

beyondblue

Anxiety and Depression Awareness (ADA) Month

OCTOBER 2007



beyondblue
the national depression initiative
www.beyondblue.org.au

Anxiety and Depression Awareness Month during October provides an opportunity for government, corporate and community organisations to engage in activities to raise awareness of anxiety and depression and to help reduce the associated stigma.

Put ADA
on your
RADAR!





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How can you get involved?

Raising awareness is easy. Sometimes the simplest contributions have the greatest impact. Finding out more about depression and anxiety and sharing the facts with your family and friends helps to reduce the associated stigma.

Select an activity in which you'd like to participate. Listed below are some suggestions.

- Disseminate *beyondblue* anxiety and depression-awareness materials
- Nominate a blue tie or shirt day at work to raise awareness of *beyondblue*
- Display *beyondblue* information and posters in your workplace or community space
- Use a *beyondblue* shopping bag to raise awareness in your community
- Change your workplace's existing 'on hold' phone message to include information about *beyondblue*'s website and info line number
- Wear a *beyondblue* wristband for the month
- Display a *beyondblue* fridge magnet at home or work
- Encourage your work colleagues or community group to participate in regular physical activity for ADA Month. (Regular exercise can help prevent depression).

Or

- Check yourself, family members or friends for symptoms of depression by filling out the *beyondblue* depression checklist
- Encourage people to visit a doctor for a 'check up from the neck up'.

Contact *beyondblue* to register your interest – email bb@beyondblue.org.au or call 03 9810 6100 and ask for Events.

ORDERING MATERIALS

You can order all *beyondblue*'s information and promotional materials free of charge at www.beyondblue.org.au (click on [Resources](#)) or by calling the *beyondblue* distribution centre on 03 9810 6143.

Thank you for helping to put ADA on the RADAR in October.

Mental Health events during October 2007

October – Anxiety and Depression Awareness (ADA) Month

10 October – World Mental Health Day

7 to 13 October – Mental Health Week

