

NEWS RELEASE

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BLACK DOG INSTITUTE



INFORMATION HUBS TO HELP WITH DEPRESSION

The Black Dog Institute, a leading authority on depression and bipolar disorder, is establishing a network of local Information Hubs to make it more convenient for people to be better informed about mood disorders.

Initially, the Institute plans to establish 20 of the Information Hubs throughout New South Wales.

Already, there are four local information hubs in Gunnedah, Condoblin, Maitland and Ashfield.

The Institute's Sydney facility, on the grounds of the Prince of Wales Hospital, at Randwick, is the central information hub.

The Executive Director of the Black Dog Institute, Professor Gordon Parker, said today the Institute produced a range of resources on depression, bipolar disorder and related topics.

“This includes books, online education, information you can download and print, a series of free ‘get-well’ cards for people to send their loved ones and friends who are battling a mood disorder, newsletters as well as the many facts sheets to help consumers and professionals,” he said.

Professor Parker said the Institute had undertaken to provide the Information Hubs with new material on an ongoing basis to ensure communities were kept up-to-date with developments in this field.

The hubs are being established in key locations such as libraries, local mental health service providers and other relevant community organisations as well as schools.

Information hubs are shown on a map on the Institute's website:

<http://www.blackdoginstitute.org.au/public/resources/overview.cfm>

Any organisation interested in becoming a Black Dog Institute Information Hub can contact Chris Rule on (02) 9382 8203 or c.rule@blackdog.org.au

The information hubs currently operating are at:

- Black Dog Institute, Hospital Road, Prince of Wales, Hospital Randwick, 2031
Tel. (02) 9382 4523
- Active Minds Mental Health Group, 19 Wentworth Street, Gunnedah, NSW 2380
Tel. (02) 9879 2600
- Hunter Headspace, 73 Elgin Street, Maitland, NSW 2320
Tel. (02) 4931 1000
- Condoblin Community Health, Madline Street, Condoblin, NSW 2877
Tel. (02) 6895 2600
- Wesley Mission, 93 Milton Street, Ashfield, NSW 2131
Tel. (02) 8922 9036

MEDIA INQUIRIES: Contact Ian Dose (M) 0419 618 606 or i.dose@blackdog.org.au