

# Black Dog Institute

Specialising in Depression and Bipolar Disorder

## Community Education Programs for the Community



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 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.

## 1. Understanding Depression, Bipolar Disorder & Wellbeing

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**

Our presentations are generally 1hr (including 15 minutes Q&A). They are delivered by trained Speakers using a highly visual PowerPoint Presentation, with graphics by our Creative Director, Matthew Johnstone, author of 'I Had a Black Dog'.

## 2. Navigating Teenage Depression: a guide for parents

This module incorporates content from Module 1, but is tailored to include specific information on how to identify early warn signs of depression and mania in young adults. Focus is also on understanding the risks of developing a mood disorder within the context of normal teenage pressures, such as performance anxiety, bullying, identity & sexual development, brain growth and emotion regulation capacities. Ideas of where to seek help, how to communicate and how to reduce stress are drawn from the Black Dog Institute's publication 'Navigating Teenage Depression: a guide for parents and professionals'.

