



## **MEDIA RELEASE**

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### **Road to recovery for rural communities**

A depression-awareness forum is being held for southern growers, their families and all local community members at Kingaroy on July 16.

While the 2008 season is shaping up well in many areas of QLD, years of drought have placed enormous pressure on rural communities.

In response to this, fertiliser company Incitec Pivot Limited, in conjunction with the Rotary Clubs of Kingaroy and Kingaroy/Taabinga, BGA AgriServices and the Australian Rotary Health Research Fund, is holding a forum to raise awareness about the help available to those affected by depression.

This year Incitec Pivot and local Rotary clubs will hold 40 forums in regional communities across eastern Australia, with speakers from key farming and health organisations, as well as people with personal experience with depression.

Incitec Pivot's ambassador for the forums, Noel Trevaskis, said the meeting, titled 'Road to Recovery', would be a positive step forward for those with depression.

"There is a light at the end of the tunnel with depression," Mr Trevaskis said.

"With forums such as these, people see that they are not alone in experiencing depression and we can direct them to where they can get appropriate help."

Rotary Club of Kingaroy spokesperson, Karen Baron, said people in the region around Kingaroy needed to know where they could go to access help and support.

"Sadly, we have seen people from throughout the region taking their own lives because of issues arising from the drought," Mrs Baron said.

"There are plenty of resources people can access for help and hopefully this forum will highlight the list of services people can utilise."

Tim Rees, from BGA AgriServices in Kingaroy, said BGA AgriServices' involvement in the forum was one way the company could help farmers in the region.

"In hard times we need to look after our farmer. Even if we touch just one person with these forums then it has made all the difference," Mr Rees said.

Speakers at the Kingaroy forum include Mr Trevaskis, who will speak about his personal experience of depression and his recovery.

Bev McDonald, a clinical psychologist at Kingaroy Hospital and Bill Jackson from South Burnett Counselling, will speak about identifying and dealing with depression in the community.

Nina Temperton, CEO of South Burnett CTC Kingaroy, will emcee the event.

The forum will take place at the Kingaroy RSL at 126 Kingaroy Street on July 16 at 7pm for a 7:15pm start, with a light supper to follow.

For more information, contact Tim Rees on 0429 896 813.

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WORDS: 305

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