

# NEWS RELEASE

20 April 2010



## SNAPPING THE BLACK DOG

### A PHOTOGRAPHIC COMPETITION ABOUT HOPE AND RESILIENCE

The Black Dog Institute and Nikon Australia today launched a digital photographic competition with the theme – ***Snapping the Black Dog: A Photographic Competition about Hope and Resilience in the Fight against Depression.***

The Institute’s Executive Director, Professor Gordon Parker, said that the purpose of the competition was to capture the essence of depression through the eye of the lens; having already successfully unearthed powerful descriptions via the Institute’s popular writing and poetry competitions over the past six years.

“While we recognise the seriousness of mood disorders and their impact on the lives of thousands of people, the Institute is looking for images as a way of providing hope and inspiration to show there is light at the end of the tunnel,” according to Professor Parker.

A good example is the output from our writing competitions. In one case, the Institute’s book titled ***Journeys with the Black Dog*** captured the voices of 634 people and their strategies for bringing depression to heel.

In addition we have seen illustrations so cleverly used by Matthew Johnstone to tell the story ***I Had a Black Dog***. Similarly, art collections, such as the Cunningham Dax Collection, have sought to destigmatise and inspire.

Photography is the “missing link” in this chain.

“While some people may feel it appropriate to include a dog in their photograph, it is not a condition of entry. Others may find more meaning by looking at capturing images and scenes emerging from the experience of depression that will provide hope to others to put their lives back together,” according to Professor Parker.

Each entry needs to capture one of the following key messages:

- Hope and resilience
- Everyone deserves peace of mind
- Understanding depression and resilience
- Exercise for mood benefits
- Destigmatise and Inspire
- Light at the end of the tunnel

Nikon Australia has kindly donated the prizes. First prize is a Nikon D5000 SLR twin lens kit (valued at \$1699) while second prize is a Nikon COOLPIX P100 digital camera (valued at \$599) and the third place getter will receive a Nikon COOLPIX S4000 digital camera (valued at \$299).

Nikon Australia spokesperson, Stuart Mitchell, said the company was proud to be a sponsor of the photographic competition. "We all know that 'a picture tells a thousand stories', and the subject chosen for the competition is a challenge to both professional and amateur photographers." Persons under 18 entering the competition need to have a signed parental consent form provided by the Black Dog Institute.

Email your entries to [blackdodgevents@blackdog.org.au](mailto:blackdodgevents@blackdog.org.au), along with an entry form that can be downloaded from the Black Dog Institute website [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au).

Entries are limited to one per person. Entries must be your original photo and less than 5MB in size.

The competition closes on Friday 18 June and an independent judging panel will select the winners.

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**FOOTNOTE:**

Black Dog is a term used to describe depression. Sir Winston Churchill, the former war-time British Prime Minister, used it to describe his own depression. While Churchill was not the first person who referred to his depressive episodes as the Black Dog, he popularised the term.