

# Black Dog Institute

Specialising in Depression and Bipolar Disorder

## FREE Community Education Programs for the General Community

BLACK DOG INSTITUTE



The **Black Dog Institute** recognises the importance of improving awareness of mood disorders to encourage early help-seeking and promote destigmatisation. Our Community Education Programs are offered *free of charge* across Metro NSW and are suitable for general audiences (with, or without, a mood disorder) to be delivered in workplaces, seminars, support groups or other community settings.

## Mood Disorders 101

This module provides an overview of the history and services of the Black Dog Institute and information on identifying the symptoms of depression and bipolar disorder. It includes general information on causes of mood disorders, when and where to seek help and wellbeing tips. This module is ideal for providing a quality introduction to the subject of mood disorders. The desired outcome is that people will be better informed, better equipped to identify warning signs and feel more comfortable seeking help and communicating more openly and honestly.



*Promoting Mental Health | Facilitating Awareness | Generating Discussion*

### In 2010 we will offer modules on:

- **Building resilience:** develops skills in the 6 domains of resilience – physical, emotional, cognitive, spiritual, moral & social.
- **Dealing with stress:** teaches mindfulness meditation to manage stress, pressure and anxiety in a busy world.
- **Staying well with a mood disorder:** strategies for managing depression and/or bipolar disorder, such as identifying early warning signs, minimising triggers, relapse signature, and planning for setbacks.
- **Caring for someone with a mood disorder:** specific information for friends/family on how to help whilst taking care of their own wellbeing.

**Note:** Our modules are generally 45 minutes long, plus Q&A. Projection equipment must be provided.

### We also provide Information Stalls

- Resources: fact sheets, newsletters merchandise



#### TO MAKE A BOOKING



If you would like to find out more about how the Institute can engage with your local community, please contact:

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[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)