

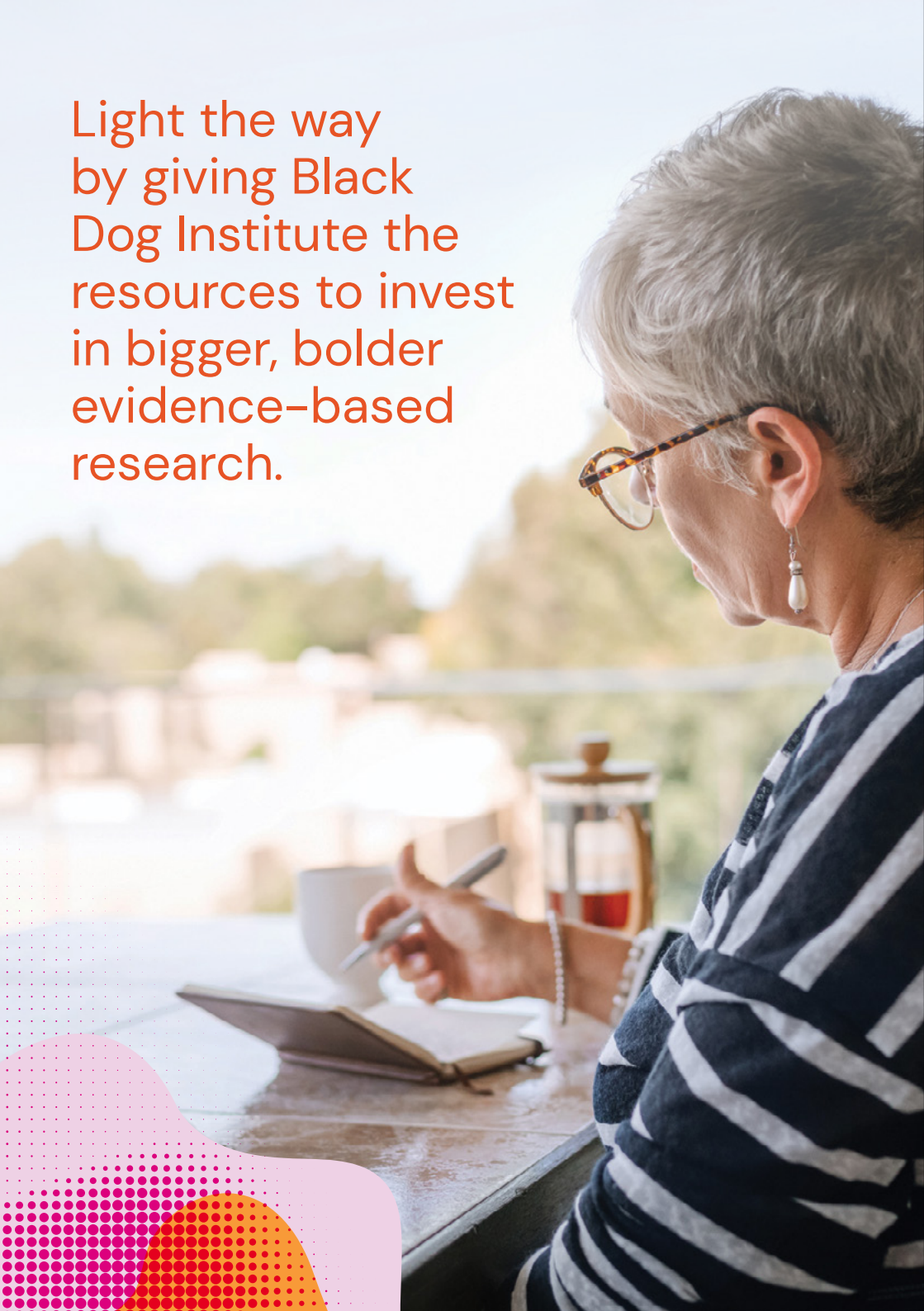
# Light the way

Join the Black Dog  
Institute Luminaries



**Black Dog  
Institute**

Light the way  
by giving Black  
Dog Institute the  
resources to invest  
in bigger, bolder  
evidence-based  
research.



Since our founding in 2002, we had dreams: that people suffering from depression or bipolar disorder be treated better. That everyone deserves peace of mind.

We've made gains, but there's much to be done. The World Health Organisation has forecast that within eight years depression will become the biggest economic burden of disease globally. It now seems that horizon will be even earlier.

