

Relationships Australia

NEW SOUTH WALES

Media release

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New Support Group for Carers of People with Depression

Current research shows that carers and loved ones of people with depression can themselves be at risk of developing mental illness. Support for these people is now at hand with a new program available in the Hunter and Central Coast areas, which cares for the carers.

'Partners in Depression' is a six week evidence-based, educational group program which provides information and support for people who care for, or care about, someone experiencing depression. "Those attending could include partners, parents, siblings and friends," Chris Hardwick, Program Co-ordinator with Relationships Australia said.

The program is an initiative of the Hunter Institute of Mental health and is now available nationally. 'Partners in Depression' is run by qualified health professionals and provides a safe and supportive place where people can learn about depression and the role of the carer.

The program has been successfully delivered in the Newcastle and Maitland areas, and was well received by those who attended. One participant said: "The course made me feel that I wasn't alone. Hearing other stories and being able to share your story with people in a similar situation was very beneficial". Another participant said: "The facilitators were very understanding and encouraging and I was always made to feel welcome and valued".

'Partners in Depression' in Gosford program will be starting in early November – call Relationships Australia on **02 4940 1500** to register your interest. Fees are based on a sliding scale, according to a person's income, and are negotiable.

About Relationships Australia

Relationships Australia offers counselling for individuals couples and families (face-to-face, telephone and online); parenting and relationship education; support for families going through separation; specialist services for young people leaving out of home care and older people who have already left out of home care, refugee families and Aboriginal communities; workplace counselling and training; employee assistance programs and consultancy for companies; and training for family support professionals.

Email: hunterrep@ransw.org.au Web: www.nsw.relationships.com.au

Media contacts for 'Partners in Depression':

Media enquiries about the local Relationships Australia courses, within the Hunter and Central Coast areas, should be directed to Chris Hardwick 02 4940 1500.

Media enquiries about the overall, national 'Partners in Depression' project, should be directed to the Hunter Institute of Mental Health project team on 02 4924 6870.

Individual, Couple & Family Counselling, Relationships & Parenting Courses, Post Separation Services, Children's Contact Services, Family Relationship Centres, Adolescent Services, Family & Workplace Mediation
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