



DEPRESSION SUPPORT NETWORK

Toowoomba Inc

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Consumer Driven Holistic Peer Support in Rural Queensland



Who we are

The Organisation

- Non Clinical
- Not for profit
- Volunteers
- Non government organization



Philosophy of DSN

MISSION STATEMENT

To support and educate people in our community affected by depression by building a network of caring people

MOTTO

There is always hope
You are not alone



Where we started

- Founding members, Max and Dan
- First meeting, Jilly's May 2006
- Bell St Mall, First Resource Centre early 2007
- Spiritus Hall, from November 2007



Janet's Story



What we are doing now

- Education
- Support
- Advocacy
- Training
- Networking



Education

- Formal and informal
- Support Groups
- Public speaking
- Media
- Library
- Forums



Support

- Support Groups
- Resource centre
- After hours contact numbers 24/7
- Website with auto response
- Workshops



Advocacy

- Government and non-government
- Community
- Personal



Training

- Non-academic
Lived experience
Complimented by appropriate
training

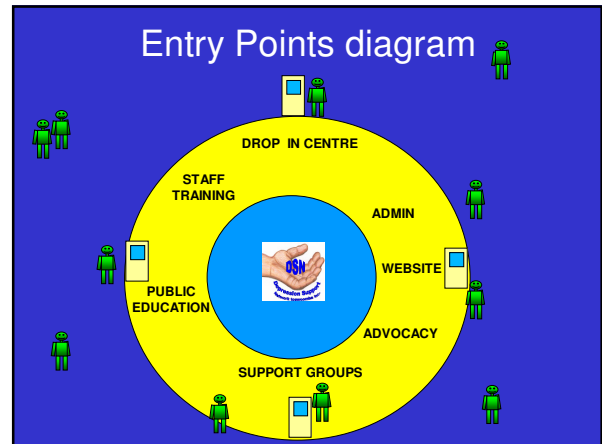


Networking

- Government Organisations
- Non-Government Organisations
- Individually
- Variety of groups within the community



Entry Points diagram



Clare's Story



MAX'S VISION

- A model that could be duplicated in other places
- Holistic depression support
- The vision has continued to develop despite changes in personnel.



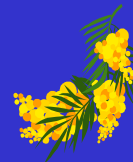
Who benefits?

- Members
- Clients
- Community
- Volunteers



DIFFICULTIES AND SOLUTIONS

- ILL HEALTH
- DUAL DIAGNOSIS
- FUNDING
- FACILITIES



Guiding principles

- Consumer driven holistic peer support
- Start small with a big vision
- Encourage and support one another



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HOPE
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