

During the COVID-19 crisis,
continuing research into mental health
is more important than ever.

DONATE NOW.



Australian Rotary Health Latest News

Podcast Episodes 8 & 9 Out Now



The Research Behind Lift the Lid



Episode 8 - A/Prof Matthew Spittal



Episode 9- Prof Helen Christensen

Every week we release a new episode of our podcast called **'The Research Behind Lift the Lid'**, where we talk to researchers about their findings from research projects funded by Australian Rotary Health.

In episode 8, our guest [Associate Professor Matthew Spittal](#) from the University of Melbourne talks about suicide prevention research, including his ARH Mental Health Research Grant project on detecting fatal and non-fatal suicide attempt clusters in young people.



The Behind
Lift the Lid
Episode 8: Dr Matthew Spittal

LIFT the LID
our mental allies

Rotary
Districts of Australia

Click the image to watch Episode 8 with Associate Professor Matthew Spittal on YouTube.

[Professor Helen Christensen](#) from the Black Dog Institute joins us on episode 9 to talk about the research outcomes and future directions of a web-based self-help intervention for reducing suicidal thoughts, after receiving a Mental Health Research Grant in 2012 from Australian Rotary Health.



The Behind
Lift the Lid
Episode 9: Prof Helen Christensen

LIFT the LID
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Click the image to watch episode 9 with Professor Helen Christensen on YouTube.

In case you missed them, here are all the Podcast episodes available on PodBean:

- [Episode 1 - Dr Louise Mewton](#)
- [Episode 2 - Dr Vijaya Manicavasagar](#)
- [Episode 3 - Dr Lyndall Strazdins](#)
- [Episode 4 - Dr Philip Batterham](#)
- [Episode 5 - Dr Marie Yap](#)
- [Episode 6 - Dr Lisa Mundy](#)
- [Episode 7 - Prof Tony Jorm](#)
- [Episode 8 - A/Prof Matthew Spittal](#)
- [Episode 9 - Prof Helen Christensen](#)

You can also find the video versions on [our YouTube channel](#).

Stay tuned - episode 10 with Professor Ron Rapee from Macquarie University released on Monday!

[Download and Listen on PodBean](#)

Recent Research Findings Summarised



Professor Tracey Wade and Dr Simon Wilksch from Flinders University currently have a grant with Australian Rotary Health, working on an Australia-wide trial of 'Media Smart Online', an online intervention to help reduce eating disorder onset and increase eating disorder remission.

See findings below.

- A new study funded by Australian Rotary Health has found that using social media may be leading young adolescents towards body image issues and eating disorder behaviours. In a recent article published in the [International Journal of Eating Disorders](#), a team of researchers at Flinders University found that out of 996 adolescents in Year 7 and Year 8, 51.7% of girls and 45% of boys had engaged in disordered eating behaviours such as skipping meals, binge eating, and strict exercise. The more time spent using image-based platforms such as Instagram and Snapchat was also associated with significantly higher disordered eating behaviours, and this risk increased when a young person had multiple social media accounts. [Read more.](#)
- During her Postdoctoral Fellowship, funded by Australian Rotary Health, [Dr Laura Hart](#) has found that her [Confident Body, Confident Child program](#) for parents has a positive impact on children's negative

attitudes towards body weight and positive impact on girl's self-esteem. The program is now delivered to organisations in Australia, New Zealand, the United States and Norway, and may have future positive implications for preventing eating and weight disorders in children as they grow up. [Read more.](#)

- In a recent study co-authored by Australian Rotary Health Postdoctoral Fellowship recipient [Dr Nicole Reilly](#), it has been highlighted that while there have been some improvements over time, perinatal mental health screening is not yet universal. One-in-five women are not screened both antenatally and postnatally, including women in high-risk populations such as those who have reported emotional distress. [Read more.](#)

1 Week Left to Support our COVID-19 Appeal



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continuing research into mental health
is more important than ever.
DONATE NOW.

Rotary Districts of Australia | Australian Rotary Health

LIFT THE LID
on mental illness

It has been such a difficult time for donations, as many Rotary Club fundraising events that would normally support Australian Rotary Health have been forced to cancel during this pandemic. It really reminds us how much effort goes into this fundraising and how valuable these events are to

keep research going, and we don't take it for granted!

Although it has been hard, we have still seen many Rotarians (and members of the public as well) generously give to our COVID-19 appeal over the past few months. We have now raised **\$13,300** for mental health research.

The end of financial year is fast approaching - only 7 days left! If you are in a position to help us get as close as possible to our \$200,000 target, [please donate today.](#)

All donations over \$2 are tax deductible.

Thank you very much as always for your support!



Researchers from episodes 4-7 of our podcast talk about why we need mental health research now more than ever, and give thanks to the Rotarians who generously give their time and money to make this research happen.

DONATE NOW.

