

OPEN YOUR EYES

to mental illness



A close-up photograph of a man with a full, dark beard and mustache. He is covering his face with his right hand, with his fingers spread. He has several tattoos on his hand and forearm, including the word 'LOVE' on his fingers and a large, colorful design on his forearm. He is wearing a red shirt. The background is a solid teal color.

4 - 11 October 2015

To coincide with 2015 World Mental Health Day on October 10, the ABC will again focus a week of programming across TV, radio and online on mental illness, health and wellbeing; leading discussion, debate and community awareness on an issue that affects all Australians.

In 2014, **Mental As...** was the biggest cross-platform marketing and programming event the ABC has ever held. Attracting a TV audience of 5.9 million Australians over the week, with all radio, news and online platforms enjoying high levels of audience engagement, **Mental As...** raised \$1.5 million for mental health research. Thirteen fellowships were awarded to early career researchers, via the Society for Mental Health Research.

Managing Director Mark Scott said there was strong support in the mental health sector for the return of **Mental As...** "Last year's **Mental As...** was well received by our audience and the mental health sector and we are very confident of making it a success again, with a strong focus on generating even more conversations," he said.

"It was a great role for the ABC to lead that much needed national conversation and we are looking forward to hosting it this year."

abc.net.au/mentalas
#mentalas



Facts about mental health

One in five Australian adults had a mental disorder in the previous 12 months and almost half the total Australian population will experience a mental disorder at some time in their lives.¹

Among young Australians aged 12-25 years, depression is the most common mental health problem. **Around one in 10 young Australians** will experience an anxiety disorder in any given 12 month period.²

At least one third of young people have had an episode of mental illness by the age of 25 years.³

Depression and anxiety are the most prevalent mental disorders experienced by Australians. Depression alone is predicted to be one of the **world's largest health problems** by 2020.⁴

Mental disorders and suicide account for 14.2% of Australia's total health burden – which equates to 374,541 years of healthy life lost.⁵

Having a mental illness **does not mean someone will be violent**. It has been calculated that the lifetime risk of someone with an illness such as schizophrenia seriously harming or killing another person is just .005%. It is much more likely that someone with a mental illness will hurt themselves, or be hurt by someone else.⁶

Mental illness represents a quarter of the burden of disability for all diseases but accounts for **only around 8%** of the total health budget.⁷

Absenteeism resulting from employee mental health conditions costs Australian businesses \$4.7 billion per annum, equivalent to **1.1 million days' sick leave**. Presenteeism, where people are less productive in their role due to a mental health condition, is estimated to cost Australian business \$6.1 billion a year.⁸

1. National Survey of Mental Health and Wellbeing, Australian Bureau of Statistics, 2007. 2. Orygen Youth Health. <http://www.orygen.org.au> 3. Making Sense of Orygen Youth Health [http://www.orygen.org.au/docs/INFO/MS_%20OYH2\(1\)](http://www.orygen.org.au/docs/INFO/MS_%20OYH2(1)) 4. The Global Burden of Disease: A Comprehensive Assessment of Mortality and Disability, Injuries, and Risk Factors in 1990 and Projected to 2020. World Bank, Harvard School of Public Health, Geneva, 1996. 5. Time for Service, MHCA, 2006. 6. Sane Australia, Mental Illness and Violence 2008 via the National Mental Health Consumer and Carer Forum, 2009. 7. Australian Institute of Health and Welfare, Australia's Health 2008 via the National Mental Health Consumer and Carer Forum, 2009. 8. Creating a mentally healthy workplace – return on investment analysis – PWC report for the National Mental Health Commission.

Saturday Night Crack Up



SATURDAY 10 OCTOBER, 7.30PM
LIVE ENTERTAINMENT SPECIAL (1X120')

Last year's **Crack Up** was a massive success. Host Eddie Perfect was at the helm, orchestrating a huge night of entertainment. Featuring personalities from across the TV networks, musical numbers by Eddie himself, Missy Higgins, Tripod, Tim Minchin and *Home and Away* stars among many others and hilarious sketches by top comedians including *Frontline's* Mike Moore (aka Rob Sitch), Shaun Micallef and Clarke and Dawe was just the start.

What other show would feature Hamish Blake in a toucan outfit, Luke McGregor being hugged by Red Foo from *X-Factor* and Michala Banas and Shane Jacobson talking about depression before throwing pies in each other's faces?

