

MEDIA RELEASE

THE LAND



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Award-winning Glove Box Guide to Mental Health launches

The eighth edition of Glove Box Guide to Mental Health, a joint partnership between *The Land* and Rural Adversity Mental Health Program (RAMHP), will be launched on Thursday, October 3 as part of Mental Health Month.

The 64-page gloss, quarterfold edition is packed full of useful information on suicide prevention, ways to improve and maintain mental wellbeing, and personal stories of lived experience.

With NSW in the grip of prolonged drought, the theme of this year's guide is *Journey Through Change - At Home, At Work, In The Community*, as well as *Where To Get Help*.

It features plenty of advice on managing stress, decision-making, finding support networks, and pathways to mental wellbeing, as well as a useful section on help services and emergency contacts.

This year's guide tells personal stories such as that of an inspiring young couple who have overcome the adversity of prolonged drought by selling their beef product direct to consumers; a first responder from the Royal Flying Doctor Service, and a horse veterinarian.

This year the guide received the prestigious TheMHS MEDAL for Mental Health, which is the top TheMHS Award, and was a finalist at this week's News Media Works Awards in the Best Community or Social Purpose Initiative (Open).

It won the Panpa Award for Best Cause-related Campaign or Community Service (Regional).

TheMHS Medal was announced on August 28 at the annual The Mental Health Services Conference held in Brisbane, presented by Federal Health Minister Greg Hunt.

Guide editor Robyn Ainsworth and RAMHP program manager Tessa Caton accepted the award, which honours an inspiring contribution to mental health by an individual or organisation.

Eight years ago, *The Land* and RAMHP partnered to try to stem the increasing number of suicides in the bush, telling people's lived experience stories and offering proper advice in a solid 64-page book published in October but available year-round through RAMHP co-ordinators and *The Land* at field days and events.



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The highly informative special publication has given families a closer insight into what signs to look for, how to recognise them early, and what assistance and support groups there are available for consultation.

Ms Caton said winning this prestigious award demonstrates the value and integrity of the Glove Box Guide and the outstanding contribution it has made towards supporting rural communities.

It also demonstrates an ongoing commitment to rural mental health particularly during these tough times.

“We know from our research in 2017 that 89 per cent of our readers agreed the Guide encourages rural people to talk about mental illness more openly,” she said. “We also know 96 per cent would recommend the Guide to a family, friends or colleagues.

“We look forward to continuing our relationship with *The Land* to deliver more guides in future years.”

Ms Ainsworth said *The Land* was honoured to be recognised with the medal, which was a testament to the masthead’s staff, past and present, and the dedicated team at RAMHP.

The Mental Health Service Awards of Australia and New Zealand are presented every year by The Mental Health Services Learning Network to recognise and encourage best practice, excellence and innovation in mental health service delivery. The awards have been presented annually since 1992, however, the medal has only been presented a handful of times.

The Mental Health Services Learning Network aims to promote positive attitudes about mental health and mental illness, and to stimulate debate that challenges the boundaries of knowledge and ideas about mental health care.

The multi-award-winning Glove Box Guide To Mental Health is free with *The Land* on **Thursday, 3 October**.

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