

PRESS RELEASE

Pioneer Clinic to fight depression & bipolar disorder

The first mental health facility in Australia to offer treatment for depression and bipolar disorder, based on a Model developed by the world renowned Black Dog Institute, has opened in Sydney.

The Lawson Clinic at Gordon (named after the Australian bush poet Henry Lawson who suffered from manic-depressive mood swings) is a private outpatient clinic where patients affected by depression or bipolar disorder can receive an expert assessment identifying their type of mood disorder as well as ongoing care.

It will be headed by consultant psychiatrist Dr Mark Rowe. "This is an exciting project because the Black Dog Institute's Model allows us to use specifically targeted methods for the different types of depression or bipolar disorder. Rather than treating all cases of depression or bipolar disorder as varying primarily in severity, the Black Dog Institute's Model, used by The Lawson Clinic, considers the different types of depression or bipolar disorder, which are all in need of different treatments," Dr Rowe said.

The Lawson Clinic seeks to provide its patients with a more specific and complete diagnosis of depressive and bipolar disorders and in turn, develops a treatment plan that specifically targets the individual patient's particular condition and addresses its particular causes.

Depressive illnesses impact 1 million Australians (in addition to 100,000 adolescents) each year and findings by the Black Dog Institute suggest that up to 6% of the Australian population may have Bipolar II (a less severe form of manic depression). "Depression and bipolar disorder affect every day people in the Australian community; there are politicians, stay at home mums, professionals, school teachers, business people, retirees, children and adolescents. Being able to recognise that depression and bipolar disorder are health issues, just like diabetes and asthma, is a key part in the decision to seek professional help," Dr Rowe said.

The take home message at The Lawson Clinic is that **there is a future**, which it has adopted as its slogan. "The suffering and disability associated with certain types of depression and bipolar disorder cannot be overstated. In the midst of all that despair, many cannot see a future beyond the present. However, with the right treatment and management most people with mood disorders can achieve stability and live successful and happy lives," Dr Rowe said.

The Lawson Clinic looks forward to making a positive contribution to the community.

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