It's a reality that while significant progress has been made in the prevention and treatment of mental illness globally, our exploration of "inner space", our mind, has really only just begun. We've learnt more about the brain in the last thirty years than in all of human history; imagine what we could learn, and need to learn, in another thirty?

This is why the Luminaries are so important to us – a group of like-minded people who light the way by giving the Institute the resources to invest in bigger, bolder evidence based research. Those resources will firstly ensure that the Black Dog Institute's financial stability is secure to drive these initiatives and secondly,



ensure these initiatives are implemented for the benefit of the community at large in Australia, and beyond.

**Becoming a Luminary is a special commitment you can make by supporting the Institute with a gift in your Will.**

By joining the Luminaries family, you can be sure that you are helping the Institute find solutions that have the potential to deliver peace of mind to all.

**Join the Luminaries today and help light the way for tomorrow.**

Our sincerest thanks,

**Peter Joseph, AM**  
Chairman of the Board



# Phil's story

## It takes a village

**I'm a father of two beautiful daughters and a carer for my best friend and wife, who has not one, but two separate mental illnesses. They're not related, but they sometimes interconnect.**

Thirty years ago, we were on a family holiday when our lives changed forever. My wife, Jane, who lives with depression experienced her first psychotic episode, which my daughter described as "an impostor besieging Mum's body". She was physically present, but I couldn't communicate with her. I had never experienced anything like it.

We were miles away from home, in an entirely different state, with no support networks nearby. I had no option but to take Jane to hospital where she was admitted into a psychiatric unit for urgent care. I was shocked, scared and confused. My daughters were frightened that

their Mum would never come home.

Fortunately, medication helped with the psychosis, but it was still a few months before Jane regained her confidence to navigate the world again. That's when our research started.

As someone newly diagnosed and a very concerned husband – we were hungry for answers. A few years into her journey Jane picked up Journeys with the Black Dog: Inspirational Stories of Bringing Depression to Heel. The relief was instant – finally, her condition was explained in a way that made sense, and we immediately knew this was an organisation close to our hearts.

Over the years, I have learnt my family isn't unique. I have met so many partners, children and siblings supporting loved ones living with a mental illness. Knowing that Black Dog Institute include carers in their research and service design instils a lot of hope for the future of mental health care.

Since Jane's first episode, there have been several others. Despite knowing the episodes are triggered by trauma, the loss of reality is still scary, especially when it endangers her safety. Talking openly with friends, families, GPs, specialists, psychiatric services and organisations has been incredibly therapeutic for myself and my daughters, Hannah and Ellen. We are continuously learning and growing our support network.

**"The biggest thing that I have had to learn from the invader is that I can't just slap it out of her; I can't shake her until the shadow's gone and my real Mum emerges from an empty abyss. It is just not that simple. The impostor doesn't just disappear – she never will. Although she may fade away into the blackness for an ever-so blissful moment, (a moment that may last for months or years) she'll still be there lurking in the darkness."**

**- Hannah (22)**

**"I've learnt a lot from my mum. She's taught me all the usual things a daughter needs to know about life – how to cook, how to clean, how to treat people, how to pray, how to meditate, how to swim, how to love, how to laugh, and she has certainly taught me how to cry. But the most valuable lesson my beautiful mum has taught me is: life is short. Slow down and enjoy every moment. I wouldn't change a thing about my mum. Even if the black dog comes barking, it's worth giving it a pat and a smile. After all she's given me so many reasons to smile."**

**- Ellen (29)**

It takes a village to keep our family strong and supportive, to push through the tough times and enjoy the good times. Black Dog Institute has been a crucial part of our village, helping us to understand mental illness better and providing a platform to advocate and connect with other families going through similar journeys. That's why I became a Luminary.

Leaving a gift in your Will is one way to ensure those living with mental illness and their families have a village to support them.



# Nicole's story

## Making sense of my world

**I'm a dedicated wife, loving mother to 2 children, and hard-working professional – and thanks to Black Dog Institute, I now live well with Bipolar Type 2.**

I spent my childhood feeling lonely and misunderstood. It felt like I was constantly fighting against who I was, trying to find a 'cure' or 'fix the problem'. I was diagnosed with lots of different disorders – eating disorders, anxiety disorders, autism, OCD, panic disorders, and depression – to name a few. But none of them felt right.

I was 18 when my mum discovered the Black Dog Institute, and my journey finally took a turn for the better. My initial visit involved three days of intensive testing; physical tests, psychological testing, and interviews with myself and various people close to me. At the end of it all, I was diagnosed with Bipolar Type 2.

