



## MEDIA RELEASE

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### ***Taking Care of Yourself and Your Family***

### **A *beyondblue* book for good mental health: now available in AUDIO!**

*beyondblue*: the national depression initiative, with the support of funds raised by the Movember Foundation, is proud to make John Ashfield's book *Taking Care of Yourself and Your Family* available free-of-charge in audio book format (DAISY,\* CD and MP3).

The audio book includes helpful information on a variety of topics such as depression, anxiety, insomnia, anger, stress, alcohol and grief – and offers self-help strategies that may assist people to get through tough times and find the right help.

*beyondblue* CEO Ms Dawn O'Neil AM said printed copies of the book have been a huge help in increasing awareness and understanding of depression, anxiety and related disorders.

"Thanks to the Movember Foundation, *beyondblue* has already distributed thousands of hard copies of the *Taking Care of Yourself and Your Family* book and feedback shows people have found it very useful and informative. We are very pleased to be able to make *Taking Care of Yourself and Your Family* available in audio format so it is more accessible to a wider audience – including people who are vision impaired, people with lower literacy levels or in fact, anyone who would prefer to listen to this information rather than read it. We know that transport drivers who spend long hours on the road will find this format particularly useful" she said.

"Vision Australia has done a wonderful job producing this very comprehensive resource."

Movember spokesperson Jason Hincks said one of Movember's strategic goals is to fund initiatives that provide information and support for men affected by depression and their families,; allowing them to make informed decisions that work towards improving their quality of life.

"This is a great example of one such initiative and we are proud to be funding the book both in print and audio format," he said.

"I know I speak for the Movember community as well, when I say that it is our hope that this new tool will help further spread the information laid out in what has proven to be a valuable and life changing resource."

CEO of Vision Australia, Gerard Menses, applauded *beyondblue* and the Movember Foundation for making such a resource accessible for people with a print disability.

"Loss of vision can be a devastating experience for individuals and their families. Having a resource such as *Taking Care of Yourself and Your Family* in an audio format that is accessible to more members of our community is essential," he said.

*Taking Care of Yourself and Your Family* was written by John Ashfield and first published in 2004.

**To order FREE copies of *Taking Care of Yourself and Your Family* in DAISY or CD format, call the *beyondblue* info line on 1300 22 4636. Alternatively, Vision Australia's Information Library Service has DAISY copies available. MP3 files are also available to download from [www.beyondblue.org.au/takingcarebook](http://www.beyondblue.org.au/takingcarebook)**

\* DAISY is an acronym for Digital Accessible Information System and is an audio format which can be used by people who are blind or vision impaired and have access to a DAISY player.

Chapters of the book are available on request for Community Radio Stations to broadcast.

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