

The NSW Farmers Mental Health Network is holding a free Mental Health Information session in the Casino CWA Rooms, Simpson's Parade, Casino on Thursday 19th February, 2009 6pm to 9pm.

The session, run by the NSW Farmers' Mental Health Network and funded by NSW Health, aim to help farmers, rural service providers and rural communities to understand the warning signs of too much stress, depression and anxiety.

Topics covered include signs, symptoms, help and services for, stress, depression, anxiety, trauma, grief and loss.

For further information or to book a place at the Mental Health Information Session, contact Dr Craze at Craze Lateral Solutions on (02) 6238 1549 or [leanne.craze@bigpond.com](mailto:leanne.craze@bigpond.com)