I immediately thought 'another disorder on top of all the others!?!'. But no, it wasn't.

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**Black Dog Institute taught me that as humans we often want to solve the problem we see and miss the underlying issue. That's what had been happening to me for almost 8 years. While I did have anxiety, mood swings, body dysmorphia and other problems; these were all underlying issues of my mood disorder. It made complete sense.**

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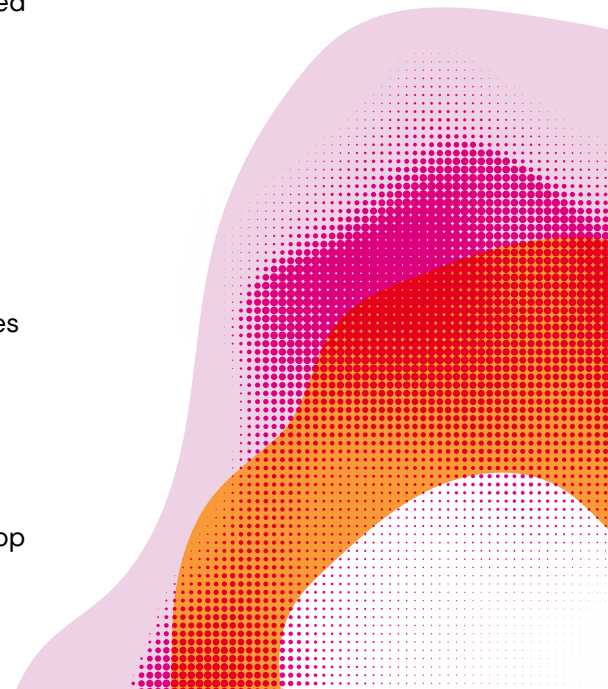
Having high-functioning Bipolar Type 2 means my moods often fluctuate between very very sad and very very happy, but I am unlikely to be hospitalised or make life-altering decisions.

Following my diagnosis, they helped me understand my condition, worked with me to develop a treatment plan, and found me a psychiatrist close to home so that I could begin to live a high functioning life. But that's not all. The Institute also helped those who cared for me – my family – by providing resources on how to support me, and selfcare strategies to look after their own wellbeing.

Twelve years on, I understand my triggers, have good support in place, and several strategies to prevent and manage a manic or depressive episode that would stop

me from living my best life. I have finally stopped fighting against myself, and instead nurture who I am and manage the challenges that come with my disorder. Black Dog Institute helped me make sense of my world and build the life I want. That's why I became a Luminary.

Leaving a gift in your Will can not only help people experiencing mental illness make sense of their world – it can help them thrive.

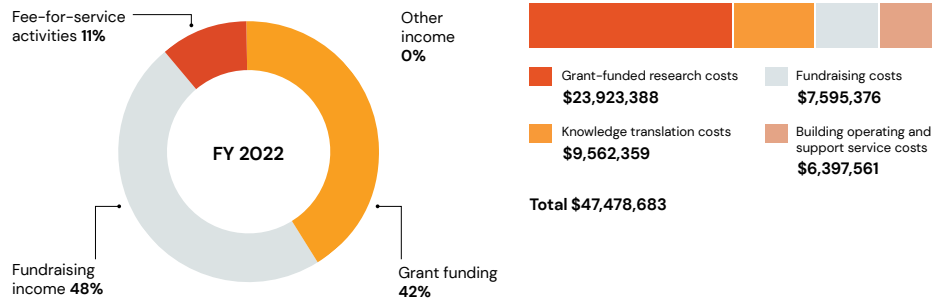


## In one year alone, our Luminaries helped us achieve:



Black Dog Institute does not receive ongoing government funding. Instead, our income is gained through competitive grants, fee-for-service activities, and fundraising. Without reserves and surplus funds, we cannot plan or staff our research programs due to the uncertainty of accessing competitive funding.

**Future financial stability ensures that our research and projects are funded appropriately until they are ready to be released to the community. It allows us to be mobile and deploy funds when the needs arise to help the most people.**



## The ultimate gift

The Luminaries are a remarkable group of Black Dog Institute donors leaving a gift in their Wills to support the Institute's ongoing work. The late Ruth Forbes is one such Luminary. Ruth's generosity is funding a critical program of research into the use of machine learning to predict optimal treatments for bipolar disorders, a group of illnesses that can have a devastating impact on patients' lives, careers and relationships.

