

MEDIA STATEMENT

Friday, 18 June 2010

VOLUNTEERING CAN MAKE YOU A 'BETTER' PERSON

Kingsley resident Keith Eveson is a familiar face to Perth's commuters, most mornings he greets city workers with a smile and a pamphlet on organ donation.

Keith doesn't do things in half measures he has a big heart and is 100 per cent committed to the cause. Be it, organ donation or participating in medical research trials.

Keith's smile masks the pain that he suffers daily. 20 years ago he was involved in a serious car accident that has left his body riddled with pain. He has learnt to deal with the physical pain. But his happy demeanour conceals his underlying struggle with depression.

"There are days where I feel like I am alone in a black hole with no way of getting out, with no one to help. I can sit on the couch and stare at the TV for the whole day" says Mr Eveson

Keith has suffered from depression for over 20 years and finds that by helping others, it eases his suffering.

"Volunteering helps me break free from all of this – I feel useful again," says Keith

"I was reluctant to talk about my depression but realised that talking about it might help others. If I can help just one person deal with the agony of depression, it is worthwhile coming forward."

Keith is a volunteer in a research study that is investigating how vitamins can improve the treatment of depression. He is encouraging other people that are over 50 years old and who suffer from depression to contact the WA Centre for Health and Ageing and get involved.

For more information contact the WA Centre for Health and Ageing on 9224 2855 and mention the B-Vitage study or visit www.wacha.org.au

MEDIA REFERENCE:

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