

Media Release
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Paradise Lost –The Choirboys’ frontman speaks out on depression

Next Thursday (October 22, 2009) Mark Gable, lead singer/songwriter with legendary Australian rock band, The Choirboys, will speak at The Wayside Chapel about his battle with depression.

The Wayside Chapel’s Pastor, Rev. Graham Long says it is encouraging to see such a well known Australian icon such as Mark Gable talk about his bouts of depression. It shows other people they are not alone in their fight against this debilitating illness and that they can pull through.

“With one in six Australian’s experiencing depression in their lives and an estimated 80 per cent of all Wayside visitors dealing with mental health issues, it is important to have prominent people speak out.

“I am convinced in recent years that most of us think we face life’s issues on our own. Cultural shifts have produced something akin to an epidemic of depression. After five years of working in Kings Cross, it is the one issue that towers above all others,” said Rev. Long.

The Choirboys band was catapulted to fame with the 1987 hit song *Run to Paradise* – a much loved pub anthem that can still be heard on Friday night’s around the country.

Mark has experienced two bouts of depression during his career and turned to alcohol which led to an eventual diagnosis of clinical depression. He believes his experience is not uncommon in the music industry, but it is easy to hide under the guise of leading the stereotypical ‘booze, drugs and rock n’ roll’ lifestyle.

“You hear lots of sports stars talking about depression, but you don’t hear from many rock and rollers. I’m convinced a whole lot of people in the music industry suffer from depression, but they just don’t talk about it,” Mark said.

Recently, Mark has become an ambassador for *beyondblue* and hopes by telling his story he will set an example for those needing to speak out about their depression.

Event: Wayside Speaks: Mark Gable from The Choirboys speaks out on depression
When: 6:30pm – 8pm, Thursday 22 October 2009
Where: The Wayside Chapel, 29 Hughes Street, Potts Point
Who: Mark Gable; lead singer from Australian rock band, The Choirboys

Wayside Speaks is a regular series of debates and events at the Wayside Chapel discussing issues affecting the community, with a focus on social justice and welfare issues.

For further media information contact Katrina Mathieson at The Wayside Chapel - 02 9358 5582 or media@thewaysidechapel.com or *beyondblue* media – Jane Gardner – 03 9810 6100

The Wayside Chapel has provided unconditional love, care and support for people on and around the streets of Kings Cross since 1964. Each year thousands of people visit the Wayside for assistance in gaining equitable access to essential health, welfare and related services. The Wayside Chapel is well known for its Youth program and Day to Day Living programs.

beyondblue is a national, independent, not-for-profit organisation working to address issues with depression, anxiety and related disorders in Australia For more information visit. www.beyondblue.org.au or call 1300 22 4636.