**"Our mother was not one to blow her own trumpet; she believed, 'When you give, give freely from the heart, and let not your right hand know what your left hand is doing.' Those of us who can ascribe our very existence to her have a great deal to be thankful for, and so will those who are beneficiaries of her gift."**

**Andrew Forbes, Ruth Forbes' son**

## Information to help you

When we think about our Will, it's natural to consider our family and loved ones first. It's also a chance to remember causes that have meant a lot to us throughout our lives.

### Steps to include a gift in your Will

- 1 Step 1**  
Decide on the family, friends, and organisations that you would like to recognise.
- 2 Step 2**  
Talk about your decision with your loved ones and share your wishes with them.
- 3 Step 3**  
Choose the type of gift you would like to include.
- 4 Step 4**  
Visit a solicitor to write or update your Will. We have included an information sheet in this brochure that you can take to your Solicitor.  
  
A simple Will can also be completed online with our online Will partner – Gathered Here.  
  
Please send an email or call if you have any questions about how to begin.
- 5 Step 5**  
Please consider contacting us if you have decided to include a gift in your Will to Black Dog Institute

## There are four types of gifts you could include in your Will to Black Dog Institute



### Residuary gift

The remainder of your estate after considering your loved ones and the deduction of expenses.



### A percentage of your estate

A percentage of either the residue or the entire estate such as 1%, or even 5% of your estate.



### Pecuniary gift

A gift of a specific amount, such as \$10,000.



### An asset

An asset- for example real estate, shares, or an item of particular value.



## Information sheet to help your solicitor



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### Legal Name:

Black Dog Institute  
ABN 12 115 954 197

### Registered Address:


Black Dog Institute, Hospital Road, Prince of Wales Hospital,  
Randwick NSW 2031

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According to your client's personal situation and preferences, the following wording should be used when they wish to make a gift in Will:

**'I give, free of all duties and taxes, \* \_\_\_\_\_ to the Black Dog Institute, ABN: 12 115 954 197, for its general purposes to improve treatment, diagnosis and outcomes in the field of mental health. I declare that the receipt of a Director of the Institute or other authorised Officer will be a sufficient discharge to my executor(s) or trustee.'**

\* insert one of the following:

- Option 1:** The residue of my estate (or \_\_% of the residue of my estate)
  - Option 2:** The whole (or \_\_% of my estate)
  - Option 3:** The sum of \$\_\_\_\_
  - Option 4:** Asset or assets
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## Frequently Asked Questions

### How to advise my client which gift is the most suitable to include?

Your client may need clarification on which type of charitable gift suits them best. You may need to take them through the options available, a residual, a percentage, a pecuniary or an asset gift.

### Can my client include instructions about how their gift will be used?

Including a gift in their Will that supports our work in general terms (known as untied funds) enables Black Dog Institute to be flexible and deploy funds when needs arise to help the most people. As a medical research institute, our programs and research priorities are constantly evolving and growing. Unfortunately, we cannot assign gifts to specific programs. However, if your client would like to discuss how their gift can be used, we're more than happy to help and explore available options.

### Is Black Dog Institute an endorsed charity with Deductible Gift Recipient (DGR) status?

Black Dog Institute is a registered company under corporate law, section 148 (1). ABN 12 115 954 197. The Institute is registered under the provisions of the Charitable Fundraising Act (NSW) 1991. Eligible tax-deductible donations have Deductible Gift Recipient (DGR) status with the Australian Tax Office.

### Who should I contact to discuss gifts in Wills?



Please don't hesitate to contact Joan Cameron-Smith Planned Giving Manager, if you have any questions about how to begin.

**P:** (02) 9065 9014 or toll-free 1300 255 553

**E:** [j.cameronsmith@blackdog.org.au](mailto:j.cameronsmith@blackdog.org.au)



# Becoming a Luminary is a special commitment you can make through supporting the Black Dog Institute in your Will.

We're here to help you.

For a confidential discussion, please contact us:



**Joan Cameron-Smith**

Planned Giving Manager

**P:** (02) 9065 9014

**E:** [j.cameronsmith@blackdog.org.au](mailto:j.cameronsmith@blackdog.org.au)

You can learn more about becoming a Luminary at

**W:** [blackdoginstitute.org.au/luminaries](https://blackdoginstitute.org.au/luminaries)



We're here to help you get started.

Please scan this QR code, and we will be in touch.