

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

DONATE NOW.



Australian Rotary Health Latest News

5 Tips for Using Books to Help Manage Children's COVID-19 Anxiety



Australian Rotary Health features in an article on [Stay At Home Mum](#) with some helpful advice from ARH Mental Health Research Grant recipient [Dr Carly Johnco](#).

[Read More](#)

NEW RESEARCH FINDINGS: The Impacts of Health Promotion Videos on Awareness of Body Dissatisfaction



Health promotion videos can increase awareness of body dissatisfaction without any negative consequences, according to a recent study published by a former Australian Rotary Health (ARH) PhD Scholarship recipient.

[Research Findings Here](#)

Podcast Episodes 4 & 5 Out Now

Rotary
Districts of Australia



The Research Behind
Lift the Lid



Episode 4 - Dr Philip Batterham



Episode 5 - Dr Marie Yap

Every Monday 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 4, our guest is Dr Philip Batterham from the Australian National University. Phil talks about our research application selection process and the gap in mental health research funding in Australia. Watch below.



The image shows a YouTube video player interface. At the top, there are two video thumbnails: on the left, a man (Dr Philip Batterham) in a blue shirt; on the right, a woman with long blonde hair. A large red play button is centered over the thumbnails. Below the thumbnails is a black banner with the following text and logos: 'The Behind Lift the Lid' (with 'Lift the Lid' in pink), 'Episode 4: Dr Philip Batterham', the 'LIFT THE LID' logo (hands holding hats), the 'Rotary Districts of Australia' logo, and a logo of a person with a magnifying glass. Below the banner is a grey bar with the text: 'Click the image to watch Episode 4 with Dr Philip Batterham on YouTube.'

In episode 5, Dr Marie Yap from Monash University joins us to talk about the success of her 'Partners in Parenting' program, after receiving a Mental Health Research Grant from Australian Rotary Health. Watch below.



The image shows a YouTube video player interface. At the top, there are two video thumbnails: on the left, a woman (Dr Marie Yap) with dark hair; on the right, the same woman with blonde hair from the previous episode. A large red play button is centered over the thumbnails. Below the thumbnails is a black banner with the following text and logos: 'The Behind Lift the Lid' (with 'Lift the Lid' in pink), 'Episode 5: Dr Marie Yap', the 'LIFT THE LID' logo (hands holding hats), the 'Rotary Districts of Australia' logo, and a logo of a person with a magnifying glass. Below the banner is a grey bar with the text: 'Click the image to watch episode 5 with Dr Marie Yap 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](#)

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

Stay tuned - episode 6 with Dr Lisa Mundy from the Murdoch Children's Institute released on Monday!

[Download and Listen on PodBean](#)

Why We Need Research Now More Than Ever

During the first three episodes of our podcast, we asked our researchers why supporting mental health research is important now more than ever. Here's what they said...



We have a goal to raise \$200,000 for mental health research in our COVID-19 Appeal by June 30, 2020. So far we have \$8,705.

Will you help us reach \$10,000 by the end of May?

[Donate to our COVID-19 Appeal Here](#)

