



NEWS RELEASE

3 January 2006

BLACK DOG WRITING COMPETITION-SHARE YOUR INSPIRATION

Entries in a writing competition seeking inspirational stories about how people live with the black dog (depression) close on 31 January 2006.

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.

Entries to the 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

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) or by telephoning (02) 9382 4523.

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