



## **NEWS RELEASE**

Sharon Bird MP  
Federal Member for Cunningham

### **MEDIA ALERT – 10.30am today**

## **BIRD LAUNCHES LIFELINE'S GOOD MOOD PROJECTS**

Sharon Bird, Federal Member for Cunningham, will today officially launch the Good Mood Guide Website and Good Mood Safari Project, which have received Federal funding through the Port Kembla Industry Facilitation Fund.

Ms Bird said she was pleased to see these projects underway and commended Lifeline on their innovative approach to mental health and well-being through both projects.

"Lifeline is an organisation with a well-earned reputation for excellence in this field. I was happy to participate in their original meeting a year ago to introduce the concept for the Good Mood Safari and it is very exciting to be able to assist at today's official launch," Ms Bird said.

The *Good Mood Guide* is an online self-help manual for the treatment of depression. It is a valuable resource for people who see self-help as a way to recovery. The Good Mood Guide is based on established principles and practices of mental health care and is made up of a combination of information and activities.

The *Good Mood Safari* is a form of "psychological tourism" that combines positive psychology training with activities capitalising on the natural beauty of the Illawarra. The *Good Mood Safari* will guide people through a training course to build resilience to depression. Highlights of the safari include a sunrise walk on North Beach, and visits to Flagstaff Hill lighthouse, the Nan Tien Temple, The Abbey at Jamberoo, the Illawarra Fly and the top of Mt Keira.

#### **DETAILS OF LAUNCH:**

**Friday, 19 September 2008**

**10.30am**

**Lagoon Seafood Restaurant, Stuart Park North Wollongong**

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19 September 2008