All of this was just in the first year of the show. This year we are planning more... so much more!

Once again filmed live in front of a studio audience, Eddie Perfect will return to host proceedings. Also guaranteed: loads of Australia's biggest stars, catchy tunes, side-splitting comedy and plenty of fun for all the family!

Concluding **Mental As...**, the ABC's week long initiative supporting Mental Health, **Saturday Night Crack Up** will form part of a nationwide conversation about mental health while encouraging viewers to donate to mental health research. Last year's show was instrumental in helping to raise \$1.5 million for the Society for Mental Health Research. So tune in, enjoy and please give generously.

Visit abc.net.au/mentalias or SMS "MentalAs" to 0455 021 021 to show your support and make a contribution.

Production details:

An ABC TV production. Deputy Head Entertainment Sophia Zachariou. Executive Producer Tarni James. Series Producer Rachel Miller. Creative Director Anthony Watt.

abc.net.au/mentalias
#mentalias #crackup



Changing Minds: The Inside Story (Series 2)

ABC TUES 6 OCT 8.30PM, WED 7 OCT 9.35PM,
THURS 8 OCT 8.35PM | DOCUMENTARY (3X60')

Following on from the critical acclaim of series one, **Changing Minds: The Inside Story** journeys with mentally ill patients on their road to recovery, from breaking point to breakthrough. This second series emphasises the plight of younger patients, aged 18 and over, who are most at risk of developing mental illness. According to psychiatrist Dr Mark Cross: "This is a specifically vulnerable group, this is where the majority of mental illnesses start. So it's of vital importance, we have to get it right in this age group." Raw and emotional, profound and at times funny, the three-part series is an intimate observation of daily life in the locked mental health units of Sydney's Campbelltown Hospital and in the homes of patients cared for by community mental health teams. The series follows 10 characters whose mental illnesses do not discriminate in age or social standing. They include Nicholas (aged 18), a bullied schoolboy who relieves his anxiety by self-harming; Daniel (20) whose cannabis addiction is masking psychotic symptoms; Taileah (20), a recently graduated nurse whose stress manifests in distressing auditory hallucinations; Nathan (24)

whose schizophrenia allows him to chat with Hitler and Muhammad Ali; Joel (18), a rebellious teenager struggling with a tragic past; Fabrice (36), a barrister's son with persecutory delusions about demons and devils; and David (47) who believes he's Elvis Presley.

Changing Minds: The Inside Story screens during **Mental As...** A week long initiative in support of Mental Health Week which aims to encourage Australians to start talking about mental illness and to give to mental health research. Visit abc.net.au/mentalias or SMS "MentalAs" to 0455 021 021 to show your support and make a contribution.

Production details:

Northern Pictures in association with the ABC. Executive Producer Karina Holden. Series Producer Jenni Wilks. Series Director Cian O'Clery. ABC Commissioning Editor Matt Scully.

abc.net.au/mentalias
#mentalias



Artsville: Cast From The Storm



TUESDAY 6 OCTOBER 9.30PM
ARTS (1X60')

A compelling and ultimately uplifting story about a group of incredible refugee survivors undergoing a drama therapy program which helps them face and overcome their darkest memories and deepest fears and traumas. This emotionally powerful documentary examines how the most fragile members of our society – refugee children – can learn to face highly traumatic pasts via the power of drama. Shot over three years, the film follows the remarkable process of transformation amongst a group of teenagers, cast adrift from their families, homes and cultures in war-torn countries, from the early days of the program to their heart-rending final performances on stage. It is a story about facing your fears and discovering the potential for healing in the unlikelyst of places.



Broadmoor



TUESDAY 6 OCTOBER, 9.40PM
DOCUMENTARY (2X50')

For over 146 years Broadmoor Hospital has gained a reputation as the last stop for some of the UK's most dangerous criminals. Until recently it was thought of as the place where mentally unstable offenders would be incarcerated for the rest of their lives.

Broadmoor is a brave documentary that goes behind the formidable walls at a time when a controversial new approach seeks to release inmates back into society after no longer than nine years. With unprecedented access to staff and their patients, **Broadmoor** exposes the myths surrounding mental health and reveals the realities of life inside a notorious institution. Executive producer Jonathan Levi. Produced and directed by Olivia Lichtenstein for Shiver.



