

media release

Date: Thursday 14 May 2009

For immediate release

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SANE Australia announces Book of the Year Award

SANE Australia is pleased to announce the 2009 SANE Book of the Year is *Back From The Brink Too: Supporting Your Loved One In Overcoming Depression* by Graeme Cowan.

The SANE Book of the Year Award recognises outstanding Australian non-fiction titles which promote understanding of mental illness and its effect in the community. Previous winners include Anne Deveson AO for *Tell Me I'm Here* and Craig Hamilton for *Broken Open*.

Drawing on Australian and overseas research, as well as the author's own experience, *Back from the Brink Too* offers a step-by-step approach to the support family and friends of people with depression need, and provides guidance on how carers can look after their own mental and physical health too.

SANE Australia Executive Director Barbara Hocking says family members of people with mental illness play an enormous role in providing care and support for people living with depression, as well as other forms of mental illness.

'Not only does *Back From The Brink Too* provide much-needed practical guidance for family carers and raise awareness of the key role they play in helping to manage mental illness, but it also works to reduce the isolation many families experience,' Ms Hocking said.

'We are delighted to present the SANE Book of the Year Award to Mr Cowan for his contribution to helping the community better understand the experience of mental illness and its impact on families and friends'.

Graeme Cowan says of the Award, 'I am honoured and humbled that SANE Australia has recognised my book. Only after recovering from my own depression did I come to understand the tremendous toll that my illness caused my family. I would like to dedicate this award to my loved ones and the two million other Australians that support those living with depression and anxiety.'

Back From The Brink Too: Supporting Your Loved One In Overcoming Depression is now available from the SANE Bookshop: www.sane.org or by calling the SANE Helpline 1800 18 SANE (7263).

Note to Editors

- Review copies are available
- SANE Australia's Barbara Hocking is available for interview
- Graeme Cowan, author of *Back From The Brink Too: Supporting Your Loved One In Overcoming Depression* is available for interview

Back From The Brink Too: Supporting Your Loved One In Overcoming Depression

Graeme Cowan

\$33

Format: Paperback

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SANE Australia

The national mental health charity

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SANE Australia

A national charity working for a better life for people affected by mental illness through education, research, and campaigning for improved services and attitudes.

SANE operates Australia's only national Freecall Helpline providing information and advice about symptoms, treatment and support services for mental illness:
1800 18 SANE (7263).