

# Media Release

**For immediate release**  
**Thursday 03 September**

## **Courage in Recovery – a visual display of the stories, music and poetry from people recovering mental health**

Current statistics indicate one in four people are affected by mental illness. Anyone in the community can be affected, and chances are we all know someone on the road to recovery.

In recognition of national Mental Health Week, Mind, Wodonga Home Based Outreach, Gateway Community Health (GTH), and Mind Triple R, Youth Residential Service launch *Courage in Recovery*, a visual display to recognise the strengths and courage of people who are affected by mental illness.

Ruth Davenport the Regional Manager for Mind said the exhibition illustrates the positive message of recovery and the work shares what the contributor found helpful and inspiring.

“*Courage in Recovery* offers the expressions of local community members recovering from mental illness.

“Contributions include an audio recording promoting mental health as well as stories, music, poetry, and mental health tips.

“The exhibition also underscores the important role of social networks and the community,” said Ruth Davenport

Over 10 windows at the Wodonga Artspace *Reflection on High* are dedicated to *Courage in Recovery*. Community members are invited to the launch, commencing 12 noon Monday 5<sup>th</sup> October 2009. Light refreshments will be served.

The display runs for three weeks from Monday 21<sup>st</sup> September to 12<sup>th</sup> October 2009.

Service details and contact details of three non-clinical psychiatric disability rehabilitation services available in Wodonga-Mind Wodonga Home Based Outreach, Gateway Community Health Get Together House and Mind Triple R Youth Residential Rehabilitation Service will be also presented.

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### **About Mind:**

For over 30 years, Mind, a not-for-profit organisation has been helping people recovering from mental illness to rebuild their lives, reconnect with family, friends and the community and rediscover a purpose in life. [www.mindaustralia.org.au](http://www.mindaustralia.org.au)