I Took My Baby's Life



SUNDAY 4 OCTOBER, 10PM
DOCUMENTARY (1X60')

Every 10 days in England and Wales a child dies at the hands of their parent. Such acts are so unspeakable that we prefer to ignore them and rarely explore their causes, or consequences. But how could a mother kill the person she loves most in the world? This film tells the story of Melanie Ruddell, who killed her two-year-old son Christy in August 2010, after suffering from a psychotic breakdown. All who knew her before her psychosis agree that she was an utterly devoted and caring mother. This film gathers detailed accounts from Melanie's family and closest friends who talk in detail about the events and circumstances building up to Christy's death, what they believe led to Melanie committing such a seemingly unthinkable act and the lessons that can be learnt from the tragedy. Produced and directed by Henry Singer. Minnow Films for ITV.



Graceland Happiness Project



THURSDAY 8 OCTOBER, 9.35PM
DOCUMENTARY (10 PART WEB SERIES
WILL AIR AS A SINGLE PROGRAM)

When Tim Dormer won *Big Brother*, he promised to take his fellow contestant and friend Ben Zabel to the home of his childhood idol – Elvis Presley’s Graceland. When Ben’s ongoing struggle with depression was made public after an attempted suicide, what began as a holiday turned into a rescue mission to help Ben find a new lease on life. Will this trip turn Ben’s life around? Is finding happiness that simple? Genuinely hilarious and heart-warming, together they explore the complexity of not only having depression but also being the friend of someone who is suffering from mental illness. A Princess Pictures production.



Your Body: Your Image



**WEEKDAYS FROM MONDAY 5 OCTOBER, 8PM
DOCUMENTARY (5X7')**

Aimed at older kids, this series takes a frank look at the beauty industry from a worldwide perspective, busting body image myths and investigating the commercialisation of body image ideals and the impact this has on young women and girls. Each episode tackles a different theme: why marketing campaigns usually use super skinny, super tall, white girls; the global beauty industry, cultural diversity and westernisation in fashion; changes in body ideals and trends throughout time; just how much goes into creating a single fashion photo; and how to improve body image, confidence and self esteem in young people faced with this pervasive imagery. A One Tribe TV production, commissioned for the BBC.



Compass | For Better, For Worse: Episode 3, Rough Patches **SUNDAY 4 OCTOBER, 6.30PM**

Mental As... ambassador Jane Caro presents this special five-part **Compass** series, exploring the secrets to successful long term relationships. Five couples lay bare their joys, challenges and heartaches. What makes their relationship work, what keeps people together and what have they learned along the way? This episode looks at what happens after the honeymoon period: sooner or later every relationship hits a rough patch. Sickness, infidelity, addiction, parenting children; it's the stuff that can make or break any relationship. Our couples share what characteristics they had to draw upon to get them through.

Australian Story **MONDAY 5 OCTOBER, 8PM**

Award-winning actor Garry McDonald updates the original program he made with **Australian Story** in 2002 titled 'Happy as Garry.' This program revealed his early battles with anxiety and depression that came to a head during the launch of a new television series. Now, 13 years on, **Australian Story** catches up with Garry again to discuss how he's managing his anxiety and the techniques that have worked best for him.

Q&A **MONDAY 5 OCTOBER, 9.35PM LIVE AEDT**

Q&A is Australia's leading forum for tackling the big national issues; mental health is costing thousands of lives and billions of dollars in Australia each year. Following last year's moving and provocative discussion in Rockhampton,

Q&A will once again broadcast a special **Mental As...** episode. One important question is bound to get a run: "Are we any closer to having the right policies and programs in place?"

Catalyst **TUESDAY 6 OCTOBER, 8PM**

This special episode investigates new research analysing facial expressions, voice, and body posture that may be the key to diagnosing depression. And scientists in Switzerland have shown ghost sightings may be illusions of the mind caused by illness, exertion or stress; the findings could help researchers understand the root causes of psychiatric conditions like schizophrenia. Plus, a range of non-invasive brain stimulation therapies that may help to treat depression and even improve brain function.

