

PLEASE REGISTER AT [blackdogride.com.au](http://blackdogride.com.au)

# Black Dog Ride

raising awareness of depression and suicide prevention

Advertising feature  
WAGGA'S FIRST ONE DAY BLACK DOG RIDE!

# Hit the road to help beat the Black Dog

WAGGA motorcycle riders will help amplify awareness of depression and suicide prevention when they hit the road for the Black Dog Ride One Day next weekend.

For the first time, the annual national ride will feature in the Riverina when riders take part in the ground-breaking Wagga leg of the event.

The Black Dog Ride began in 2009 as one man's ride to raise awareness of depression, evolving into a national movement of thousands of Australian motorcycle riders who have raised more than \$1 million for mental health services.

In 2009, Australian Steve Andrews, who tragically lost his mother to suicide, embarked upon a solo month long motorbike journey around Australia, engaging thousands of Australians with his message of awareness.

Steve took with him a soft toy black dog representing the black dog of depression which Winston Churchill famously diarised.

He called his journey the Black Dog Ride.

This year 31 legs, covering every state and territory in Australia, will venture out next Sunday (March 23) to raise funds for Lifeline and help break down existing

stigma attached to mental illness.

Under the guidance of Wagga leg co-ordinator Brett Parsell, more than 45 people have already registered to take part in the fledgling Riverina ride.

"This is a mass ride which aims to help people get talking about depression and suicide and to get people to start a conversation about mental health," he said.

"We hope to encourage people who are struggling with their mental health to seek help and to not suffer alone.

"Together we can make a difference."

Brett was approached to take on the organisation of the Wagga ride in a bid to give Riverina motorcycle riders a chance to support the event.

"Our ride will travel through Adelong and Tumut, on to Gundagai through the valley and back to Wagga," Brett said.

The ride will depart the Wagga Motorcycle Centre at 9.30am and will finish at the Palm and Pawn Hotel at 1pm.

■ For more information contact Brett on 0418 635 067 or email [brett.parsell@bigpond.com](mailto:brett.parsell@bigpond.com). Register for the ride at [blackdogride.com.au](http://blackdogride.com.au).



Wagga Black Dog 1 Day Ride Organiser Brett Parsell is hoping for a good turnout for the City's inaugural event to raise funds to help fight depression Australia wide.

## Suicide Intervention Training For Community Members

Learn to:

- Recognise the signs of suicide
- Ask clearly and directly about suicide
- Find further support

**Cost:** \$10 (afternoon tea to be provided)


**Date:** Saturday, April 12th, 2014

**Time:** 1pm - 4pm

**Location:** Wagga Wagga Council Chambers

**Places are limited.**

To register please call Daniel on 0447 231 080 or email [wwrspn@gmail.com](mailto:wwrspn@gmail.com)

 [facebook.com/wwrspn](https://www.facebook.com/wwrspn)



Wagga Wagga & Region  
Suicide Prevention Network inc.

riverina  bluebell

**DON'T ENDURE MENTAL HELL**

call the Mental Health Line 1800 011 511

Proud to support the

**BLACK DOG RIDE**  
ON SUNDAY 23 MARCH 2014

Riverina Bluebell will also support the  
**CASE BIKE RIDE FROM 12 - 17 APRIL 2014**

Cyclists will depart from Hay on 12 April on an endurance journey which will take them to Griffith, Narrandera, Coolamon, Wagga Wagga, Gundagai, Yass and ultimately to Parliament House in Canberra. They are riding to support the Hay CASE initiative: Community Action for Eliminating Suicide.

Their visit to Parliament will draw attention to the need for action to stop the devastating rate and impact of suicide on rural towns such as Hay.

Local riders are encouraged to join in the ride along the way (please visit [www.riverinabluebell.org.au](http://www.riverinabluebell.org.au) for further information).

Riverina Bluebell is a not-for-profit, volunteer, community organisation which aims to raise awareness of mental health issues, reduce the stigma associated with mental illness and to help people in the Riverina suffering from mental health issues to reach out for assistance from professional service providers.

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# Epic ride around Australia

FIVE years after the solo ride around Australia to raise awareness of depression which inspired a nation, Black Dog Ride is returning to the ride that started it all.

In July 2014 the Black Dog Ride will be pausing the Ride to the Red Centre and going back to its roots to repeat the ride that started it all - the Black Dog Ride around Australia.

Participants will complete a full lap of the continent of approximately 14,500kms in 32 days!

The Ride will commence in Sydney on July 26 (the same date as the

inaugural Black Dog Ride in 2009) and finish in Sydney on August 26.

Registrations for this epic ride have now closed.

Every year in Australia, 1,000,000 adults and 100,000 young people live with depression, 50 per cent won't seek treatment and nearly 3000 will take their own lives every single year.

Only four short years after the inaugural Black Dog Ride, thousands of Australians have embraced the Black Dog Ride to raise awareness, and have raised over \$1,100,000 for mental health services.



Wagga rider Ross Tinkler will be riding in the Black Dog Ride around Australia. Raise money for the Black Dog Ride again this year. He has previously completed the Black Dog Ride to the Red Centre.

**Lifeline**  
13 11 14

**Wagga's inaugural Black Dog 1 Dayer Ride**

**8am:** Check in and breakfast at Wagga Wagga Motorcycle Centre, Sturt Highway.

**9.30am:** Ride departs for the beautiful valley roads of Tumut and Gundagai shires.

**1pm:** Finish at Palm and Pawn Hotel, North Wagga Wagga for a barbecue lunch and entertainment.

**Contact:** Brett Parsell mobile: 0418-635-067 e-mail: [brett.parsell@bigpond.com](mailto:brett.parsell@bigpond.com)

**Register:** Gp to: <https://1dayer2014.eventbrite.com.au>

Proud Supporter of the  
**Black Dog Ride**

**Spider**  
0429 315 800  
5d Dobney Avenue,  
Wagga Wagga NSW 2650  
**Ph: 02 6925 5566**  
Email: [contact@bikeessentials.com.au](mailto:contact@bikeessentials.com.au)  
[www.bikeessentials.com.au](http://www.bikeessentials.com.au)

**Wagga Wagga Family Support Services Inc.**

Family Support  
Financial Counselling **6921 7675**

Family Support  
Gambling Counselling **6921 7675**

Women's Domestic  
Violence Court  
Advocacy Service **6921 6227**

Generalist Counsellor **6921 7544**

**6921 7544**  
[www.waggafamilysupport.org.au](http://www.waggafamilysupport.org.au)  
Suite 15, 46-52 Baylis Street  
"The Piazza"  
(Upstairs in the old Huthwaites Building)

**Trail Street Medical Centre**

General Practice & Allied Health Services  
**Phone: 6921 3990**

Dr Mary Ross  
Dr Shuai Wang  
Dr Emma Vieira

Dr Lance Liang  
Dr Md. Eftekhar  
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At Wagga Motorcycles, you'll find a showroom heavily stocked with a great range of bikes to suit your specific needs. If it's a fun bike for the kids or an on road bike maybe a scooter or a bike to cruise, off road or ATV we have the bike and accessories for you

**PROUD SUPPORTER OF THE 2014 BLACK DOG RIDE**

**HONDA POLARIS Kawasaki**