

Monday 16 February 2009

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Media Alert: Mental Health Information Sessions on the North Coast

The NSW Farmers' Association is reminding farmers in the North Coast region to attend free Mental Health Information Sessions in Urbenville and Casino this Thursday.

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

The sessions will be run by Dr Leanne Craze and will take place at the Urbenville Bowling Club from 11am to 2pm and the Casino CWA Rooms from 6pm to 9pm on Thursday 19 February.

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

Contact:

Amanda Barwick (Media Manager) 0428 400 736
Ruth Redfern (Media Officer) 0429 990 218

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