

MEDIA RELEASE

THE LAND



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Glove Box Guide to Mental Health wins top Australasian award in mental health

Glove Box Guide to Mental Health, a joint partnership between The Land newspaper and Rural Adversity Mental Health Program (RAMHP), has won TheMHS MEDAL for Mental Health, which is the top TheMHS Award.

Guide editor Robyn Ainsworth and RAMHP program manager Tessa Caton accepted the award earlier today at the 2019 Mental Health Service Awards of Australia and New Zealand program for service to mental health.

The Medal honours a unique and inspiring contribution to Mental Health by an individual or organisation. It was given in recognition of the Glove Box Guide to Mental Health collaboration, now in its eighth year.

The award was announced today, August 28 at the annual The Mental Health Services Conference held in Brisbane, Queensland, and presented by Federal Health Minister Greg Hunt.

More than seven 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.

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 (GBG) 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 GBG readers agreed that the Guide encourages rural people to talk about mental illness more openly," she said. "We also know that 96 per cent would recommend the GBG to a family, friends or colleagues.

"We look forward to continuing our relationship with The Land to deliver more GBGs 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.



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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.

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