

Free Community Education Seminar and night of live music.
For parents teenagers and people who work with young people.
Presented by the **Black Dog Institute**

NAVIGATING **TEENAGE** DEPRESSION

What is depression?
How to spot early warning signs
Understanding the risk factors
Understanding the role of personality
How to build resilience
What to do

WHERE: Tamworth Capital Theatre
WHEN: Thursday 26 August 2010. 6.30pm - 8.30pm
RSVP: 20 August 2010. Light refreshments provided

To register your attendance, email yes and the number of people to:
f.mortimer@blackdog.org.au or call 02 9382 8203

For more information, contact: Chris Rule, Black Dog Institute, Project Manager -
Rural Initiatives, on 02 9382 8203 or at c.rule@blackdog.org.au
Website: **www.blackdoginstitute.org.au**

The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder. The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.



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