

Monday 9 February 2009

PR/009/09

Media Alert: Mental Health Information Sessions in the North West

The NSW Farmers' Association is reminding farmers in the North West region to attend free Mental Health Information Sessions next week.

The three sessions, run by the NSW Farmers' Mental Health Network and funded by NSW Health, aim to help farmers, rural service providers and rural communities to understand the warning signs of too much stress, depression and anxiety.

The sessions will be run by Dr Leanne Craze and will be held at a range of times, including mornings, lunch and evenings to cater for the busy lives of farmers and those in rural communities.

Sessions taking place in the North West region are:

- Wee Waa – Tuesday 17 Feb, 11am-2pm, CWA Rooms
- Narrabri – Tuesday 17 Feb, 6pm-9pm, Bowling Club, Maitland St
- Gunnedah – Wednesday 18 Feb, 12pm-3pm, CWA Rooms, Barber St

For further information or to book a place at the Mental Health Information Sessions, contact Dr Craze at Craze Lateral Solutions on (02) 6238 1549 or leanne.craze@bigpond.com

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