

“To see the light return to someone’s eyes, to hear that they can see colour in the world again & to hear expressions of hope, is the best return on any clinical investment.”
– Prof. Parker

COMMUNITY EDUCATION & OUTREACH

- ◆ A service aimed at enhancing community understanding about mood disorders with activities held ‘on-site’ at the Black Dog Institute as well as in rural and remote areas of NSW.
- ◆ Programs include community and workplace education, resource development and distribution and outreach to rural communities.

RESEARCH

The Institute is at the forefront of research into mood disorders, building on the many years of success of the Mood Disorders Unit (MDU). We regularly seek volunteers from the public to participate in groundbreaking research projects.

PROFESSIONAL EDUCATION & TRAINING

Accredited, customised professional educational programs, seminars and workshops are provided for General Practitioners, psychologists, psychiatrists, school counsellors and nurses to improve detection and treatment of depressive disorders. Courses are also run across rural and regional NSW.

HOW TO FIND US

We are located on the corner of **Hospital Rd & Francis Martin Drive** on the Prince of Wales Hospital campus in Randwick. (Look for the **orange wall** & **BOC Gas Cylinder**).

◆ Walk-in Access:

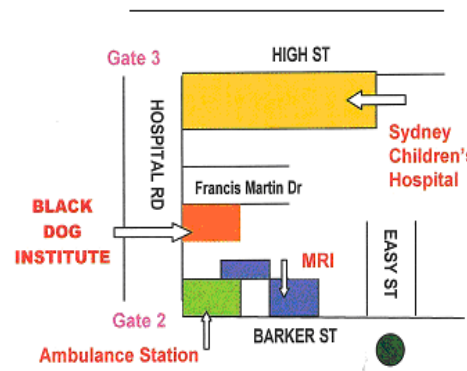
From Main Hospital Reception – Turn left, past **Emergency**. Keep Ambulance Bay on left, carpark on right. Turn right at crossing onto **Nurses Drive**, right onto **Francis Martin Drive**. At T-junction, turn left onto **Hospital Rd**. We are the first building on left.

- ◆ From High St – Walk past main entrance of The Children’s Hospital. Turn left from **Gate 3** into **Hospital Rd**. The Institute is approx. 1 km down road on left, just after **Francis Martin Drive**.

- ◆ From Barker St – Enter Gate 2, walk past Ambulance Station and the Medical Research Institute. We are the 3rd building on right.

- ◆ **By Car/Parking:** Pay by the hour public parking is available at the hospital. Turn **right** off Barker St into Easy St. Proceed down to **Level B3**. **No** street parking on Hospital Rd.

- ◆ From Hospital Carpark - Go to **Level B3**. Exit at boom-gates, turn left onto Hospital Rd. We are the first building on left.



BLACK DOG INSTITUTE

SPECIALISING IN DEPRESSION & BIPOLAR DISORDER

Mood Disorders:
To Advance We Must
Understand

BLACK DOG INSTITUTE





MISSION

The Institute's mission is to advance the understanding, diagnosis and management of the mood disorders by continuously raising clinical, research, education and training standards. In so doing, the Institute aims to improve the lives of those affected – and in turn – the lives of their families and friends.

WHAT WE DO

The Black Dog Institute is an educational, research and clinical facility offering specialist expertise in mood disorders – a range of disorders that include depression and Bipolar Disorder (formerly called 'manic depression' in severe cases). The Institute is geographically based at the Prince of Wales Hospital, is affiliated with the University of New South Wales and is supported by NSW Health.

WHY BLACK DOG?

The Institute takes its name from Sir Winston Churchill's reference to his own melancholic depression, which he termed his 'black dog'.

CLINIC (FOR ASSESSMENT & ASSISTANCE, NOT ONGOING MANAGEMENT)

- ◆ A consultancy service for health professionals who are managing a patient with a mood disorder, which may be persistent, only partially responsive to treatment, or treatment resistant.
- ◆ Detailed assessment is conducted in consultation with a psychiatrist. Expert advice, formulation and management suggestions are then provided to clinicians and their patients.

CONSUMER & COMMUNITY RESOURCE CENTRE

- ◆ Provides quality information on mood disorders & assistance in accessing help.
- ◆ Lending library - holds a large range of books, videos, tapes & other materials that can be perused on-site or borrowed, as well as access to computers to browse the Internet.
- ◆ Co-ordinates a number of consumer & community events and activities.
- ◆ Publication of quarterly newsletter.
- ◆ Enquiries & appointments: 02 9382 4523



WEBSITE

- ◆ www.blackdoginstitute.org.au
- ◆ High quality information about mood disorders.
- ◆ Specific sections on depression, bipolar disorder and getting help tailored to the needs of consumers, clinicians and the general community.
- ◆ Downloadable fact sheets, self-assessment tests, clinician aids, daily mood charts and articles.
- ◆ Helpful lists of websites specialising in mental health; nation-wide support groups and a comprehensive reading list.
- ◆ Details of current research studies and latest publications.
- ◆ Email address for general inquiries: blackdog@blackdog.org.au

CONTACT US

- ◆ Reception : 02 9382 4530
- ◆ Clinic : 02 9382 2991
- ◆ Resource Centre : 02 9382 4523
- ◆ Education & Training : 02 9382 4518
- ◆ Community Programs: 02 9382 2998
- ◆ Donations : 02 9382 9263
- ◆ Volunteering: 02 9382 9250
- ◆ Rural Programs: 02 9382 8203
- ◆ Youth Programs: 02 9382 8320