

Helping To Increase Awareness about Depression and Mental Illness



## An Evening with Wayne Wigham

Wayne is a presenter with Black Dog Institute and is a passionate advocate for Mental Health.

Wayne played 167 games of 1<sup>st</sup> grade Rugby League between 1976 -1985. During his career, he played for Balmain, North Sydney and Western Suburbs.

Join us for the evening as he shares a very personal story of his journey with the "black dog."

Dr. Sarah Lutkin, Clinical Psychologist, is the Mental Health Academic with the Mount Isa Centre for Rural And Remote Health/James Cook University.

She has lived and worked in the North West region for the past 18 years and she will share her knowledge around mental health and keeping "the black dog" under control.

**"Depression.  
It's cost me relationships, it's cost me  
careers, it's cost me financially."  
Wayne Wigham**

### WINTON:

May 19<sup>th</sup> 2014

Venue: Neighbourhood Centre

### LONGREACH:

May 20<sup>th</sup> 2014

Venue: Longreach Civic Centre.

Free BBQ from 5.45pm

Bar Available

All welcome:

**No charge** to attend  
presentations.

