

Riverina Bluebell is a not for profit, volunteer, community organisation, committed to raising awareness about mental health issues in the Riverina and encouraging people to get help and support.

Our goal is to encourage locals to share stories, build awareness of the avenues for support available in our local area and knowledge that asking for help is OK.

If you would like to book a presentation for your school or community group, or find out more about the programs, please contact:

riverina 
bluebell

committee@riverinabluebell.org.au
www.riverinabluebell.org.au

EMERGENCY CONTACTS

Emergency 000

24 HOUR COUNSELLING SERVICES

Lifeline	131 114
Mental Health Line	1800 011 511
Mens Line	1300 789 978
Kids Helpline	1800 551 800
Suicide Call Back Service	1300 659 467
Poisons Information	131 126

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MENTAL HEALTH COMMUNITY PROGRAMS

Take the step to increase Mental Health Awareness in your school or community group by booking a free Riverina Bluebell presentation.

Increasing resilience and raising awareness of mental health by sharing stories and identifying avenues for support.

www.riverinabluebell.org.au

A Riverina Bluebell presentation provides a comfortable environment in which to increase awareness of mental health, share stories and identify avenues for support.

Each Riverina Bluebell Mental Health Community Presentation is delivered in partnership with Black Dog Institute, a world leader in the diagnosis, treatment and prevention of mood disorders.

The sessions are delivered by a trained presenter from the Riverina who has personal experience of a mood disorder or of caring for a loved one.

Riverina Bluebell can work with you to identify the right presentation for your school or community group from the topics of:

BREAKING DOWN DEPRESSION AND BUILDING RESILIENCE

NAVIGATING TEENAGE DEPRESSION

INSIGHT - MENTAL HEALTH FOR ADOLESCENTS

Riverina Bluebell offers the following workshops delivered by trained presenters who have experience of living with a mood disorder or who have cared for someone with a mood disorder.

BREAKING DOWN DEPRESSION AND BUILDING RESILIENCE



This 60 minute 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.

NAVIGATING TEENAGE DEPRESSION

This 60 minute presentation is for Parents, teachers, and those working with young people.

You will learn about:

-  What is depression and bipolar disorder?
-  How to spot early warning signs in young people



When and where to seek help



How to support a young person you care about



How to build resilience

INSIGHT - MENTAL HEALTH FOR ADOLESCENTS

This 50 minute presentation on mental health was developed by the Black Dog Institute specifically for adolescents.

It covers what happens if we lose our mental health, how we can get it back again and explains what resilience is and how to build it.

INSIGHT is made of engaging and often humorous illustrations by best selling author Matthew Johnstone. The images help explain concepts that are traditionally difficult to articulate.

This presentation offers hope, wellbeing strategies, help seeking avenues all while dispelling stigma.