Your donation may go towards:

\$30,000
(per year, for 3 years)
will fund an
**Ian Scott PhD
Scholarship**

Up to \$70,000
(per year, up to 3 years)
will fund a
**Mental Health
Research Grant**

\$75,000
(per year, for 3 years)
will fund a
**Postdoctoral
Fellowship**

[Donate to Our COVID-19 Appeal](#)

Queens Birthday Honours



Congratulations to one of our past Directors Harold Sharp, who has been recognised with an OAM for his service to the community, and to charitable initiatives.

Well deserved!

[Read Article](#)

Vale Sir Clem Renouf AM



SIR CLEM RENOUF

Rest In Peace (1921-2020)



Australian Rotary Health is saddened to hear of the passing of Sir Clem Renouf AM.

Sir Clem was the second Australian elected as a Rotary International President (1978/79) and is credited with sparking the End Polio Now campaign. He was also a Patron of Australian Rotary Health and an ardent supporter of our research programs.

R.I.P Sir Clem.

MyGivingCircle Grant Round



Vote Now

For the Charities you love

In this MyGivingCircle round, the top 50 Charities with the most votes will share \$70,000.

Please vote for Australian Rotary Health by June 30.

[Vote Here](#)

Men's Health Week



Last week (June 15-21) was Men's Health Week, and with men making up an average 6 out of every 8 suicides every single day in Australia, we know men's mental health is an important area of focus.

[Dr Kylie King](#) is one of our funded Mental Health Researchers focussing on the mental health of boys and men with her project 'testing the Impact of 'Breaking the Man Code' workshops on teenage boys' help-seeking, masculinity and suicide risk factors: A cluster randomised controlled trial.'

Learn more about Dr King's project [here](#).

[Donate to Suicide Prevention Research](#)

Indigenous Health Scholar Spotlight: Lani Harris



"This scholarship will assist me financially and enable me to undertake additional study that will provide with the skills and knowledge required to work in rural and remote environments and focus on the prevention and education of diabetes within the Indigenous Australia."

- Lani Harris, Indigenous Health Scholarship (Bachelor of Nursing)

Sponsored by: Rotary Clubs from Group 2 District 9790

[More About Lani](#)

Upcoming Events & Fundraising

Trees for Life Project



TREES FOR LIFE PROJECT

**FRANK BUSWELL PROMENADE STIRLING ST
FORESHORE BUNBURY**

Sponsor a tree of remembrance or a tree of new
life in support of mental health.

**COST \$110 ALL PROFITS TO AUSTRALIA
ROTARY HEALTH'S LIFT THE LID ON
MENTAL HEALTH PROGRAMS**

South Bunbury
Rotary



To register contact Bruce Lynch on 0419 927 712

[South Bunbury Rotary](#) are supporting Australian Rotary Health through their Trees for Life Project.

Sponsor a tree of remembrance or a tree of new life in support of mental health. Details above.

The Rotary Club of Drysdale Encourages Other Clubs to Get Involved in Puzzle Fundraiser

Help us



LIFT THE LID
on mental illness

**by solving
Clue Detective
puzzles**

The [Rotary Club of Drysdale](#) has partnered with the [Clue Detective Puzzle Agency](#), founded by Drysdale Rotarian Catherine Eagleson.

When someone purchases a subscription, they receive access to great puzzles all year round. Clue Detective donates a percentage of the subscription back to the club's service projects and Australian Rotary Health's Lift the Lid on Mental Illness campaign.

In addition, a club can promote their puzzle fundraiser via their Bulletin. Catherine will provide a puzzle each week to give people an opportunity to try before purchasing.

The Rotary Club of Drysdale welcomes other clubs to join them, in the hope it will be a helpful way to raise funds during this time of social distancing.

[Get Your Rotary Club Involved](#)

Looking for Knitters!



The Rotary Club of Drysdale are looking for knitters and wool for their IGKNITE campaign!

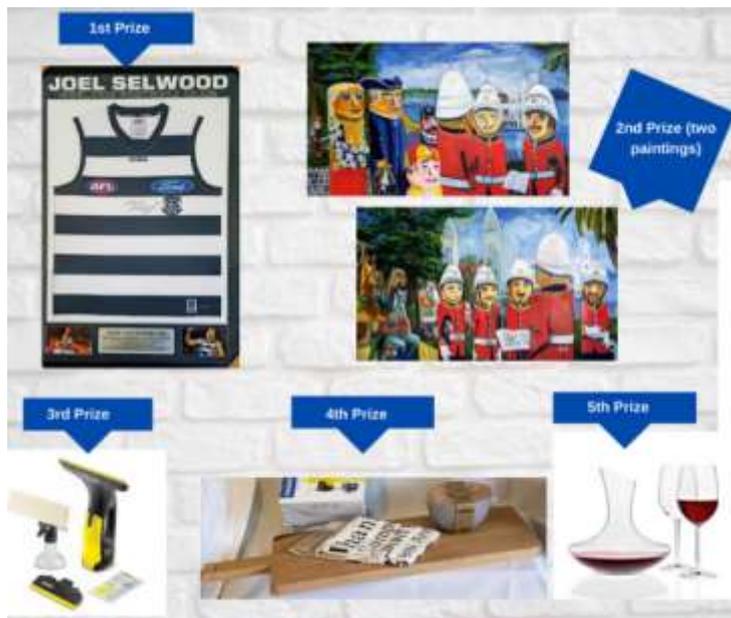
They are currently knitting for merchant seamen stranded on ships in the Port of Geelong, due to COVID-19. This is in support of the Rotary Club of Geelong Central, who are making up care packs.

