

Road to Recovery

DEPRESSION AWARENESS PUBLIC FORUM

One in five Australians will experience depression at some stage in their lives – if it's not you, maybe it's someone you know.

- Date:** Tuesday 16 September
- Time:** 7:00pm for a 7.15pm start. A free supper will be available
- Place:** Murgon Town Hall
- Admission:** Free
- Guest Speakers:** **Bev McDonald:** Clinical Psychologist, Kingaroy
Mark Duffy: Clinical Mental Health Nurse
Graeme Cowan: Best selling author of "Back from the Brink". Since he was 21, Graeme has had 5 major episodes of depression, but the last, which started in 2000, was by far the worst. This episode lasted for 5 years and his psychiatrist described it as the worst he had treated. Whilst at his worst, he yearned for stories of people who had overcome depression, which lead to him writing "Back from the Brink: Australians tell their stories of Overcoming Depression"
(Copies of "Back from the Brink" will be available at the forum)
- Childcare:** Free childcare provided by Lillypond Child Care Centre
(please phone 4168 2211 to book childcare places)
- Transport:** Free bus pick ups from Kingaroy, Wondai, and Goomeri.
Phone Pursers on 4168 1533 or for Proston phone 4168 9296
- RSVP:** **Please contact 4162 5439 for further information or to RSVP**

Proudly supported by Centacare South Burnett, Incitec Pivot Limited, BGA AgriServices, Crow FM, Reflections Café, The South Burnett Times, Clifton Motors, Graham House Community Centre Transport Solution Project and Murgon Real Estate – working together to increase awareness of depression and support available in rural areas.

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