



## NEWS RELEASE

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### BLACK DOG INSTITUTE COMMUNITY EDUCATION SEMINAR IN ARMIDALE

Community educators from the Black Dog Institute, Chris Rule and Tessa Wigney, recently delivered an education seminar titled 'Understanding depression and resilience', in Armidale. The event was well attended, with 70 people from the local community participating, including people living with mood disorders, carers, various service providers, and interested members of the public.

"The aim of these seminars", said Chris, "is not only about delivering accurate information about mood disorders, but also to provide an opportunity to engage with local communities outside of Sydney and initiate a relationship of continued support and involvement via the range of Community Program we can offer."

This event, coordinated by the Institute's Community Programs team, was supported by two local organisations including Armidale Carer Assist and Tablelands Community Mental Health Service. Speakers from both of these services also presented at the seminar, providing overviews of the services they provide to the local community and how they can be accessed.

Tessa was the keynote speaker on the night and was greatly encouraged by the overwhelmingly positive feedback received post event.

"People were just so appreciative of the fact we had travelled to them, and it really means a lot to have attendees approach you after the event to let you know how much they learned", said Tessa. In addition, a number of attendees have expressed an interest in getting involved in the Black Dog Institute volunteer program and in being trained to become community educators, school presenters, and support group facilitators.

"We have delivered several of these seminars in rural NSW in 2009 including Gunnedah, Griffith, and Forbes, and I think that the great response we have received so far demonstrates the community's recognition of the importance of understanding what depression is, and how best to respond", said Chris.

Two seminars are still to be delivered in rural NSW including Maitland on 25 November and in Quirindi on 2 December.

For more information please contact Chris Rule, Black Dog Institute Rural Initiatives Project Manager: (Ph) 02 9382 8203 or (email) [c.rule@blackdog.org.au](mailto:c.rule@blackdog.org.au).

MEDIA INQUIRIES: Ian Dose (M) 0419 618 606 or email: [i.dose@blackdog.org.au](mailto:i.dose@blackdog.org.au)