



## Australian Rotary Health

is a registered charity, conceived by a Rotarian and supported by almost every Rotary club in Australia.

However, it is **NOT** exclusive to Rotarians.

Australian Rotary Health is governed by an honorary Board of Directors and advised by an honorary Research Committee of eminent medical research professionals, most of whom are not Rotarians.

Anyone can become a “Friend of the Fund” and any tax deductible donation made is recorded and credited to the donor. “Friends of the Fund” become “Companions” as their donations increase.

To become a “Friend of the Fund”, complete the coupon on the reverse side and enclose your remittance, which will continue to work in perpetuity for the good health of all Australians.



## What is “Mental Illness”?

‘Mental illness’ and ‘mental disorder’ refer to a medically diagnosable range of disorders that result in a significant impairment of a person’s thinking – or emotional/ relationship abilities. Mental illness and mental disorders generally require treatment and rehabilitation to treat and manage the symptoms.

‘Mental health’ on the other hand means emotional and mental well being. Mental health is much more than the absence of Mental Illness. It is the realisation of a person’s potential and the sense of wellbeing.

### Is Mental Illness incurable and lifelong?

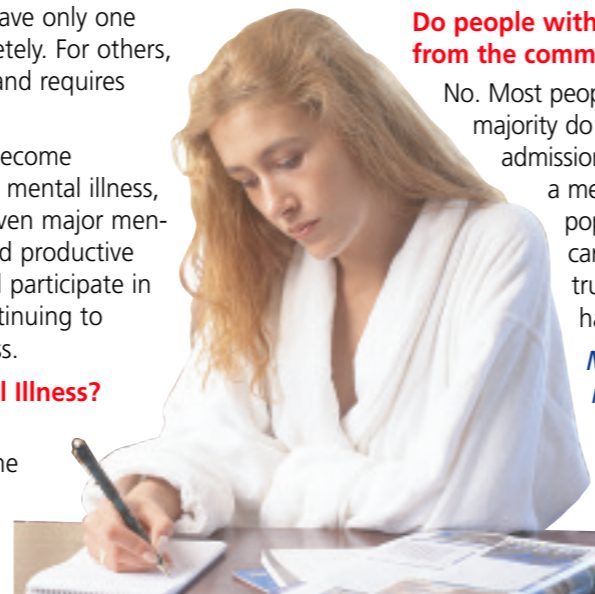
No. When treated appropriately and early, many people to recover fully from most mental illnesses. For other people, mental illness is like many physical illnesses which require on-going treatment, but which can be managed so that the individual can participate in every day life.

Mental Illness is often transient and can come and go in peoples lives. Some people have only one episode and will recover completely. For others, it recurs throughout their lives and requires ongoing treatment.

While a number of people do become disabled as a result of a chronic mental illness, many people who experience even major mental illness manage to live full and productive lives. They are able to work and participate in family and social life, while continuing to receive treatment for their illness.

### Are people born with Mental Illness?

The causes of mental illness are unclear. A predisposition to some mental illness, such as schizophrenia, can run in families. Other factors can contribute to



the onset of mental illness in people with a predisposition such as stress, bereavement, relationship breakdown, child abuse, unemployment, social isolation and times of accidents or life-threatening illness.

### Can anyone develop a Mental Illness?

Yes. In fact mental illness is very common. It’s estimated that as many as one in five Australians may develop a mental illness at some stage in their lives. We are all vulnerable to mental health problems.

Many people feel more comfortable with the notion of having “a break down” than having mental illness. This reluctance to talk openly about mental illness can be a barrier to seeking early treatment.

### Are people with a Mental Illness dangerous?

No. People with a mental illness are seldom dangerous. Even people with the most severe mental illness are rarely dangerous. People who do not have any mental illness carry out the great majority of acts of violence.

### Do people with a Mental Illness need to be isolated from the community?

No. Most people with a mental illness recover quickly. The majority do not need hospital care – or have only brief admissions. There are small numbers of people with a mental illness (less than 0.01 percent of the population) who are at risk and need hospital care, sometimes against their will. This is not true for the vast majority of those who might have an episode of mental illness.

*Mental Illnesses are just like any other illness, such as heart disease, diabetes and asthma. However, the sympathy and support provided to those with a physical illness are, unfortunately, often denied to those with mental illness.*

**Myths, misunderstanding, negative attitudes and stereotypes surround the issue of mental illness. They result in stigma, isolation and discrimination.**



[www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au)



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Supporting healthier minds, bodies and communities through research, awareness and education

Australian Rotary Health is a multi-District program of the Rotary Districts of Australia



### Evaluation of Mental Health Services – Research Project Grants

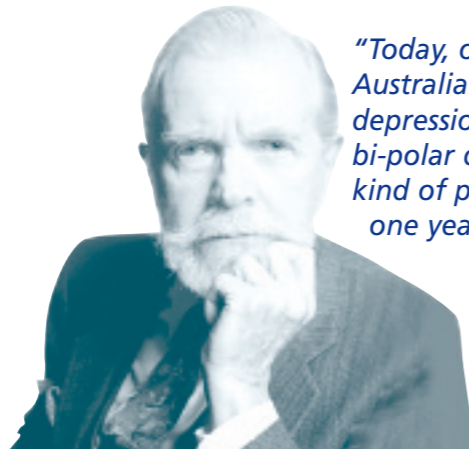
This funding aims to improve local mental health services by providing grants to evaluate current programs.

