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## MEDIA RELEASE

### LUCY BROGDEN LAUNCHES BOOK ON HELPING YOUR LOVED ONE OVERCOME DEPRESSION

When Graeme Cowan was at his lowest and darkest point while battling depression he tried to take his own life.

"I would not be here today without the care and support of my parents and then wife Susan during my bouts with depression," Mr Cowan said.

Over two million Australians are currently supporting a loved one with depression, yet many of them feel very isolated and alone. Research shows they often feel frustrated, rejected and unable to find the right help.

***Back from the Brink Too*** includes research and advice from Graeme Cowan's interviews with over 300 people living with depression and 289 caregivers. This book offers a path forward and shows carers where to find information and support and how to get someone to open up.

Lucy Brogden, a Director of Sydney Community Foundation and wife of John Brogden, CEO of Manchester Unity and former leader of the NSW Opposition, will launch the book today at the Black Dog Institute in Randwick.

*"I understand and know first hand the challenges of caring for someone living with depression," Ms Brogden said.*

*"Graeme's book is an essential resource for any person caring for someone living with depression and perfectly compliments book one," she said.*

Graeme Cowan is currently the leader of GROW (a mental health support group), in Chatswood NSW and has seen things from both perspectives – that of the person living with depression and that of the carer and is convinced that both parties have to work closely in partnership to beat the black dog.

A free ebook with research findings is available at [www.DepressionCarer.com](http://www.DepressionCarer.com)

**Book titled: *Back from the Brink Too: Helping Your Loved One Overcome Depression* by Graeme Cowan, Bird in Hand Media, rrp: \$32.95**

Also available *Back from the Brink: Australians Tell Their Stories of Overcoming Depression* by Graeme Cowan. Launched by John Brogden 13 June 2007.

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