If you are skilled at knitting beanies or scarves or can even donate some unwanted yarn, please send them to: Rotary Club of Drysdale PO Box 123 Drysdale Vic 3222

If you would like to purchase any of their knitwear, funds raised are donated to Australian Rotary Health for mental health research.

For more information contact: admin@drysdalesrotary.org.au

Highton Rotary Raffle



1st Prize
JOEL SELWOOD
Signed Geelong Football Jumper Framed, 108cm x 72 cm

2nd Prize (two paintings)
Original 60 x 90 cm oil paintings

3rd Prize
Karcher WV2 Premium Cordless Window Vac

4th Prize
Kitchen pack including a Rayell timber serving platter, 25cm x 68cm, a novelty tea towel, and a 15cm bamboo bowl with lid.

5th Prize
Leonardo Barcelona Wine Set. Quality glass decanter (1.5l) and two red wine glasses.

Highton Rotary

Online Raffle

First Prize - Joel Selwood Signed Geelong Football Jumper Framed, 108cm x 72 cm valued at \$649
Second Prize - 2 X Original 60 x 90 cm. oil paintings with an estimated value of \$250 ea.
Third Prize - Karcher WV2 Premium Cordless Window Vac valued at \$119.95
Fourth Prize - Kitchen pack including a Rayell timber serving platter, 25cm x 68cm, a novelty tea towel, and a 15cm bamboo bowl with lid. Value \$75
Fifth Prize - 3 piece Leonardo Barcelona Wine Set. Quality glass decanter (1.5l) and two red wine glasses. Value \$75

\$5.00 per ticket

Prizes

- * 1st Prize Donated by **Geelong Travel**
- * 2nd Prize Donated by **Alan Fry, D'AES - FRY ART (Belmont Rotary)**
- * 3rd Prize Donated by **Fagg's Mitre 10**
- * 4th Prize Donated by **Pardeys Highton Pharmacy**
- * 5th Prize Donated by **Graham Blood (Highton Rotary)**

All proceeds to Australian Rotary Health Mental Health Research

In 2018, Highton Rotary Club was named as host of the 2020 Australian Golfing Fellowship of Rotarians Annual Tournament at 13th Beach Golf Course. After two years of planning, creating a wonderful event with tours around the Bellarine, a week of Golf at 13th Beach, dinners & presentations, the COVID-19 pandemic forced a cancellation less than a month before the Tournament.

Some sponsors kindly allowed goods they had donated to be raffled in support of Australian Rotary Health Mental Health Research.

Please consider supporting mental health research by purchasing a raffle ticket at \$4.50 each.

Winners will be drawn live on the [Highton Rotary Club Facebook page](#) on Thursday June 30.

[Buy Your Raffle Ticket](#)

An Unofficial Marathon for Mental Health Research

We need your support!



These four young men are up to the challenge of tackling their first marathon on August 15, raising funds for scientific research into youth mental health at UWA.

Help them support
Australian Rotary Health at:
<https://www.facebook.com/donate/189291952334208/>



Meet Mitchell, Marcelo, Nathan and Sam (left to right). These four men are all part of Yoseikan-Ryu Karate, and they are taking on the challenge of their

first ever marathon!

Because of COVID-19, this marathon will have to be unofficial but will still comprise of 42.2km. They are running to raise money for Australia Rotary Health to support research into youth mental health at the University of Western Australia.

They have set a fundraising goal of \$5,000 which they hope to achieve before their run on **Saturday August 15.**

Please help support them in their efforts by donating today and let's all together help progress research into mental health among youth populations!

[Support Them Here](#)

We fund research
into parenting
interventions to help
prevent mental illness
in young children



Rotary
Districts of Australia



Please help us raise \$200,000 in our COVID-19 appeal by **June 30**. All donations over \$2 are tax deductible and support important research into youth mental health.

[Donate Now](#)

[Visit Our Website](#)



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You're receiving this email because you are keen to see recent research and programs Australian Rotary Health is making happen in the area of Mental Health and other General Health issues, including Rural and Indigenous Health.

Our mailing address is:

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PO Box 3455
Parramatta, NSW 2124
Australia

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