



**TIM 'ROSSO' ROSS**  
NOVA 969 BREAKFAST HOST

**SUPPORTS THE  
BLACK DOG INSTITUTE**

**Why do you support the Black Dog Institute?**

When it's anything to do with depression, it seems to become one of those issues that men don't like to talk about. You find yourself in a situation where you're having conversations with mates who've been deeply affected by these things and they don't tell you till much later on. It breaks your heart to hear that.

**What will make a difference?**

If people start talking about it, then they start recognising the signs when they are talking

to their friends. Quite often friends may go to ground for a while and you blame them for not being good friends, when it's not that at all – they've disappeared off the face of the earth because they are going through these horrible bouts of depression and they don't want to see anyone or talk to anyone. Sometimes, you've gotta go around and knock on the door and say, 'What's going on?'

**How do you stay healthy?**

I train with a friend, Gordo, three times a week and whether we go for a run or to the gym, part of it is exercise and part of it is mental health as well. We talk to each other about what's going on in our lives, in our relationships, our friendships, our families and all that.

**Do you get regular check-ups?**

I came from the strange situation where my mother's a GP, so I'm just a blabberer. I get nervous about my health and I'm probably more of a hypochondriac than anything else. I've always been good about going to see someone if something's wrong.



PHOTOGRAPHS BY CHRIS COLES/ACP SYNDICATION



**MERRICK WATTS**  
NOVA 969 BREAKFAST HOST

**SUPPORTS THE  
BLACK DOG INSTITUTE**

**Why do you support the Black Dog Institute?**

They offer specialist help to guys with a range of mood disorders that include depression and bipolar... and it has cool name that reminds me of an old Led Zeppelin song.

**Why is depression an important issue?**

Everybody knows someone that has suffered from depression. I could only ever imagine what it's like for people and hope to God it never happens to me.

**How do you stay healthy?**

Eating healthy plays a massive part in my overall fitness and wellbeing. Physical exercise in particular makes a huge difference. If I exercise two to three times a week, I'm just more energetic, which makes me feel more positive in general.

**What motivates you?**

Most of my influence comes from my wife, Georgie. Now I'm a father I want to be physically fit and strong and energetic while my son is young.

WANT TO KNOW MORE ABOUT DEPRESSION OR HELP SUPPORT THIS CHARITY? VISIT BLACKDOGINSTITUTE.ORG.AU. MERRICK AND ROSSO MADE A DONATION TO THE BLACK DOG INSTITUTE IN BEHALF OF MERRICK AND ROSSO.