

# MEDIA RELEASE



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## **'Let's Talk' –a new podcast series about rural mental health**

The rate of suicide in rural communities is higher than in urban communities and rural residents are much less likely to get help.

To address this the Centre for Rural and Remote Mental Health (CRRMH) and its flagship program the Rural Adversity Mental Health Program (RAMHP) together with journalist and producer Kia Handley developed a series of short podcasts exploring rural mental health issues.

Director of the CRRMH Professor David Perkins said that rural communities continue to face significant everyday challenges and it was important to acknowledge these challenges and provide support, information and hope.

"We hope our new podcast series 'Let's Talk' will inspire and encourage people to strike up a conversation about mental health with colleagues, friends and family," Professor Perkins said.

Producer of the podcasts, journalist Kia Handley says it's a rare moment when she speaks to someone and they haven't been touched by mental health problems.

"Since going through my own battles and those of my family and friends I know the power of hearing someone describe their mental health journey with their own voice, in their own words and that's why this podcast was an important project for me to take on.

"We like to think that stigma around mental health is breaking down, and in some ways that's true. But there are still a lot of people who keep their experiences and their troubles secret, especially in regional Australia, and that needs to change.

"The more we talk about it, the more open we are about our experiences the easier it makes the journey for someone else," she said.

Podcast topics include:

1. [Talking to your General Practitioner](#)
2. [Disasters, Trauma and Your Mental Health](#)
3. [Mentally Healthy Workplaces](#)
4. [Transitioning Back to the Land](#)
5. [Rural Suicide Prevention](#)
6. [Peer Work](#)

"We encourage people to spread the word and share these important resources," Professor Perkins said.



You can listen or subscribe to this podcast on i-tunes - <https://itunes.apple.com/au/podcast/lets-talk/id1291827707> or via other podcast apps. To access the show notes: go to [www.crrmh.com.au/podcasts](http://www.crrmh.com.au/podcasts).

To access the websites go to:

Centre for Rural and Remote Mental Health: [www.crrmh.com.au](http://www.crrmh.com.au)

Rural Adversity Mental Health Program: [www.ramhp.com.au](http://www.ramhp.com.au)

[#letstalkruralmh](https://twitter.com/letstalkruralmh)

## About the CRRMH

**The CRRMH is committed to improving the mental health, wellbeing and resilience of rural and remote residents.**

A major rural initiative of The University of Newcastle, Faculty of Health and Medicine and the NSW Ministry of Health ([www.health.nsw.gov.au](http://www.health.nsw.gov.au)), the Centre has a track record of conducting high quality research and delivering evidence-based programs and services that improve mental health and wellbeing. Our staff are located across rural and remote NSW. Our Patron is His Excellency General the Honourable David Hurley AC DSC (Ret'd) Governor of NSW.

## The Centre focuses on the following key areas:

- the promotion of good mental health and the prevention of mental illness;
- developing the mental health system to better meet the needs of people living in rural and remote regions; and
- understanding and responding to rural suicide.

As the Australian Collaborating Centre for the International Foundation for Integrated Care, we promote patient-centred rather than provider-focused care that integrates mental and physical health concerns.

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[www.crrmh.com.au/podcasts](http://www.crrmh.com.au/podcasts)

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