

MEDIA RELEASE



Wednesday, 28 November 2018

Calling on rural residents across NSW to help increase resilience to drought

Drought affected rural residents across NSW are invited to participate in an online survey which will help inform programs and initiatives targeted at improving resilience to drought.

The survey is part of a research project focusing on the link between drought, wellbeing and the ways people adapt and cope with adversity. The project is being conducted by researchers from the Centre for Water, Climate and Land and the School of Medicine and Public Health at the University of Newcastle.

Research Lead Emma Austin said that participants will have the opportunity to share their experience of adapting to drought and the ways they perceive and deal with adversity.

“Gathering this information is critical to building our knowledge of the ways people have coped and adapted to past and present droughts.

“We know that drought is a reoccurring element of the Australian climate and people living in rural and remote areas need to be able to adapt and cope with drought now and in the future.

“We invite anyone living across regional NSW who is over 18 to participate in this survey and help us inform what needs to be implemented,” said Emma.

The survey should take no more than 15 minutes to complete and all participants will go into a draw to win a \$400 VISA gift card.

You can complete the survey here: <https://bit.ly/2DQN7ol> or at <https://redcap.hmri.org.au/surveys/?s=9F4XH43HFC> or you can head to our website www.crrmh.com.au.

This project has been approved by the University’s Human Research Ethics Committee, Approval No. H-2018-0373.

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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