

# MEDIA RELEASE



Thursday 4 October 2018

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## **‘Let’s Work Together’ – Launch of 7<sup>th</sup> Glovebox Guide to Mental Health**

The Centre for Rural and Remote Mental Health (CRRMH) is delighted to present the seventh edition of the *Glove Box Guide to Mental Health*, encouraging rural communities to work together and support each other during tough times.

This year’s *Glove Box Guide to Mental Health*, a partnership between the Centre, the Rural Adversity Mental Health Program (RAMHP) and *The Land* will be officially launched on Thursday 4 October during Mental Health Month.

This year the theme is *Let’s Work Together* and the Centre and RAMHP are inviting members of rural communities across NSW to come and participate in collaborative activities showcasing how they work together with their communities to build good mental wellbeing.

RAMHP Program Manager Tessa Caton said the one of the key aims this year is to demonstrate collaboration and lift the community spirit during tough times.

“Community members will have the chance to share their ideas on large banners about how they work together with their communities to build good mental wellbeing.

“Following on from the launches, the banners will be displayed in local communities during Mental Health Month as a reminder about the good things people are doing to support each other and how they intend to support each other in the future,” said Ms Caton.

This year’s *Guide* provides practical information and education including online therapies and information on mental well-being tools and apps, as well as tips and strategies on how to stay mentally healthy. Readers can also find relevant stories and information on topics relating to youth, workplaces and communities.

Personal stories throughout the *Guide* touch on what it feels like to struggle with a mental illness and why seeking help is so important.

“We encourage people to share this resource and use it as a tool to strike up a conversation about mental health with their colleagues, friends and family,” said Ms Caton.

“We also want to make people aware of what to look out for, how to support someone who is struggling and how and where to seek help,” she said.

Key sponsors of the *Guide* include SafeWork NSW, NSW Department of Primary Industries (NSW DPI) and iCare.

According to Ms Caton, securing the support of key sponsors demonstrates the importance of the *Guide* as a key communications resource in improving mental health and wellbeing in rural communities.



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“Last year, our evaluation of the *Guide* showed that it is a unique, valued resource that encourages people to look after their own and others’ mental health,” said Ms Caton.

This year, a total of 38,500 copies of the Guide will reach almost 123,200 readers across NSW and beyond. An extra 30,000 copies will be distributed by the CRRMH and RAMHP workers in rural NSW.

You can receive the 2018 Glove Box Guide to Mental Health by purchasing a copy of The Land on **Thursday 4 October** during Mental Health Month.

If you have any concerns about yourself or a loved one, please contact the NSW **Mental Health Line on 1800 011 511 (free call for landlines)** or call **Lifeline on 13 11 14**.

For best practice guidelines on Mental Health Reporting, visit <http://www.mindframe-media.info/>

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