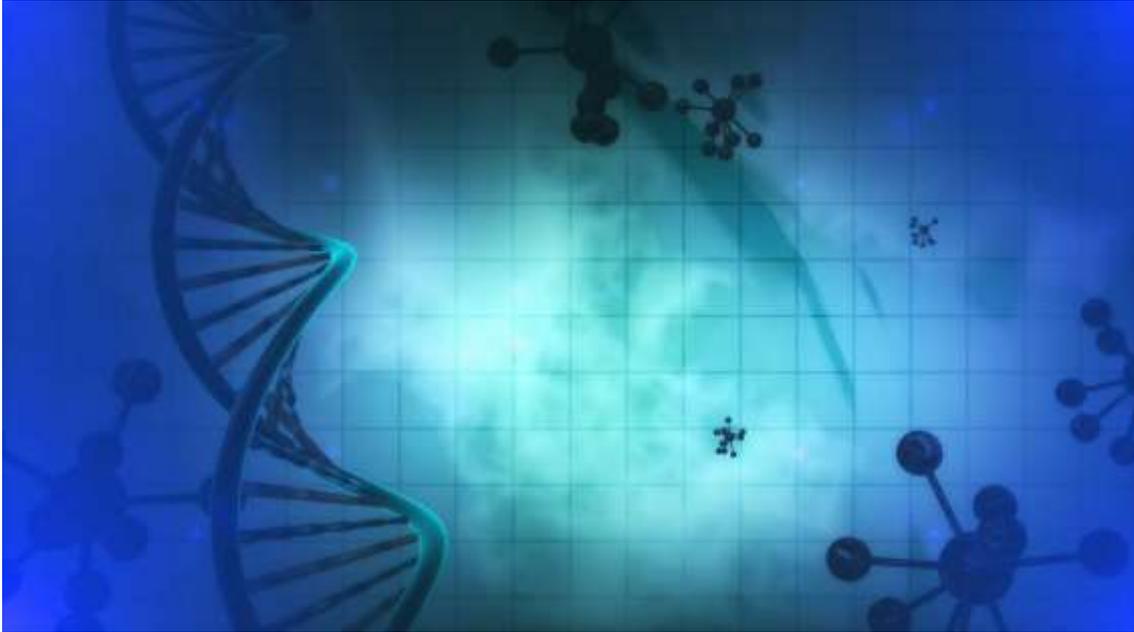
**Ride for Medical Research Team Raises
\$53,000 for ARH Research**



Rotary District 9810's Ride for Medical Research team have raised \$53,000 for Australian Rotary Health research recently during their 'Silos, Plains, Lakes & Art Tour.'

[Read Article](#)

Genes & How They May Drive Prostate Cancer Drug Resistance



Starting this year with an ARH 'Ronnie Goldberg & Rotary Ride for a Cure' PhD Scholarship, Mikhail Dias from the University of Melbourne said his PhD project presents a new paradigm in prostate cancer biology to understand how genes cooperate in complex networks to drive drug resistance in Prostate Cancer.

[Read More](#)

Fundraise the Clever Way During COVID-19



At present, finding ways to raise money for our Lift the Lid on Mental Illness campaign is proving to be a challenge.

However, help is at hand. The [Clue Detective Puzzle Agency](#) has come up with a clever way to help your club raise money easily and effectively to donate to vital mental health research during these times. It is also fun, mentally stimulating and completely contactless.

[Find Out More](#)

MyGivingCircle Grant Round



"I really believe that building a workforce of Indigenous doctors will improve Indigenous health outcomes, as we have this built in knowledge and understanding of the cultural needs and requirements of a patient, and are able to connect with them in a way non-Indigenous doctors are not able to. I believe that with an empowered generation of Indigenous medical practitioners, we can really bridge the existing gaps contributing to poor health, and improve Indigenous health for the better. I am so excited and determined for the years ahead, and I can not wait to progress through on this journey."

- Sachi Nevill, Indigenous Health Scholarship (Doctor of Medicine)

Sponsored by: Lindsay Cozens Aboriginal Education Trust

Upcoming ARH Events

Unfortunately due to the coronavirus, all Australian Rotary Health fundraising events (that we know of) have been cancelled or postponed.

To continue supporting ARH during this difficult time, please visit our donation link [here](#). We are aiming to raise \$200,000 by **June 30, 2020**, and any dollar donated would be much appreciated!

If you still plan to raise funds for ARH, whether it be through an online trivia event or zoom meeting, please let us know by emailing: news@arh.org.au

We appreciate it is a difficult time for many people mentally and financially. But we will pull through!

If you are struggling, please reach out to Lifeline: 13 11 14.

**Help us reach \$10,000
for mental health research
by the end of May**



Only 5 days left of May, can you help us reach \$10,000 in our COVID-19 Appeal?

[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:

Australian Rotary Health
PO Box 3455
Parramatta, NSW 2124
Australia

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