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## Changing Minds lives up to its name at the Premier's Awards

Staff and patients at Liverpool Hospital's Mental Health Service were rewarded for their participation in the ABC TV Series Changing Minds with a prestigious NSW Premier's Award for public service.

The first three-part documentary series which aired last year showed the individual journeys of mental health patients and their families and the care and treatment provided by staff on their road to recovery.

The award was presented by Premier Mike Baird in the category: *Providing better support and opportunities to the vulnerable.*

SWSLHD Director of Mental Health, Dr Claire Jones, said she was thrilled by the courage of staff, patients and carers who had participated in the TV documentary series and had been recognised.

"The patients, carers and staff did a fantastic job in giving viewers a better understanding of the challenges faced by people who experience mental health issues," Dr Jones said.

"The greatest credit goes to the patients who generously shared their stories at such a challenging time in their life so that others could have a better understanding of mental illness.

"Thanks to them, people now know they will be cared for compassionately and respectfully by our staff and that there is hope of recovery," she said.

South Western Sydney Local Health District's Chief Executive, Amanda Larkin said she is proud to have the District involved in an ongoing series that has been able to create conversation while reducing mental health stigma.

"A big thank you goes to those who were involved. This is a really wonderful achievement for the dedicated staff at Liverpool Hospital and Northern Pictures who produced the TV series so sensitively," Ms Larkin said.

"People should feel no shame in discussing or seeking help for mental illnesses and I think that *Changing Minds* has been able to help reduce stigma by identifying the prevalence of mental illness and understanding the associated symptoms and treatment options more easily," she said.

Copies of Changing Minds are available online from the ABC Shop at <https://shop.abc.net.au/products/changing-minds-s1-s2-6dvd>