

MEDIA RELEASE



Monday 8 July 2019

CRRMH partners with *'The Common Thread'* to inspire conversations about rural youth mental health

The Centre for Rural and Remote Mental Health (CRRMH) is delighted to be an official partner of *'The Common Thread'* – a six part documentary series that aims to reduce stigma and spark an open and positive discussion around youth mental health in Australia.

Director [Being Here](#) Darius Devas travels across the nation to meet young Australians from all walks of life, who open up about their mental ill health and share the tools and tactics that have supported their recovery.

This powerful series officially launches this week being NAIDOC week with the first episode focusing on Darius opening up about the loss of his friend, Indigenous poet Alice Eather, to suicide. **A trailer is available [here](#). Preview episode one [here](#) (password: TCT).**

Director of the CRRMH Professor David Perkins applauds "The Common Thread" as an innovative way to reach regional Australians and inspire conversation around mental health issues.

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

"We are always looking to share positive stories of hope to our communities, and we embrace this opportunity to support the filmmakers to provide people with the tools and information to overcome adversity and improve their mental health and wellbeing," Professor Perkins said.

"We also believe that by sharing young people's stories it will have a strong and positive impact and it will help ignite open conversations with regional audiences"

The series explores challenges faced by young Australians in a variety of settings, including rural areas, cities, coastal communities and tropical northern Australia, and features a diversity of experiences including Indigenous Australians, refugees, farmers, white collar workers and members of the LGBTIQ community.

Episodes will be released each week every Tuesday on the Being Here social channels and via the CRRMH social channels from Tuesday 9 July until 13 August.

You can follow *The Common Thread*



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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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