

National Centre for Farmer Health Digital Storytelling Workshop Expression of Interest Form

“It was a powerful, fantastic and at times quite full on experience”

“This has been an amazing process of sharing stories but also of sharing friendship and conquests over adversity. The support from staff and participants in the project has been exemplary and a joy to be part of. I think there is much to be gained by sharing this as an experience but I see great value to any one who will view the works outside of the participants group.”

(Feedback from previous Digital Storytelling Workshop participants)

Have you viewed the personal stories from people who have been affected by rural suicide on [The Ripple Effect](#)? Have you viewed the personal stories from rural women who have navigated tough times on [From Inside the Farm Gate](#)? Are you inspired to tell your personal story to:

- Help reduce stigma and prevent suicide? OR
- Encourage people to seek support or take action? OR
- Educate the community about mental health challenges and how to manage them?

The National Centre for Farmer Health is looking for enthusiastic rural people who have faced any of the following:

- Experienced their own mental health challenges
- Cared for someone with a mental health condition, or
- Have been affected by suicide in some way

The Centre is particularly interested in inviting young adults (aged 18-30 years) to tell their story, although people from all age groups are encouraged to apply. You need to be comfortable using a computer, be prepared to travel to attend a 3-day workshop (financial support will be available), and be passionate about telling your story to make a difference to farmers' and rural community members' lives.

What is digital storytelling?

The practice of combining narrative with digital content—including images, sound, and video—to create a short movie. Typically, digital stories will contain a strong emotional component that enables personal perspective to be communicated.

More information can be found at https://en.wikipedia.org/wiki/Digital_storytelling

To register your interest and learn more about upcoming workshops, please complete the following details and return to alison.kennedy@wdhs.net.

The NCFH Digital Storytelling Workshops have been made possible by generous donations from The Geelong Gentlemen's Lunch, Hamish Job & Hugh Browning, ARB 4x4 Accessories, LaTrobe Ag Society, Port Fairy CWA, Woolsthorpe CWA, Moruya High School, NOMAD, Knox Grammar and Good Shepherd College; funding from the Victorian Women's Trust, William Buckland Foundation and GMHBA; and, through support from Western District Health Service, South West TAFE and Swinburne University.

Name:.....

Email:.....

Phone:.....

Age (please circle): 18-30 years 31-45 years 46-64 years 65+ years

Nature of computer experience:

Have you participated in the Ripple Effect www.therippleeffect.com.au?
 (please circle) — **yes / no / commenced, not yet completed**

Have you viewed the [‘From Inside the Farm Gate’](#) digital stories?
 (please circle) — **yes / no**

- Would you require financial support for:
- Travel (please circle) — **yes / no**
 - Accommodation (please circle) — **yes / no**

How have you been affected by rural suicide or poor mental health?

Are you willing to make your story available for educational purposes and the Ripple Effect website (this may include promotion, conference presentations, community presentations/forums, social media and the Farmer Health website www.farmerhealth.org.au)? (please circle) **yes / no**