



Take a moment to check in

While we all know it's good to check in with the people around us, sometimes it can be hard to find the right words. But there are things we can do for ourselves, for each other, and for the whole community, to make sure everyone knows they're not alone.

Stay connected

Black Dog Institute is a world-leading mental health research institute. Our Breaking Down Depression presentations are designed to help people like you.

Backed by science and spoken from experience, the 40-minute talks are delivered in a way that is relatable so you can get the most out of the session. The talks are presented by people with lived experience of mental illness who share their personal story and provide knowledge on how to manage your mental health, and how to reach out to people in your life that you think might be struggling.

Join a free presentation in your community

Date and time:

Location:

Contact:

1 in 2

Australians experience
mental illness in
their lifetime

...



**Black Dog
Institute**