

Media release

FOR IMMEDIATE RELEASE:
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LANTERN OFFERS HOPE TO THOSE WITH MENTAL ILLNESS.

The concept of hope provided the inspiration for the new name for Reach Out Mental Health...a Cheltenham based organisation that has been helping those people who are affected by mental illness and those who care about them for over fifteen years.

Recent research has shown that mental illness affects as many as one in three young people and one in five adults and Lantern now provides over 15 different programs and services to these people in Bayside Melbourne and surrounding suburbs.

Lantern CEO, Janet Hopkins, said today "We have big plans for the future and we decided it was important to have a name that allows us to stand out as a professional, caring and visionary organisation. Our name should be unique, a reflection of who we are and what we are about."

She went on to say that "Lanterns are used around the world to represent hope and optimism for the future. We chose LANTERN because it is symbolic of the hope we offer to those affected by mental illness, and because we shine light on Mental Health."

Whilst they have big aspirations for the future, already the organisation has had a very positive impact on the lives of many Melbournians affected by illnesses such as depression, anxiety, bipolar disorder and schizophrenia. "Our key goals this year are to continue to provide and extend our high quality services, to work to bring mental health into the spotlight and to reduce the stigma that still surrounds mental illness."

The new name will be launched by the Honourable Janice Munt MP at the Kind 2 Mind Mental Health Expo on Saturday April 17 at Kingston City Hall Moorabbin. The expo runs from 10am to 3pm with the launch taking place at 11.25am. The theme for the expo is 'Looking after yourself and others' and entry is free.

If you feel you or someone close to you would benefit from Lantern's services then please call (03) 9585 5677 or visit us at www.reachout.org.au or www.lantern.org.au (from May 1).

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