



## NEWS RELEASE

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### NEW BLACK DOG WRITING COMPETITION

#### ***SHARE YOUR INSPIRATION***

Inspirational stories about how people live with the black dog (depression) provide the theme for a new writing competition launched today.

The Black Dog Institute is hosting the competition to encourage sufferers, family members and friends to provide insights about their experiences and to describe the overriding influences in coping with mood disorders.

“One in five Australians suffer from mood disorders; the multiplying effect lies in the impact felt by families and friends,” according to Professor Gordon Parker, Executive Director of the Black Dog Institute.

“We know that some people cope better than others. While everyone’s experience is unique, sharing these experiences with others hopefully will provide added assistance in allowing those impacted to be better equipped, more knowledgeable about what to expect and how to handle issues as they emerge.

“At the Black Dog Institute we hear many inspirational stories.

“In my mind, I draw comparisons with the American champion cyclist and seven times Le Tour de France winner, Lance Armstrong – his battle with cancer and his subsequent determination and his fighting strengths as one of the world’s greatest sporting champions.

“When any of us develop a major condition – disease or clinical depression- there is the sense of things being out of control.

“Some people will stay in this state, feeling overwhelmed and controlled by their condition. Some move to another stage – where they actually take control of their condition.”

Earlier, this year, the Governor of NSW, Her Excellency, Professor Marie Bashir AC, presented prizes to the winners of another Black Institute writing competition to help uncover the history of the term ‘black dog’ as a description for depression.

In all, a total of 266 entries were received (winning entries appear on the Black Dog Institute website: [blackdoginstitute.org.au](http://blackdoginstitute.org.au))

Entries to the new competition are to be in the form of a written article (maximum 1500 words) and must address the topic of 'How to live with the black dog' (depression).

Prizes will be awarded for the three best entries:

First Place	\$2,000
Second Place	\$1,000
Third Place	\$ 500

The closing date for receipt of entries is 31 January 2006. Participants are required to complete an application form and forward the original and three copies of their entry on A4 paper by post addressed to:

Black Dog Writing Competition  
Black Dog Institute  
Hospital Road  
Prince of Wales Hospital,  
Randwick, New South Wales 2031

An application form and further information can be obtained via the Institute's website ([blackdoginstitute.org.au](http://blackdoginstitute.org.au)) or by telephoning (02) 9382 4523.

An independent panel will judge entry essays. The winning articles will be published on the Black Dog Institute website and in both the Art +Medicine magazine and Arts and Health magazine

It is a condition of entry that material submitted will be available for further use by the Black Dog Institute, including for promotional and research purposes.

#### **MEDIA INQUIRIES:**

Contact: Ian Dose, Media Manager at the Black Dog Institute (M) 0419 618 606 or e-mail [i.dose@unsw.edu.au](mailto:i.dose@unsw.edu.au)