Gardening Australia **SATURDAY 10 OCTOBER, 6.30PM**

Join **Gardening Australia** as **Mental As...** gets dirty! Gardening can be so good for you and for **Mental As...** Costa and the team are going to prove it. He'll hit the rush hour streets and give desk bound, stressed out city slickers pots of mental health to brighten up their day and their office. We look at the health benefits of greening our neglected urban spaces and Sophie will show how immersing your kids in the garden can build confidence and connection. Whether you have a big backyard or a tiny balcony **Gardening Australia** has all the tools you need to cultivate physical and mental health. So dig in and join the team as they celebrate the power of plants.

Studio 3

Throughout the week, the hosts of ABC3's own **Studio 3** will reveal their personal stories of coping with some of the tough issues that young people face growing up and how they overcame them. This year they focus on dealing with failure.

Behind the News

In the lead up to **Mental As...**, **Behind the News** is undertaking Australia's biggest survey of primary school kids' attitudes to mental health and happiness. Designed in conjunction with child psychologists, the survey will aim to give a unique insight into the things that matter most to kids. All results will be released during **Mental As...**, with special mental health programming to follow.



Featuring ABC TV's **Mental As...** content from across the week – and a live stream of **Saturday Night Crack Up** – a dedicated section of ABC iview will also make available programs from last year's initiative including **Speak Your Mind**, **Altruman**, **Good Game**, **Catalyst**, **Landline** and **Gardening Australia**. **Australian Story: Out of the Box**, detailing TV producer Adam Boland's experience of bipolar disorder, will be available to view, as well as other episodes exploring issues around mental health. **Four Corners: There's No 3G in Heaven** will also feature, a moving portrait of a community rocked by a series of teenage suicides. Plus Annabel Crabb's **Kitchen Cabinet**, in which Andrew Robb and Mary Jo Fisher reveal their struggles with depression and how mental health can influence a political career.



ABC Local Radio

Tune in for a diverse range of themed programming during **Mental As...** Join Local Radio's **Mental As...** ambassadors as they present a series of debates, interviews and forums:

702 ABC Sydney – Robbie Buck & Richard Glover

774 ABC Melbourne – Red Symons

612 ABC Brisbane – Kelly Higgins Devine

891 ABC Adelaide – Michael Smyth

936 ABC Hobart – Helen Shield and Melanie Tait

720 ABC Perth – Gillian O'Shaughnessy

666 ABC Canberra – Adam Shirley & Genevieve Jacobs

666 ABC Canberra

The station will host a special **Mental As...** themed **Happy Hour** live event presented by Drive's Adam Shirley on **Friday 9 October from 5-6pm**, held at the National Film and Sound Archive in Canberra, with special guest panellist Chris Taylor.

936 ABC Hobart

Helen Shield and Melanie Tait are to host a very special event – **Now Hear This: The Mental Monologues**. An evening of storytelling from locals about how their lives have been touched by mental illness in front of a live audience, to be rebroadcast on radio.





ABC Regional Radio and Online

Regional Australians face unique challenges when it comes to dealing with mental health issues. While rates of mental ill health are the same around the country, regional Australians are much less likely to seek help, and when they do, it's much harder to access services and support. Throughout **Mental As...**, regional Local radio will lead the conversation about mental health in regional Australia. What can be done to help increase services and support across the country? What lessons can communities learn from each other? Hear inspiring stories of people from around the country who are making a difference to improve mental health outcomes in their communities.



Radio National

Life Matters

We've all experienced rough patches, and often it's the little things that can help us through. It might be a cup of tea, an unexpected phone call, a timely text or an offer of help. During **Mental As...**, we'll look at the small things that have made a difference for people going through tough times. We'll ask Australians to share their stories in text and photos of hand-written notes via ABC Open's **Mental Note** project. RN **Life Matters** and the ABC Health team will then produce radio and digital content based on the best of these audience contributions.

All in the Mind Depression and #ReasonsToStayAlive SUNDAY 11 OCTOBER 5PM

At 24, acclaimed novelist Matt Haig's world suddenly fell apart – he could no longer see a reason to live. When Stephen Fry tweeted in praise of Haig's latest book **Reasons to Stay Alive**, the twittersphere exploded. Haig's memoir is an honest and inspiring

account of how he emerged from severe depression and anxiety. In **All in the Mind**, he shares the advice he gives himself about how to make the most of our time on earth.

Earshot Dancing in the Fields

TUESDAY 6 OCTOBER, 11AM AND SUNDAY 11 OCTOBER, 1PM

Writer John Connell found himself singing to sheep and dancing with cows to deal with his depression. In this funny and moving memoir John's life unravels to "pyjamas at midday" and then eventually recovers with the help of friends, medication and a shaman.

