



2008 LIFE AWARDS

IN RECOGNITION OF THOSE WHO HAVE MADE AN OUTSTANDING CONTRIBUTION TO SUICIDE PREVENTION WITHIN AUSTRALIA

Kondinin Group receives this award in recognition of their DVD on the *Working with Warriors* program, which addresses the difficulties suffered by rural populations, particularly during the on-going drought conditions.

In 2007, Kondinin, Australia's leading independent farm improvement agency, approached Wheatbelt Men's Health for assistance in developing a DVD on mental health issues and services in rural areas.

Wheatbelt's *Working with Warriors* program delivers mental health information to farmers in a face-to-face seminar format with an informal, down-to-earth style.

The video incorporates footage of this program; it also incorporates the stories of people who have accessed the program, or who have experienced the effects of stress and depression in rural contexts.

By incorporating these real-life stories, the video addresses the fears and stigmas associated with suicide and mental health issues, particularly for men, in an immediate and relevant way.

It allows viewers to recognise symptoms of depression in themselves, or in family members and friends, suggests simple strategies, such as speaking to a trusted mate or a doctor, and makes viewers aware that there are support services available

The video allows the work of Wheatbelt in promoting mental health and suicide prevention in rural communities to extend into another medium; it is distributed as a free DVD, and can viewed on the Suicide Prevention Australia website.

The development of the video involved a cooperative approach in which Kondinin Group worked closely with Wheatbelt Men's Health, supported by the Government of Western Australia, particularly the Department of Agriculture and Food. Over 9,000 copies of the DVD have been distributed with Elders – *Farm Weekly*.

Since the release of the *Working with Warriors* DVD there have been a significant number of calls asking for more help and referrals to support services.

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