

MEDIA RELEASE



Monday 5 August 2019

Award winning podcast shines spotlight on homelessness and other rural mental health issues

To mark National Homelessness Week (4-10 August), the Centre for Rural and Remote Mental Health (CRRMH) has released a NEW series from their award winning 'Let's Talk Rural Mental Health' podcast, which aims to reduce stigma and shine the spotlight on key mental health issues including 'homelessness' in rural Australia.

Series three addresses important and relevant topics in relation to mental health including homelessness, alcohol and other drugs, masculinity, first responders wellbeing, carers' wellbeing and low prevalence mental health disorders.

Rural Adversity Mental Health Program (RAMHP) Manager Tessa Caton said the topics evolved from consultation with the RAMHP team who live and work in rural communities as well as our community and industry partners.

"We developed these six episodes knowing they would resonate with a wide rural listener audience," said Tessa.

"For example homelessness is a key area of concern and while the relationship between mental illness and homelessness is complex, we do know that one in three people who were assisted by specialist homelessness services nationally in 2017-2018 had a current mental health issue."¹

The episode on homelessness explores the misconceptions about what homeless looks like in 2019 and the need to break those down. Listeners can hear what it's like to live without housing security and some of the positive work being done to help.

Tessa said the calibre of guests included in the current series is really impressive.

"We thank participants for their honesty and courage for sharing their stories and knowledge to help others. We are also appreciative of producer and journalist Kia Handley who does an amazing job at pulling each episode together," she said.

Guest speakers from other episodes include Rural Woman of the Year finalist Shanna Whan who facilitates 'Sober in the Country', a powerful peer-led rural online alcohol awareness movement, as well as TV and radio personality Gus Worland about the issue of masculinity.

The series also feature representatives from peak organisations such as Homelessness NSW and Carers NSW who discuss the key issues on the topic and what help services are available.



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Tessa said the podcast is as an innovative and flexible way to reach regional Australians and inspire conversation around mental health issues.

“We know that in the rural and regional areas where our work is focused, there is lower access to professional services, people are less likely to seek help and the suicide rates are higher”.

You can follow the Lets Talk Rural Mental Health podcast at www.crrmh.com.au/podcasts or search ‘Let’s Talk Rural Mental Health’ in iTunes or wherever you get your podcasts.

You can also download the links to each episode here:

Episode 1 – [Carers’ Mental Health](#)

Episode 2 – [First Responder Wellbeing](#)

Episode 3 – [Low Prevalence Mental Illnesses](#)

Episode 4 - [Alcohol and Other Drugs](#)

Episode 5 – [Masculinity and Mental Health](#)

Episode 6 - [Homelessness](#)

If you or someone else is in immediate danger, call **000** or go to your nearest hospital emergency department. If you’re concerned about your own or someone else’s mental health, you can call the **NSW Mental Health Line on 1800 011 511** for advice or **Lifeline on 13 11 14**.

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

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1. [Australian Institute of Health and Welfare. Mental health services in Australia: Specialist homelessness services.](#)

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