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## Big beyondblue bus NSW road trip



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The big blue beyondblue bus which will embark on a 30,000 kilometre journey around NSW, Queensland and back down to Victoria from next Monday.

THE BIG Blue bus will be visiting Western NSW next week as part of *beyondblue's* National Roadshow. *beyondblue's* bus tour will cover more than 30,000 kilometres across NSW, starting off with a stop in Bathurst next Monday August 18.

Stops in Orange, Manildra, Dubbo and Warren will be included in the tour while a marquee will also be set up at this year's Condobolin Show.

*beyondblue* CEO Georgie Harman urged people to attend roadshow events where they can chat to staff in an informal environment, pick up free information and resources, and find out about local support services.

"We've been working with the Western NSW Medicare Local and community groups to plan events," she said. "We'll also be encouraging people to 'take one step' for better mental health by tuning in to how they are feeling, opening up and talking through their worries with those around them, and taking action to get help if needed."

Ms Harman said around one million people in Australia had depression at any given time while over two million suffered from anxiety.

"These are common conditions and can effect anyone. Unfortunately over half of all people who experience depression or anxiety don't seek help," she said. "We need people to realise there is no shame in getting help and once they find the right help for them, they can start on the road to recovery."

The bus tour will make a special stop in Manildra, a community which raised over \$37,000 for *beyondblue* following the loss of several young people to suicide.

"The rate of suicide in rural and remote areas is 1.6 times higher than in major cities. At particular risk are male farmers, young men and Aboriginal and Torres Strait Islander people."

After leaving Warren, the bus will head into the Far West NSW Medicare Local region to visit Cobar, Bourke, Brewarrina and Lightning Ridge.

The bus will then spend 10 weeks in Queensland before returning to NSW, including the Murrumbidgee Local region in February next year before wrapping up the tour in Victoria in May 2015.

# AWGA - News Update

## National Roadshow schedule

### ☑ Monday August 18:

1pm-4pm Kings Parade, Bathurst.

### ☑ Tuesday August 19:

10am-2pm, Bunnings Orange, 168 Lone Pine Avenue, Orange.

### ☑ Wednesday August 20:

9:30am-11:40am, St Joseph's Primary School, Loftus Street, Manildra.

### ☑ Thursday August 21:

9:30am-12:30pm, Dubbo College Delroy Campus and Senior Campus, East Street, Dubbo.

1pm-4pm, Victoria Park, Dubbo

5pm-8pm, Dubbo RSL, Corner Brisbane and Wingewarra Streets, Dubbo.

### ☑ Friday August 22:

9am-10am, Western College Alesco Learning Centre, 37 Cobbora Road, Dubbo.

### ☑ Saturday August 23:

8:30am-5pm, Condobolin Show.

### ☑ Sunday August 24:

10:30am-2pm, Warren Sporting and Cultural Centre, Victoria Park, Udora Road, Warren.

