

MEDIA RELEASE



Wednesday, 28 September 2016

NEW 2016 Glove Box Guide to Mental Health COMING SOON

The Centre for Rural and Remote Mental Health (CRRMH) is encouraging communities to think about how they service their minds in the lead up to the launch of this year's *Glove Box Guide to Mental Health* during mental health month in October.

This year's *Glove Box Guide to Mental Health*, a partnership between the CRRMH, the Rural Adversity Mental Health Program (RAMHP) and *The Land* will officially be launched on **Thursday, 6th of October** during mental health month.

The Centre's Director, Professor David Perkins said the *Guide* is a valuable resource and plays an important role in raising awareness about mental ill-health as well as improving the health and well-being of people in rural and remote NSW.

"The *Guide* helps to reduce stigma and break down barriers. By sharing personal stories there is a greater awareness of mental ill-health and the fact that people can still live healthy meaningful lives.

"It also makes people aware of what to look out for, how to support someone who is struggling and how and where to seek help," Professor Perkins said.

The theme for this year's *Guide* is how to *service your mind*. #ServiceYourMind

Personal stories touch on what it feels like to struggle with a mental illness and why seeking help is so important. Also what do people have in their toolkit to help them cope or get through tough times and what has helped with their recovery.

The *Guide* provides practical information and education including; online therapies and information on mental well-being tools and apps; as well as tips and strategies on how to stay mentally healthy. Readers can also find information about community services and programs such as farmers groups, youth programs focusing on destigmatising mental health and peer support programs.

This year, a total of 44,000 copies of the *Guide* will reach almost 115,000 readers across NSW and beyond. An extra 25,000 copies will be distributed by the CRRMH and RAMHP workers in the field.

You can receive the 2016 Glove Box Guide to Mental Health by purchasing a copy of *The Land* on **Thursday 6th of October** during mental health month.

Details of the 2016 Glove Box Guide to Mental Health Launch are as follows:

WHAT: Launch of 2016 Glove Box Guide to Mental Health

WHEN: Thursday, 6th October from 10:30am- 11:00am

WHERE: Orange City Library, 147 Byng St, Orange
(See flyer attached)

If you are concerned about your own or someone's mental wellbeing, call the Mental Health Line on 1800 011 511 or Lifeline on 13 11 14.

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