



MEDIA RELEASE
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Rotary Club of <Name> Keeping Mental Health Front of Mind By Solving Puzzles

It is no secret that COVID-19 may be taking a toll on our mental health, but the Rotary Club of <Name> has found that solving puzzles online may be a 'mentally healthy' way to build connections with others and continue their community fundraising efforts.

The Rotary Club of <Name> is just one of the Rotary Clubs across Australia working with the Clue Detective Puzzle Agency to promote good mental health through puzzling.

The best part is that a puzzling session can be set up in the comfort of your own home via Zoom.

Research shows that 3 in 4 people with a mental illness develop symptoms before the age of 25; 1 in 2 experience mental health problems during their lifetime.

Australian Rotary Health District 9780 Chair and Clue Detective Puzzle Agency founder Catherine Eagleson says that forming an online puzzling club is a great way to stay connected, help reduce anxiety, as well as foster learning and social interaction, even when being apart is so important.

"The COVID-19 pandemic has created a situation where, at present Rotarians cannot raise funds the way we used to. But Rotary is wonderful for opening up new opportunities when it's needed," Ms Eagleson said.

With October (Mental Health Month) fast approaching, "the Clue Detective's **Keep Mental Health Front of Mind** project is providing Rotary clubs with a contact-free way to raise funds for Australian Rotary Health's Lift the Lid on Mental Illness...."

This campaign supports youth mental health research focused on early intervention and prevention of mental illness. It is a very fact that that suicide continues to be the biggest killer of young Australians.

<Rtn. Name> from the Rotary Club of <Name> sees this initiative as a great opportunity for their ongoing fundraising as well as connecting with their community.

"It is vital that we all practise social distancing, so people are looking for activities to keep them occupied whilst at home," <Rtn. Name> said.

"Solving a puzzle is an activity that is fun, engaging, and beneficial to mental health. During these challenging times, it provides a way to focus on something fun and positive!"

Australian Rotary Health CEO Joy Gillett agrees this is a unique way Rotarians are raising money for the charity.

“This is a fantastic way to improve our own mental health and at the same time raise money for important mental health research,” Ms Gillett said.

Ms Eagleson says that while this is an anxious time for all of us, it won't last forever.

“Keeping in touch with a group of friends on Zoom over an engaging puzzle is the ideal activity to keep the problem at bay,” she said.

To support the Rotary Club of <Name> in their Lift the Lid fundraising endeavours, visit <https://cluedetectivepuzzleagency.com/puzzling-rotary-clubs/>

Australian Rotary Health is one of the largest independent funders of mental health research within Australia. Learn more: www.australianrotaryhealth.org.au

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