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From the editor

Sometimes you connect with people in the most unexpected ways. My first encounter with Sue Tredget was as a reader. She sent in a lovely letter about an interview with Brad Hogg. Like the celebrated cricketer, Sue had battled depression. "We all need to be able to speak openly about mental health issues in our private and public conversations, both in the workplace and the wider community, without fear of judgment or reprisal," she wrote. "Depression and anxiety are part of the human condition; by sharing our stories and our common humanity we empower others to reach out, and help to break down shame, stigma and silence." While Sue may not have the profile of the lovable Hoggie, she is definitely doing the same. A beyondblue speaker since 2015, she is one of many "ordinary" Australians sharing their stories with others to help them realise depression can happen to anyone at any time and they are not alone. Now with her colour books, Sue has taken something painful and turned it into something positive, and I can't help but think all the children who read her collection will feel so much brighter for her words, too.

'You have dinner, you turn the TV off and you actually talk rather than click or swipe.'



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August 12, 2017

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