

NEWS RELEASE

DUBBBO COMMUNITY EDUCATION SEMINAR

BLACK DOG INSTITUTE



Chris Rule and Dr Tessa Wigney from the Black Dog Institute delivered talks at a community education seminar in Dubbo on 4 March.

The Black Dog Institute ‘Understanding Depression and Resilience’ seminar was the first for 2010 and will be presented at other rural locations during the year. In Dubbo, 82 people from the local community participated, including those living with mood disorders, carers, various service providers, and interested members of the public.

“It was great to see such a broad cross section of the community gain value from an education seminar about such an important health topic” said Chris Rule.

The seminar closed with a bang with African drumming from Menjne, a local group from Dubbo.

“Without a doubt, depression and bipolar disorder are tough illnesses, but the key messages of our seminar is that with the right management, treatment plan and lifestyle balance, they can be effectively dealt with” said Dr Wigney.

“Indeed, it is also encouraging to know that people can further develop resilience, and even thrive, whilst living with the Black Dog”.

Several more seminars are scheduled for rural NSW throughout 2010. Visit the Events page for more information.