Earshot Coming Out/Stranger on a Train

WEDNESDAY 7 OCTOBER, 11AM AND SATURDAY 10 OCTOBER, 8PM

This program lifts the secret veil of stigma that surrounds bipolar disorder. Jane is a journalist, John is a lawyer and Emily is a mother and they all live with bipolar, yet they work, parent and maintain friendships. How do they manage their episodes of mania and depression and what do they do to mitigate the impact on their lives and the people around them? Plus, British author Jenny Diski documents her travel by Amtrak train across America – an experience which conjures up memories of a period she spent in psychiatric institutions as a teenager.

Earshot Voices and Visions

THURSDAY 8 OCTOBER, 11AM AND SATURDAY 10 OCTOBER, 5PM

Religions are based on the teachings of people who received visions and heard voices. But how do we deal with these other worldly communications today? We look at the role of faith and psychiatry in the treatment of mental illness and the way these voices are received and revered in African and Asian cultures.

Earshot Mum, I wish I was dead

MONDAY 5 OCTOBER, 11AM AND SUNDAY 11 OCTOBER, 9PM

What does a parent do when their 10 year old child says "My heart is black, my body is full of anger and I wish I was dead?" Anne guided her 25-year-old son Adam through depression, hospitalisation and eventually 'electro-convulsive therapy'.



Classic FM

During **Mental As...** week, ABC Classic FM will broadcast Concert For Life, performed by members of the Sydney Symphony Orchestra and the Australian Chamber Orchestra (making up the 'Orchestra For Life' for the occasion). On World Suicide Prevention Day, 10 September, Sydney Town Hall saw this glorious night of music-making to raise money for suicide prevention. Suicide in Australia is the biggest cause of death for people aged 15 to 45 and accounts for twice the number of deaths as road accidents. This beautiful concert program features music by Mozart, Prokofiev and Beethoven.



triple j

triple j **Hack** takes deep dives into a diverse cross-section of mental health topics across the week while you'll hear feature interviews on breakfast and drive too.

ABC News

During **Mental As...** tune in to ABC News across TV, radio, online and mobile for dedicated coverage of mental health issues affecting Australians.

Youth Mental Health Special

FRIDAY 18 SEPTEMBER
7.30PM-8PM ABC (QLD ONLY)
7.30PM-8.30PM AEST ABC NEWS 24
SIMULCAST ON 612 DIGITAL AND ONLINE AT
ABC.NET.AU/NEWS24 – LIVE

Leading up to Mental Health Week, ABC News presents a youth mental health forum in Brisbane, hosted by Matt Wordsworth (ABC News QLD) and Emma Griffiths (612 ABC Brisbane). Exploring issues surrounding youth mental health including the prevalence of the problem, causes, impact, resourcing, and solutions, the discussion aims to answer two broad questions: what is happening to our kids and what are we doing about it? Panellists include Professor Patrick McGorry, Queensland Health Minister Cameron Dick and Jacklyn Whybrow, Clinical Service Manager of Headspace at Meadowbrook in Queensland.

ABC Open

Nearly half of all Australians will experience a mental health issue in their lifetime. When it happens, it can be confronting and isolating. In 2015, ABC Open has once again invited people to tell their stories about living with mental illness and add a note to all Australians, reminding us what not to forget when we're talking about mental health. **Mental Note** is a powerful collection of real life stories which detail the day-to-day challenges of dealing with mental health issues. It's a strong reminder to listen to the voices of those most affected, and to remember the things that make a real difference – access to services, support and compassion. Sometimes it's the little things, the small acts of kindness from friends, family or strangers, that count the most. A selection of contributors have recorded their stories which will feature across RN, Regional and ABC Local Radio during Mental Health Week. Images from the stories featuring handwritten notes will be shared across ABC's social media platforms inviting others to share their **Mental Note**.



What happened to last year's funds?

