anxiety Disorders Association South East (ADASE) in 1993 and spent several years on fundraising efforts aimed at bringing professionals to the region to provide workshops for both professionals and sufferers.

She started receiving individual requests for support from many workshop attendees, so decided to take matters into her own hands and developed her own program called 'A Great Step Forward' modelled on the book 'Mind Over Mood,' based on cognitive behaviour therapy (CBT).

Ms Williams shares her own mental health journey in the book, and provides tools for readers to work through their own 'jigsaws.'

"It has been quite fulfilling, a real experience and a lot of comfort in actually finding the jigsaw pieces and where they fit," she said.

"I discovered these jigsaw pieces as I was delivering the program, 'A Great Step Forward' because I was working with different groups all the time, and we'd have different conversations and those topics in those conversations would actually ignite a jigsaw piece to pop up.

"We've got millions of jigsaw pieces in our mind, but it's not until somebody opens what I call the filing cabinet, and that's where the jigsaw piece pops up.

"And those jigsaw pieces are very powerful, because you've stored them on your brain for a reason, and you don't know why you stored them, so that then taught me to dig deeper and look deeper.

"It's a fascinating journey once you learn to know how to look for them, which I show in the book."

Ms Williams delivered the recovery program twice a week and assisted over 3,000 people in the local community.

"The program became very powerful, because they knew that I had a lived experience - they knew that I could talk their talk, and they knew that I knew what they were going through," she said.

During the course of the program, clients would suggest to Ms Williams she should share her story and skills through a book, but she was apprehensive about starting.

Due to several unsuccessful attempts to gain government funding, Anxiety Disorders Association South East closed in 2016, along



COMING TOGETHER: Helen Williams will soon launch her mental health self-help book, 'A Jigsaw Within my Mind.' (Melanie Riley: 473808)

with the program.

Ms Williams said after the death of her husband in recent years, she felt lucky to have the skills she taught in the program, which helped her to navigate the road ahead, and wanted to be able to continue to help people after the program's closure.

"It wasn't as difficult as what it would have been, and I sincerely think that I don't think I would be here without those skills, because of my mental state prior," she said.

"Further down the track, as I've recovered from the death of my husband, I thought I would like to really leave a legacy for people to understand how their brain works, why

they think like they do, and why they act like they do."

The book is suitable for anybody over the age of around 15 years old, and would suit anybody suffering from anxiety and depression.

"I'm hoping that they'll find a pathway forward to recovery by understanding some of the tools that I've put in the book and using those tools, it would definitely help them," she said.

"It is an introduction line there, because CBT does go very, very deep.

"Some people are going to get a lot of benefit from it, but you're going to have to do the work."

Director of the University of Adelaide's Ad-

elaide Rural Clinical School, Professor Lucie Walters and Flinders University Head of Psychiatry Professor Malcolm Battersby will join Ms Williams at her launch.

Signed books will be available for sale on the day.

The event is free, but registrations are preferred.

Join Ms Williams on the launch of The Jigsaw Within My Mind on Thursday, May 1, at 1:30pm at City Hall.

To book contact Mount Gambier Library on (08) 8721 2540 or online at www.mountgambier.sa.gov.au/Library under 'Programs and Events.'

Grants available for musicians

LOCAL artists and music businesses are invited to apply for funding through the Music Development Office's (MDO) Project Support Grants (PSGs).

The grants aim to support local musicians and businesses with creative and business development projects, helping to sustain the contemporary music sector in South Australia.

PSGs offer up to \$15,000, and include two streams of funding.

Applicants can apply for one of the two -

- Creative Development (Stream A): To support recording and performing artists, songwriters, producers, artist managers, live music venues and self-managed artists to support the creation, release or performance of original music.
- Business Development (Stream B): To support music businesses such as studios, labels, venues, promoters and booking agents to develop and deliver original mu-

sic projects.

Funded by the South Australian government, this program aims to strengthen local music by backing those who create and support original work.

Applications close Wednesday 30 April 2025.

Successful applicants will be notified by mid-late June, 2025.

For full details and how to apply, visit the Music Development Office website.

Gig guide

Friday, April 25

- Commercial Hotel, Mount Gambier/Berrin, 7.30pm
- The Jealous Two, Kalangadoo Hotel, Kalangadoo, 7pm

Saturday, April 26

- Stamina, Commercial Hotel, Mount Gambier/Berrin, 9pm

Sunday, April 27

- Jam Session, South Eastern Hotel, Mount Gambier/Berrin, 2-6pm.