

## NEWS RELEASE

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### BLACK DOG WRITING COMPETITION

#### *Mood Disorders in Adolescence – Grassroots Solutions*

Both essays and poems on the subject of '*Mood Disorders in Adolescence – Grassroots Solutions*' are being sought in a competition being conducted by the Black Dog Institute.

Entries in the competition close on 31 January 2008.

Highlighting the fact that 14 percent of children and adolescents in Australia have mental health problems, Professor Gordon Parker, Executive Director of the Black Dog Institute, said today it was vitally important to look more closely at the consumer viewpoint to discover fresh ways of addressing the issue.

The Black Dog Institute is inviting essays and poems from those who have, or did have clinical depression or bipolar disorder in adolescence and their carers to write about who and what helped them most; their strategies and the response of parents, other family members, friends and professionals.

This is the fourth annual writing competition conducted by the Institute and the first to include poetry.

“It was shown that some of the writers from our previous competitions were adolescents themselves and many others reveal how their mood disorder commenced in their adolescent years. Our youth of today really need to be well educated about mood disorders as they are at the age when these disorders can first occur,” Professor Parker said.

The competition has a \$2000 first prize, a \$1,000 second prize and a \$500 third prize for the best essays (maximum 1500 words) while the prize for the best original poem is \$500.

Full details on how to enter the competition are on the Institute's website:

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) or by telephoning 02-9382 4523

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