

Monday 16 February 2009

PR/014/09

Media Alert: Mental Health Information Sessions in the Central West

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

The five 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 Central West region are:

- Trundle – Monday 23 Feb, 11am-2pm, CWA Rooms, Gobondery St
- Lake Cargelligo – Tuesday 24 Feb, 6pm-9pm, CWA Rooms, Canada St
- Weethalle – Wednesday 25 Feb, 11am-2pm, Country Club, Showground Rd
- West Wyalong – Wednesday 25 Feb, 6pm-9pm, CWA Rooms
- Hillston – Thursday 26 Feb, 12pm-3pm, Ex Services Club, High 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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