

MEDIA RELEASE



Centre for
Rural & Remote
Mental Health

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Glove Box Guide makes sense for good mental health!

This year's *Glove Box Guide to Mental Health*, a partnership between the Centre for Rural and Remote Mental Health's (CRRMH) Rural Adversity Mental Health Program (RAMHP) and *The Land* will be launched today by the NSW Minister for Mental Health, The Hon. Pru Goward.

Ms Goward said the *Guide* is a valuable resource and plays an important role in promoting mental health and improving the well-being of people in rural and remote NSW.

"People with mental illness want the same things that we all want, to be connected to their family, friends and community and to live healthy meaningful lives," Ms Goward said.

"We understand the difficulties that people in regional areas face such as drought and fire and what this Guide does is helps break down isolation and connects individuals and communities; it makes people aware of what to look out for and how and where to seek help."

The theme for this year's *Guide* is mental health issues relating to our senses such as what you might See, Hear, Think, Feel, Say, and Do. Personal stories touch on what it feels like to have a mental illness as well information on what you might see and hear from someone you are concerned about; including tips on what to say.

The Guide also 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 and the importance of staying connected in communities.

This year, a total of 49,000 copies of the Guide will reach over 127,163 readers across NSW and beyond. You can receive the 2015 Glove Box Guide to Mental Health by purchasing a copy of *The Land* this week.

To request multiple copies of the 2015 Glove Box Guide to Mental Health for your organisation, please contact 02 6363 8444.

For further information on RAMHP go to www.crrmh.com.au.

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

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