

# AUSTRALIAN MALES: THE ROOT OF ALL EVIL? THE LAST TABOO.

shaman BLACK DOG INSTITUTE



arts nsw



TAMARAMA ROCK SURFERS  
TRS



Simon Bossell and Andrew Bibby

In a time where media coverage is dominated by stories of men behaving badly who is concentrating on fixing the issue? Is anyone stopping to ask why?

In this day and age we talk freely of death, personal financial details and sex, yet the male psyche remains left alone. Is it any wonder that society is consistently shocked by something we take no time to understand?

Mood disorders can affect anyone and it shows itself in different ways; some of them are destructive, none of them are productive. From high profile cases involving footballers (Andrew Johns and Wayne Carey) and politicians (John Brogden and Jeff Kennett) to the bloke sitting in a pub who seems perfectly fine, it is left unspoken until damage is done. It is time to change behaviour, in order to change the outcome.

Why do men find talking about their **feelings** so hard? They'll talk about sex, sport, politics, financial difficulties, wives and girlfriends – why is emotion the final taboo?

Shaman Productions in association with The Black Dog Institute is supporting an evening on **Thursday June 4<sup>th</sup> @ 8pm** where discussion about men's mood disorders will be talked about as openly as sport. A new Australian play will start the event, a play which shows the unravelling of two men in a touching and at times humorous exploration.

We need to start talking about this and in a productive way. We need to ask: why are men's feelings not spoken about? If they did would we still see the destructive situations we see in the press?

THIS IS WHERE WE START. An event is being held, quite fittingly, in a theatre attached to a pub, at this event we need to start the talk and launch a change in behaviour.

After the performance there will be a 20 minute forum/Q&A hosted by one of the actors, Andrew Bibby (pictured rhs), and author of the books 'I Had a Black Dog' and 'Living With a Black Dog' Matthew Johnstone.

"We are all capable of creating IMAX size horror movies in our minds; we put incredible energy into suppressing these thoughts which only prolongs them or makes them worse. What I've since learnt is that thoughts are not facts and if you can express your thoughts the power is released from them. Always better out than in I say."  
Matthew Johnstone.

There are limited seats available for media on the night of **Thursday 4<sup>th</sup> June**, the session will be open to the public and tickets sold through Moshtix.

No Man's Island

June 2-30, The Old Fitzroy Theatre, Cnr Cathedral and Dowling St, Wollomooloo

Black Dog Special Event: June 4<sup>th</sup> @ 8pm

Season: June 4 – 30

Tickets: \$21 Concession, \$29 Adult, \$35 Beer, Laksa, Show

Bookings: [www.shamanproductions.com](http://www.shamanproductions.com), or MOSH TIX (1300 GET TIX)

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