### Community Forums

Community Forums are organised by local Rotary clubs with the assistance of Australian Rotary Health and the financial support of the Commonwealth Department of Health and Ageing.

Health workers, support groups, medical practitioners, consumers and carers are all invited to participate and we have a number of keynote speakers to talk about Mental Illness from either a professional or personal perspective. Many hundreds of Forums have been held to date with an average of 120 attendees.

Forums have also been held in High Schools – with the focus specific to the problems faced by young people today; Probus Clubs, the members of which are retired professional and business people; and in the workplace – to address problems confronted by workers at all levels.



*“Today, one in five Australians is affected by depression; schizophrenia; bi-polar disorder; or some kind of phobia in any one year”*

## One man’s dream...

In 1985, Ian Scott, a member of the Rotary Club of Mornington Victoria, envisaged a monetary fund raised by Australian Rotarians to provide funds for research – initially into Cot Death.

This became **Australian Rotary Health**, the largest national Australian Rotary community service program – having now allocated over \$20 million to research, awareness and education.

## Current projects

### Mental Illness Research Project Grants

Australian Rotary Health provides research project grants for up to three years per project.

### Mental Illness Research PhD Scholarships

Funding is also available for PhD research studies. **The Ian Scott Scholarship program** – named after the founder of Australian Rotary Health – provides financial support to PhD students conducting research into mental health.

### Mental Illness Post Doctoral Fellowships

Australian Rotary Health also offers three Fellowships of three years duration, to early career researchers in the area of Mental Illness. These are named after the first three chairmen of the Fund: **the Royce Abbey Postdoctoral Fellowship, the Geoffrey Betts Postdoctoral Fellowship and the Colin Dodds Postdoctoral Fellowship.**

## Funding Partners – Research in all Health Areas Research Project Grants and PhD Scholarships

Our Funding Partners program helps to provide funds for medical research in areas other than mental illness. If a Rotary club wants to provide a grant for a particular area of research – for instance heart disease, Australian Rotary Health will match that grant (which may be used to fund a research scholarship).

### Indigenous Health Scholarships

This program assists Indigenous Australians who are undertaking a health related university course. An annual scholarship of \$5,000 – provided jointly by Rotary clubs and Government is awarded to the student to try and encourage more Indigenous people to become doctors and health professionals – eventually providing better medical care in the remote areas of Australia.



### Evaluation of Rural Health Services – Research Grants

Funding will support research projects that have the potential to restore or promote the health of Australians living in rural and / or remote areas.



### Scholarships for Medical Students in Rural Areas

A \$5,000 scholarship awarded to medical students who are completing a rural placement as part of their under-graduate medical training.

### Scholarships for Nursing Students in Rural Areas\*

Rural Nursing Scholarships

provide an incentive for nursing students to complete their third year major clinical placement and graduating year in a rural or remote area. This program is supported by a private benefactor.

\*NSW and Queensland only.

## Common types of Mental Illness:

**Depression** Depression is one of the most common mental disorders in the community. In Australia, one in four women and one in six men will experience depression at some time in their life. Depression is a mood disorder characterised by feelings of extreme sadness and dejection – not just the feeling of sadness we all experience at times. There is a range of safe and effective treatments for depression.

**Bipolar Disorder** Bipolar disorder; like depression, is a mood disorder. It used to be called manic depression. Bipolar disorder affects the functioning of the brain, causing exaggerated swings of mood from being high, over-excited and self-important to feeling extremely low and helpless – and having difficulty in making decisions.

**Anxiety Disorders** Anxiety disorders, of which there are a number, have in common an intense and paralysing sense of fear or a sustained pattern of worrying when there is no real danger or threat. Anxiety disorders include panic disorders, phobias, obsessive-compulsive disorder and post traumatic stress disorder.

**Schizophrenia** Schizophrenia interferes with the mental functioning of a person and limits their ability to think, feel and act. Symptoms include delusions, phobias, hallucinations and confused thinking. Approximately one in a hundred people will develop schizophrenia. Some may experience only one or more brief episodes, while for others, it remains a life-long condition.

**Eating Disorder** Anorexia and bulimia are the two most recognised and serious eating disorders. Each involves having a preoccupation with control over eating; body weight and food. People with anorexia are determined to control the amount of food they eat, while people with bulimia tend to feel out of control where food is concerned.

### Please note:

*If you are concerned that you, a friend, or family member, could be affected by mental illness, consult your GP. There is nothing to be ashamed of and early treatment could lead to a speedy recovery.*

Detach and post to  
**Australian Rotary Health**



Australian Rotary Health  
PO Box 3455 Parramatta NSW 2124  
Ph: (02) 8837 1900 Fax: (02) 9635 5024  
Email: admin@australianrotaryhealth.org.au

I wish to become a ‘Friend’ of Australian Rotary Health.  
My details are as follows:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
P/code: \_\_\_\_\_

Are you a Rotarian?  Yes  No

Please have my donation credited to:

The Rotary Club of \_\_\_\_\_

Enclosed is my cheque for \$ \_\_\_\_\_  
 I authorise Australian Rotary Health, as a one off donation, to deduct \$ \_\_\_\_\_ from my credit card account.  
 I authorise Australian Rotary Health to deduct a  monthly  quarterly  annual payment of \$ \_\_\_\_\_

Mastercard  Visa  Amex  Diners

Card No: \_\_\_\_\_

Expiry date: \_\_\_ / \_\_\_

Signature: \_\_\_\_\_

Please send me information on how to make a bequest

Australian Rotary Health is a registered charity. Donations of \$2 or more are tax deductible.