

MEDIA RELEASE



EMBARGO: Thursday 5 October 9am

NEW Glove Box Guide connects rural communities and encourages conversation

The Centre for Rural and Remote Mental Health (CRRMH) is proud to present the sixth edition of the *Glove Box Guide to Mental Health* connecting rural communities and encouraging conversations.

This year's *Glove Box Guide to Mental Health*, a partnership between the CRRMH, the Rural Adversity Mental Health Program (RAMHP) and *The Land* will be officially launched on **Thursday, 5 October** during mental health month.

A major sponsor of this year's Guide is SafeWork NSW.

According to the Director of the Centre, Professor David Perkins, securing SafeWork NSW as the key sponsor demonstrates the importance of the *Guide* as a key communications tool in improving mental health and wellbeing in rural communities.

"Each year the *Guide* continues to get positive feedback from rural communities that it plays a big part in raising awareness about mental wellbeing and reduces the stigma surrounding mental health issues.

Minister for Better Regulation, Matt Kean said the NSW Government was committed to addressing the challenge of mental health in rural workplaces.

"Whether you are an employer or a worker, and regardless of your industry, occupation or background, everyone has the right to a safe and healthy workplace," Mr Kean said.

"Ensuring there are resources and support networks for rural workers at risk of work-related mental illness is vital to improving mental health and wellbeing in rural communities."

Ambassador for this year's *Guide*, former Wallaby Clyde Rathbone is also keen to share messages of hope and encouragement. Having had his own personal experience, Clyde is a big advocate of raising awareness about mental health issues and encouraging people to look after their own mental wellbeing.

You can read more about Clyde's story in this year's *Guide*.

The *Guide's* theme for this year is *Let's Talk* encouraging conversation in rural communities.

"I hope that this resource inspires and encourages you to strike up a conversation about mental health with your colleagues, friends and family," said Professor Perkins

"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," he said

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



The *Guide* also 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 information about youth support, dealing with isolation, emergencies and trauma, wellbeing and suicide prevention.

This year, a total of 43,000 copies of the Guide will reach almost 102,670 readers across NSW and beyond. An extra 25,000 copies will be distributed by the CRRMH and RAMHP workers in rural NSW.

You can receive the 2017 Glove Box Guide to Mental Health by purchasing a copy of *The Land* on **Thursday 5 October** during Mental Health Month.

“I encourage everyone to take the time to read this Guide and share it with family, friends, neighbours and colleagues. Let’s keep the conversations going,” said Professor Perkins.

Details of the 2017 Glove Box Guide to Mental Health Launch are as follows:

WHAT: Launch of 2017 Glove Box Guide to Mental Health

WHEN: Thursday, 5 October from 10:30am- 11:30am

WHERE: LikeMind, 122-124 Kite Street Orange

(See flyer attached)

Media Opportunity: 11:20am at LikeMind with Speakers

As part of Mental Health Month, the Centre is also facilitating a free public online forum on **Social Connectedness**.

For details on how you can participate, please see below:

ONLINE FORUM DETAILS

Where: Online www.theland.com.au

When: Friday 6 October at 12 noon

Panel members:

-**Ian Firth** – Ian Firth is the State Inspector in the Psychosocial Services Team, Health and Return to Work Directorate at [SafeWork NSW](http://SafeWorkNSW.gov.au).

-**Liz Priestley** – Liz Priestley is Chief Executive Officer of [WayAhead -Mental Health Association](http://WayAhead-MentalHealth.org.au).

-**Kim O’Neill** – Kim O’Neill, is Chief Executive Officer at [On The Line](http://OnTheLine.org.au).

-**Katherine Newton** – Katherine Newton is the Campaign Director of national suicide prevention charity [R U OK?](http://RUOK.org.au).

If you are concerned about your own or someone’s mental wellbeing, call the mental health line on 1800 011 511 or Lifeline on 13 11 14.

MEDIA CONTACT: Jocelyn Johnston | Communications Coordinator

T: 0410 549 325

PO BOX 8043 Orange East NSW
2800

E: jocelyn.johnston@newcastle.edu.au



Website



Facebook



Twitter



YouTube

