

# media release

Date 27 April 2005  
For immediate release

sane  
AUSTRALIA

[www.sane.org](http://www.sane.org)

**SANE Australia**  
a national charity  
helping people affected  
by mental illness

**SANE media contact**  
Andrea Kincade  
03 9682 5933  
0414 427 291  
[andrea.kincade@sane.org](mailto:andrea.kincade@sane.org)

## ABC broadcaster wins SANE Book of the Year

*Broken Open*, ABC broadcaster Craig Hamilton's account of recovery from bipolar disorder, is the 2005 SANE Book of the Year. The 'SANE Book of the Year' award for a non-fiction publication on mental illness is awarded to books that provide quality information to improve the lives of people who either experience mental illness or care for someone who does.

The book is a remarkable memoir that tells of how a psychotic episode robbed Craig of a dream assignment at the Sydney Olympics, and how diagnosis and treatment of bipolar disorder gave him new life.

Barbara Hocking, Executive Director of SANE Australia, said at today's announcement: 'Craig's story speaks to everyone and helps to reduce the stigma associated with mental illness. With humour, honesty and touching vulnerability he highlights how acceptance of illness is an important first step to recovery. The popularity of Craig's book indicates increasing community interest in the one in five people affected by mental illness in Australia.'

Bipolar disorder (sometimes called manic-depression) is an illness, a medical condition. It affects the normal functioning of the brain, so that the person experiences extreme moods — very high and over-excited or very low and depressed. The person may be affected so much that he or she experiences the symptoms of psychosis, and is unable to distinguish what is real. The symptoms generally react well to treatment, and most people with bipolar disorder recover well from episodes of the illness to lead full and satisfying lives.

**SANE Helpline**  
Information and referral  
on mental illness  
1800 688 382  
[www.sane.org](http://www.sane.org)

*Broken Open*, published by Random House, is available from SANE Australia for \$32 at [www.sane.org](http://www.sane.org) or on 03 9682 5933. The first 50 purchasers will receive a copy signed by the author.

**Craig Hamilton is available for interview from Melbourne on 27 April.**