

Monday 23 February 2009

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## Media Alert: Mental Health Information Sessions in the Riverina

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

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 Riverina region are:

- Deniliquin – Friday 27 Feb, 8am-11am AND 6pm-9pm, Neighbourhood Centre
- Finley – Monday 2 March, 12pm-3pm, Bowling Club, Murray St
- Leeton – Tuesday 3 March, 8am-11am, CWA Rooms, Wade Ave
- Lockhart – Wednesday 4 March, 12pm-3pm, Ex Services Club, Green 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](mailto:Leanne.craze@bigpond.com)

### Contact:

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