The Society for Mental Health Research (SMHR) sought applications from Australia's finest early career mental health researchers, who needed support to continue their important work. Proposals were received from across Australia, covering mental health projects across the spectrum of basic science, prevention and early intervention, through to treatment and recovery. During March-April 2015, SMHR brought together leading researchers from the major mental health institutions across Australia to review and rank the applications. This culminated in a day-long meeting in May, where the expert panel identified the top applications to be funded for the next year. Thirteen Early Career Research Awards were funded by donations from the Australian community via **Mental As...**



Dr Manreena Kaur THE UNIVERSITY OF SYDNEY

Dr Manreena Kaur is a postdoctoral researcher at the Brain and Mind Research Institute, University of Sydney, and the coordinator of the Transcranial Magnetic Stimulation (TMS) platform at St Vincent's Private Hospital. With the support of the SMHR ECR Award, Dr Kaur will investigate brain changes associated with improvements in depression with repetitive TMS treatment in young people, and seek to identify features of patients that distinguish responsiveness to repetitive TMS treatment. SMHR was grateful to receive the generous support of the Medibank Health Research Fund during the 2014 **Mental As...** campaign. These funds supported the ECR Award of Dr Manreena Kaur.





Dr Mark Larsen

BLACK DOG INSTITUTE

Dr Mark Larsen is a researcher at the Black Dog Institute in Sydney. His background is in biomedical engineering, and developing technology and apps to help people manage their health conditions and treatments. At the Centre of Research Excellence in Suicide Prevention, he will be working on the RAFT (reconnecting after a suicide attempt) project, supported by his SMHR ECR Award. Suicide is a leading cause of death in Australia, and is the leading cause of death for young people. The first days after discharge from hospital following a suicide attempt is a particularly high-risk period, although many people feel they do not have enough support. The RAFT project will speak to people who have previously made a suicide attempt to find what support might be useful, and to develop this into a text message support system.



Dr Edwin Lim

MACQUARIE UNIVERSITY

Dr Edwin Lim is a dedicated neuroscientist who has been working on the biochemical pathway of tryptophan and its role in neurological conditions. Tryptophan is a key protein building block obtained through the diet and its metabolism is responsive to environmental factors such as exposure to pathogens and sunlight which, in turn, can affect the important biological functions of sleep, mood, immune response and brain activity. In this fellowship, Edwin will examine how a particular gene mutation may disrupt the tryptophan pathway in autism. By mapping and understanding the changes of the pathway, treatment strategies to 're-balance' the tryptophan pathway may be devised, reversing the abnormal biological functions that are associated with autism and other mental disorders.





Dr Nina McCarthy

THE UNIVERSITY OF WESTERN AUSTRALIA

Dr Nina McCarthy's background is in genetics and she completed her PhD in Ireland in 2012. The SMHR ECR Award will support Nina's work in trying to identify genes which play a role in schizophrenia. Nina is particularly interested in the genetics of schizophrenia as she thinks there is so much yet to be discovered in this area, and the potential benefits of gaining a better understanding of the genetic architecture of schizophrenia are substantial.

Dr Christina Marel

THE UNIVERSITY OF NEW SOUTH WALES

Dr Christina Marel is a Research Fellow at the Centre of Research Excellence in Mental Health and Substance Use, National Drug and Alcohol Research Centre, UNSW. With this fellowship, she aims to better understand the pathways and risk factors of relapse and recovery from heroin dependence. This will enable identification of specific 'at-risk' periods where individuals who follow particular pathways are more vulnerable to relapse, overdose and incarceration, which has the potential to guide more effective interventions and public health responses. This information will be used to develop a computerised program that can produce individualised models of risk for each person.





Dr Allison Milner

DEAKIN UNIVERSITY

Dr Allison Milner is a Senior Research Fellow at the School of Health and Social Development, Deakin University. Her current areas of research interest include the influence of employment characteristics, quality of work, job stress, and unemployment as determinants of mental health and suicidality. Allison's SMHR ECR Award will allow Allison to investigate whether access to lethal means modifies the risk of suicide in high-risk occupations. This information holds the potential to influence suicide prevention practices in the employed population.



Dr Nicola Newton

THE UNIVERSITY OF NEW SOUTH WALES

Dr Nicola Newton has completed a Bachelor of Psychology (Honours) at Macquarie University and a PhD in Public Health and Community Medicine from UNSW. Nicola's overall vision is to improve the health of young Australians by developing and implementing innovative and effective prevention for substance use and mental disorders. The SMHR ECR Award has provided Nicola the opportunity to work towards this goal by trialling the first online program for students and their parents to prevent substance use and mental disorders amongst adolescents.





