

# media release

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**15 November 2005**

## **Major resource for young people receives Children's Week Award**

A group of young people who developed a comic book on mental illness have had their innovation and creativity rewarded by winning the Youth Commitment Award in this year's NSW Department of Community Services (DoCS) Children's Week Awards.

The group, known as *The Legends*, won the award for identifying a community need and working together to create a solution.

The group of eight to 14-year-olds completed the comic book resource for young people with parents who have a mental illness, after a 10-week workshop with Streetwize Communications.

The resource, *Something on My Mind*, explores mental illness and what is meant by terms such as dual diagnosis, bipolar, depression and schizophrenia.

The comic also addresses the impact on young people of living with a parent who has a mental illness, and provides advice on coping strategies and information on support services and contacts.

Initially published with a limited NSW distribution in January 2005, news of its availability in a market with an unmet need saw demand for *Something on My Mind* grow and eventually led to it being funded and adapted as a national resource.

Jackie Ruddock, Streetwize Project Manager, said *The Legends* produced a resource that came from the heart.

"Streetwize always looks to work with young people on issues that are often neglected by the wider community," Ms Ruddock said. "The group of young people involved in these workshops put their hearts and souls into the *Something on My Mind* resource".

"The community response has been overwhelmingly positive and has obviously filled a huge gap across young carer networks," she said.

DoCS received more than 90 nominations for this year's awards, with just 10 winners around the State.

Members of *the Legends* and their fellow recipients were presented with their awards at a special ceremony at Taronga Zoo to celebrate the talents and achievements of children and young people in NSW.

DoCS coordinated the Children's Week Awards for 2005 to recognise the outstanding contributions to the community of children, young people and the people that work with them.

*Something on My Mind* is available nationally through Streetwize Communications for \$1.50 per copy (inc. GST and postage), with discounts available for bulk orders. Telephone (02) 9319 0220 or visit [www.streetwize.com.au](http://www.streetwize.com.au) for further details.

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