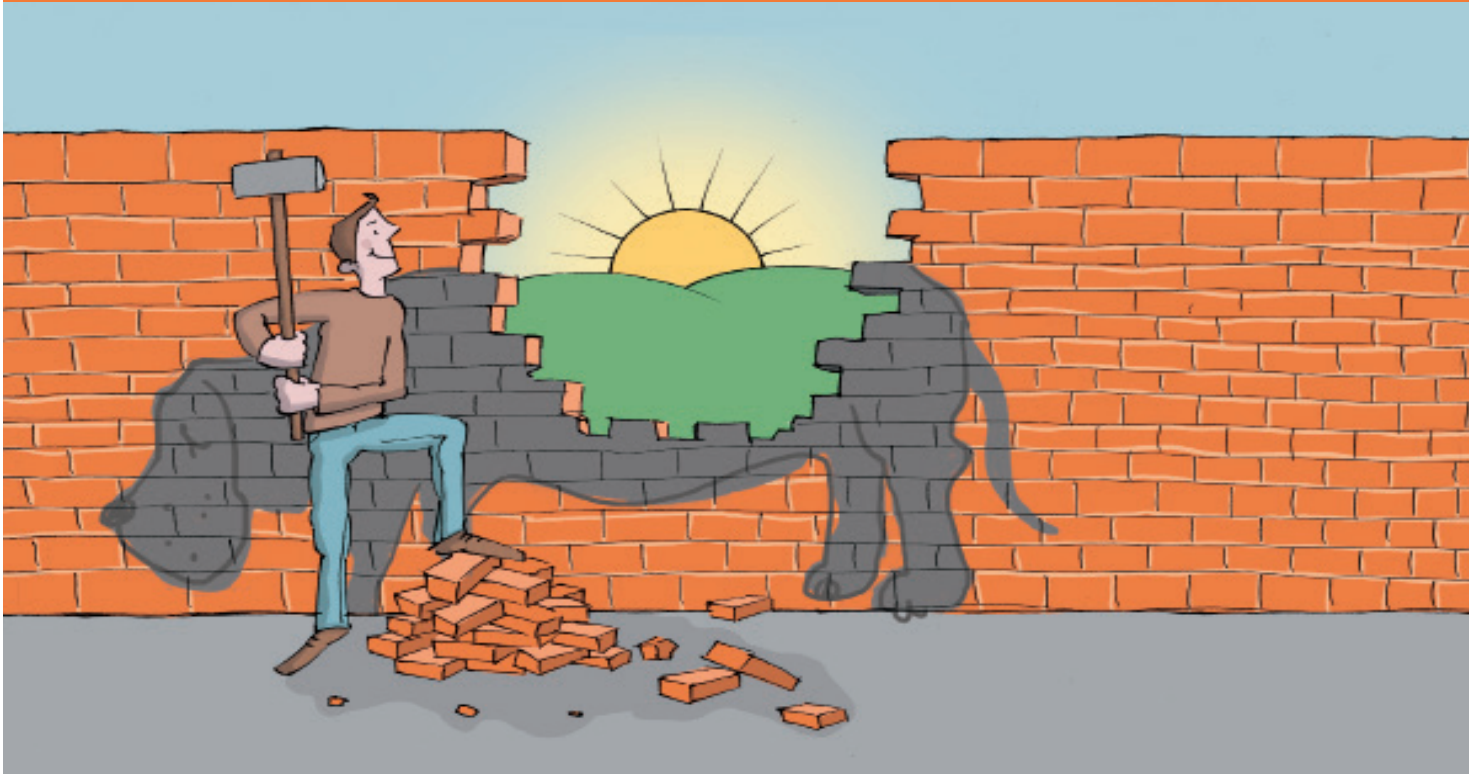


Book a Black Dog Institute presentation on:

Breaking down depression & building *Resilience*



About this presentation

Delivered by a trained presenter who has a personal experience of a mood disorder or of caring for a loved one, 'Breaking down depression and building resilience' is a 30 minute presentation suitable for general audiences with, or without a mood disorder. This presentation will provide accurate information about what mood disorders are, their causes, how to spot early warning signs, what to do and how to build personal resilience. The desired outcome is that people will be better informed, better equipped to identify warning signs and feel more comfortable seeking help and communicating more openly and honestly.

Presentations are delivered for free. Fees may apply to cover significant travel costs.

Donations are appreciated.

To book a presentation in your local community, please complete the online booking form at www.blackdoginstitute.org.au

(Community education programs).

For more information, email community@blackdog.org.au

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