

Thursday 5 February 2009

PR/008/09

Media Alert: Mental Health Information Sessions in the Western Plains

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

The eight 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 Western Plains region are:

- Coonamble - Monday 9 Feb, 8am-11am, CWA Rooms, Castlereagh St
- Gilgandra – Monday 9 Feb, 6pm-9pm, Bowling Club, Castlereagh St
- Nyngan – Tuesday 10 Feb, 6pm-9pm, Outback Motel
- Cobar – Wednesday 11 Feb, 11am-2pm, Golf Club
- Bourke – Wednesday 11 Feb, 6pm-9pm, CWA Rooms, Sturt St
- Brewarrina – Thursday 12 Feb, 6pm-9pm, CWA Rooms, Doyle St
- Walgett – Friday 13 Feb, 11am-2pm, CWA Rooms
- Lightning Ridge – Monday 16 Feb, 2pm-5pm, Bowling Club, Agate 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

Contact:

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