

NEWS RELEASE

BLACK DOG INSTITUTE



Monday 27 September 2004

MENTAL HEALTH AND DEPRESSION

A series of focus group meetings are to be held in Chatswood to obtain the views and attitudes of members of the public about depression.

The meetings are free and are being organised by the Black Dog Institute, a NSW Government funded organisation that undertakes research, treatment, education and diagnosis in relation to people with mood disorders.

Ms Bibiana Chan, a researcher, said it was clear that emotional distress and depressive mood states may be expressed by various symptoms.

The Institute, she said, was currently exploring how people from different cultural backgrounds seek help in facing depression.

English speaking Chinese are targeted for two of the Chatswood focus group meetings, planned for 14 October and 4 November..

The meetings are being held at the Dougherty Community Centre, 7 Victor Street, Chatswood, between 7.00pm and 9.00pm on both evenings.

A general invitation to members of the public is issued to the third Chatswood meeting being held on Thursday 28 October at the same time and venue.

Further information about the focus group meetings is available by contacting Sue Grdovic on 02 9382 4516. Places are limited and people are advised to register early. Light refreshments will be provided.

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