Dr Bridianne O'Dea

BLACK DOG INSTITUTE

Dr Bridianne O'Dea is a mental health researcher currently working at the Black Dog Institute in Sydney. In 2013, Bridianne graduated with a PhD in Health Sciences from the University of Sydney after completing an honours degree in e-mental health. Her PhD examined the relationship between social networking sites and emotional well being in teenagers. The SMHR ECR Award will allow Bridianne to investigate whether individuals' sharing of information on social media sites such as Twitter and Facebook is indicative of suicide risk and how the social media network may be engaged to prevent suicide.



Dr Christina Perry

**FLOREY INSTITUTE OF NEUROSCIENCE
AND MENTAL HEALTH**

Dr Christina Perry has a postdoctoral position in the Behavioural Neuroscience division at the Florey Institute of Neuroscience and Mental Health. Christina's research focuses on substance abuse disorders. She uses animal models to investigate the neural effects and substrates of drugs of abuse and drug-seeking behaviour. The SMHR ECR Award will allow Christina to investigate the mechanisms of alcohol-related dementia. She will also look at whether symptoms of alcohol related dementia can be improved with regular exercise.





Dr Simon Rosenbaum

THE UNIVERSITY OF NEW SOUTH WALES

Dr Simon Rosenbaum's passion for mental health research came from working as an exercise physiologist within mental health facilities. With the SMHR ECR Award, Simon will investigate the benefits of resistance training, or muscle-building exercise for young people experiencing a psychotic illness. It is hoped that not only will the exercise intervention provide direct benefits to the young people, but will also contribute to making the mental health service more accessible to those who can often be reluctant to seek treatment.

Dr Simon Rice

ORYGEN, THE NATIONAL CENTRE OF EXCELLENCE IN YOUTH MENTAL HEALTH

Dr Simon Rice is a clinical psychologist with a research interest in youth e-mental health interventions and young men's mental health. The SMHR ECR Award will enable Simon to work closely with the clinical team at e-headspace - Australia's e-mental health service for young people - in expanding their platform to provide sustainable models of longer-term online support. Simon is also passionate about improving young men's access to mental health services, and is developing a model of engagement through physical activity. Simon's projects aim to increase rates of access to mental health support for young people, and contribute to the next generation of youth e-mental health interventions.





Dr Kiley Seymour

MACQUARIE UNIVERSITY

Much of Dr Kiley Seymour's previous research has addressed fundamental questions about basic brain function, in particular how the human brain allows us to 'see'. Recently, Kiley has translated her findings in this area to provide insight into brain dysfunction and the perceptual disturbances reported in schizophrenia. The SMHR ECR Award will allow Kiley to apply new methods from vision science to examine perceptual abnormalities associated with processing other people's eye-gaze in schizophrenia. Its purpose is to address key knowledge gaps concerning the link between disruptions of sensory processing in schizophrenia and symptoms that characterise the illness, specifically, distorted perceptions and beliefs and poor social functioning. Kiley's hope is that this innovative new approach will provide a better understanding of the basis of social-cognitive impairment in schizophrenia to inform development of new treatments to help redress poor social functioning in schizophrenia.



Dr Lexine Stapinski

UNIVERSITY OF NEW SOUTH WALES

Dr Lexine Stapinski began her research career at Macquarie University, where her PhD explored anxiety, and what keeps it going. At the same time Lexine was working in clinical practice to help people manage their anxiety. Lexine learned that many anxiety sufferers also have alcohol problems, and yet standard treatments focus on one or the other, ignoring the links between them. At UNSW, her team in the Centre of Research Excellence in Mental Health and Substance Use is already implementing programs to prevent the development of alcohol use problems among young people. The SMHR ECR Award will allow Lexine and her team to more clearly understand how anxiety and alcohol problems develop and interact, and how we can intervene early on to reduce their impact and prevent escalation.



Support Mental Health Research – make a donation

Make a donation and support the quest for better mental health solutions. Help support researchers to develop breakthroughs in preventing, diagnosing and treating mental ill health, make a contribution to fund mental health research today.

Visit abc.net.au/mentaldas or
SMS "MentalAs" to 0455 021 021

Where the funds will go...

