

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

Rotary
Districts of Australia

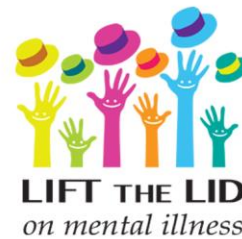


Australian Rotary Health Latest News

New Podcast Episodes



The Research Behind *Lift the Lid*



Episode 1 - Dr Louise Newton



Episode 2 - Dr Vijaya Manicavasagar



Episode 3 - Dr Lyndall Strazdins

Recently we released our very first 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 case you missed them, here are the first three episodes on PodBean:

- [Episode 1 - Dr Louise Newton](#)
- [Episode 2 - Dr Vijaya Manicavasagar](#)
- [Episode 3 - Dr Lyndall Strazdins](#)

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

Stay tuned - we plan to release a new episode every week!

In the latest episode with Dr Lyndall Strazdins, she talks about her research on work family conflict - an interesting one for parents! Watch below.



[Download and Listen on PodBean](#)

COVID-19 Mental Health Tips from ARH Researcher Dr Kylie King



Australian Rotary Health Mental Health Research Grant recipient [Dr Kylie King's](#) research is on improving help seeking and suicide prevention in teenage boys.

If you are worried someone close to you may be having thoughts of suicide during this pandemic, Dr King has some tips that may help.

Lifeline: 13 11 14.

[Click the image above to watch the YouTube video.](#)

Suicide Rates Predicted to Increase - We Need Your Help NOW

The University of Sydney's Brain and Mind Institute warns of up to 50% increase in suicide rates as economic impact of COVID-19 hits. [\(Read more\).](#)

Experts are now saying [research into the mental health is crucial.](#)

So how can we help?

Australian Rotary Health is committed as always to funding vital mental health research and has started a [COVID-19 appeal](#) to raise more funds during this time of need.

We have a goal to raise \$200,000 by June 30, 2020. So far we have \$7,930.

Please donate today.

DONATE NOW.
Your donation may go towards:

\$30,000 (per year, for 3 years) will fund an Ian Scott PhD Scholarship	Up to \$70,000 (per year, up to 3 years) will fund a Mental Health Research Grant	\$75,000 (per year, for 3 years) will fund a Postdoctoral Fellowship
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Click on the image below to watch a video message from ARH Mental Health Research Grant Dr Erin Kelly.

Thank you for your support!



Dr Erin Kelly is an Australian Rotary Health Mental Health Research Grant recipient.

Erin's research focuses on preventing adolescent mental illness & substance use through teacher-delivered interventions targeting personality risk factors.

Today Erin is urging you to consider donating to our COVID-19 appeal to continue funding important mental health research like hers.

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

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](#)

Australian Rotary Health Features in RDU May Edition

Rotary

DOWN UNDER Australia | New Zealand | Oceania

Your
guide to
doing
good.



MAY
2020
ISSUE 627
15 Postage
\$9.42/96-9965

**From our House
to Yours**

Building Bridges Over Fences
#RotaryConnectsTheWorld #KickCovidToTheKerb



The Rotary Down Under May 2020 edition is out now!

Scroll to pages 32-35 for the Australian Rotary Health feature.

[Read Here](#)

ARH Research Findings

Babies' Sleep Problems May Raise Chances of Anxiety Later in Childhood



Babies who persistently struggle with sleep in their first year are **THREE TIMES** more likely to have anxiety by age four, according to a new study supported by an Australian Rotary Health Mental Health Research Grant.

[Read More](#)

Participate in an ARH PhD Study



Do you want to help improve the health system response to young people experiencing child abuse and neglect?

All participants will receive a \$30 voucher.

Ethics ID: 2056262

[illegible]

In 2020 MyGivingCircle are giving \$200,000 to Charities and Not-for-Profits. This round they're giving \$100,000 to the top 70 Charities with the most votes – their biggest grants round ever.

Please vote for Australian Rotary Health!

[Vote Here](#)

Indigenous Health Scholar Spotlight: Mahatia Minniecon



"When I become a doctor, I want to be involved in the implementation of programs that will aid my community. Health in Aboriginal culture is complex and is defined by a range of cultural, historical and societal issues, with many barriers in place that do not allow Indigenous populations to access culturally safe and effective care. I believe that having Indigenous health practitioners

aiding to create that culturally safe environment will benefit the wider community in living and thriving; not in their past, but in their present and future, and I hope to one day help create the future."

- Mahatia Minniecon, Indigenous Health Scholarship (Bachelor of Medicine)

Sponsored by: Rotary Club of Box Hill

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.

The COVID-19 pandemic could have a 'profound' and 'pervasive impact' on global mental health now and in the future



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Please donate today to our COVID-19 appeal to help important mental health research continue.

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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.

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