



the women's  
the royal women's hospital

## Media Release

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Monday 29 August, 2011

### **Liptember: putting women's mental health on every woman's lips**

The Centre for Women's Mental Health is proud to be one of the beneficiaries of Liptember, a month long campaign to raise funds and awareness for women's mental health.

Australia's first gender-specific mental health clinic, the Centre for Women's Mental Health was established at the Royal Women's Hospital in 2007. Chief Executive of the Women's Dale Fisher said the proceeds of Liptember are helping to fund research and to train community health professionals to better detect, treat and prevent mental illness in women.

"There is very clear, very strong evidence that gender-specific treatment and prevention programs are needed when it comes to mental health," Ms Fisher said. "As a specialist women's hospital, the Women's has been able to focus its investment and energy on finding better ways to detect, treat and prevent mental illness in women."

Ms Fisher said that the proceeds from last year's Liptember campaign had helped fund both research on depression following a cancer diagnosis, and research and training for the detection and treatment of mental health disorders arising during and after pregnancy.

"We see our role as helping to improve the health of women everywhere, not just those who physically come to the Women's. We are accomplishing this through research and through training health professionals in the community. Liptember funds are absolutely invaluable in helping us achieve these goals."

Now in its second year, Liptember encourages women to buy and wear the Official Liptember 'Lippy' for the month of September, and fund-raise through sponsorship from family, friends and co-workers.

To make sure women's mental health is on every woman's lips, buy the Liptember Lippy from Myer for yourself, friends and family. The official Liptember Lippy for 2011 is the Burt's Bees Hibiscus lip balm.

For more information or to register online, please go to: [www.liptember.com.au](http://www.liptember.com.au)

*For more information please call:*

**Sofia Dedes, Media Manager at the Royal Women's Hospital on 03 8345 2953 or 0400 512 618.**