The ABC is again working the Society for Mental Health Research, the national peak body for psychiatric and mental health research in Australia and New Zealand. SMHR President, Professor Patrick McGorry said: "We need a national research effort to match cancer and cardiovascular disease. The funds raised through ABC **Mental As...** will be invested in mental health research, funding Australia's next generation of emerging research leaders to seek breakthroughs, progress and cures."

Media queries:

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Calendar 2015

Friday 18 September

7.30 -
8pm
QLD only



Youth Mental
Health Special

7.30 -
8.30pm
AEST



Youth Mental
Health Special

7.30 -
8.30pm
AEST



Youth Mental
Health Special

Sunday 4 October

6.30pm



Compass:
For Better, For
Worse: Episode 3,
Rough Patches

8.30pm



Diaries of a
Broken Mind
(Repeat)

10pm



I Took My
Baby's Life

Monday 5 October

11am



Earshot: Mum,
I Wish I Was Dead

8pm



Australian Story

8pm



Your Body:
Your Image,
The Blame Game

8.08pm



My Great Big
Adventure: Grief
(Repeat)

8.25pm



MY:24, Mikey
(Repeat)

9.35pm
(live AEDT)



Q&A



Calendar 2015

Tuesday 6 October

11am

RN

Earshot: Dancing in the Fields

8pm



Catalyst

8pm



Your Body: Your Image, Global Body

8.08pm



My Great Big Adventure: Body Image (Repeat)

8.30pm



MY:24, Makhala (Repeat)

8.30pm



Changing Minds: The Inside Story (part 1)

9.30pm



Artsville: Cast From the Storm

9.40pm



Broadmoor (part 1)

Wednesday 7 October

11am

RN

Earshot: Coming Out/ Stranger on a Train

8pm



Your Body: Your Image, Hideous Histories

8.08pm



My Great Big Adventure: Happiness (Repeat)

8.30pm



MY:24, Dave (Repeat)

9.35pm



Changing Minds: The Inside Story (part 2)

Thursday 8 October

11am

RN

Earshot: Voices and Visions

8pm



Your Body: Your Image, Body Talk

8.08pm



My Great Big Adventure: Bullying (Repeat)

8.25pm



MY:24, Justin (Repeat)

8.35pm



Changing Minds: The Inside Story (part 3)

9.35pm



Graceland Happiness Project



Calendar 2015

Friday 9 October

5pm

**LOCAL
RADIO**

ABC Canberra
Drive 'Happy
Hour' live event

8pm

**3
ABC**

Your Body:
Your Image,
Faking It

8.08pm

**3
ABC**

My Great Big
Adventure: Self
Esteem (Repeat)

8.25pm

**3
ABC**

MY:24, Lyndsey
(Repeat)

8.30pm

**2
ABC**

Ruby Wax's
Mad Confessions
(Repeat)

9.20pm

**2
ABC**

Felicity's Mental
Mission (Repeat)

Saturday 10 October

5pm

RN

Earshot: Voices
and Visions

6.30pm

ABC

Gardening
Australia

7.30pm

ABC

Saturday Night
Crack Up

8pm

RN

Earshot:
Coming Out/
Stranger on a Train

8pm

**3
ABC**

My Life: What's
a Girl? (Repeat)

8.25pm

**3
ABC**

Seeking Refuge:
Please Don't Let
Me Go (Repeat)

Sunday 11 October

1pm

RN

Earshot: Dancing
in the Fields

5pm

RN

All In The Mind

9pm

RN

Earshot: Mum,
I Wish I was Dead



Calendar 2015

Monday 12 October

10am		What Makes Me Me (Repeat)
10.05am		Same But Different: Theo (Repeat)
10.15am		The Curious Incident of the Dog in the Night-Time: From Page to Stage (Repeat)
11.15am		Same But Different (Repeat)
11.25am		Your Body: Your Image (Repeat)
11.30am		Behind the News Mental Health Special 2014 (Repeat)
11.50am		Your Body: Your Image (Repeat)
11.55am		My Great Big Adventure: Self Esteem (Repeat)

Tuesday 13 October

10am		Behind the News
10.15am		Seeking Refuge (Repeat)
10.20am		What Makes Me Me: What's Fair? (Repeat)
10.25am		My Great Big Adventure (Repeat)
10.50am		Your Body: Your Image (Repeat)
10.55am		My Life: What's A Girl? (Repeat)
11.25am		Your Body: Your Image (Repeat)
11.30am		MY:24 (Repeat)