



PORTRAITS IN BLUE- REAL STORIES OF DEPRESSION **www.portraitsinblue.com**

Launched in Brisbane Australia October 2013

A social research project capturing the stories of those living with it, those living with those who live with it, and those providing help to those who live with it

"Stories are data with soul" Brene Brown Social Researcher

Everyone knows someone who suffers from depression - but is it understood or just too awkward to talk about?

Portraits in Blue, an Australian narrative research project, is led by those who are currently, or have previously, been treated for clinical depression. It is entirely pro bono, and would not have been possible without the support of:

- **Micah Projects**- a community organisation committed to social justice. They have generously provided meeting and workshop space at their premises in the West End Brisbane, and some of the people receiving their services have assisted with the project design.
www.micahprojects.org.au
- **Minter Ellison lawyers** – all of the policies and procedures related to ethics, privacy, confidentiality, IP, workplace health and safety and the project team working relationships have been developed by them on a pro bono basis. www.minterellison.com

- [Cognitive Edge Pte Ltd](http://www.cognitive-edge.com) – a Singapore based company has provided their proprietary narrative research software Sensemaker™ for data capture and analysis (www.cognitive-edge.com)
- [St Mary's Community](http://stmaryssouthbrisbane.com) in Exile – who have promoted the project in their congregation (<http://stmaryssouthbrisbane.com>)
- A group of mental health specialists, researchers and consultants with a diverse range of experience.
- [Complexability Pty Ltd](http://www.complexability.com.au), a collaborative network of researchers and consultants provides the corporate structure for the project team (www.complexability.com.au)

Why Are We Doing This?

- To explore the diversity of experiences, assumptions and perspectives without the limits of pre existing hypotheses
- To provide insights and a deeper understanding of the experience of depression of those most intimately affected.
- To influence the portrayal of people with depression- by themselves and others
- To provide service providers and policy makers with direct access to the real experiences of everyone affected by clinical depression as a basis for action

So far

- We have been meeting for over 12 months
- We have collaboratively designed and developed narrative capture tools
- We have tested the narrative capture tools and have identified some early issues but it is too early to be definitive
- We have separate narrative collection tools for consumers, family friends and carers, and service providers to share their experiences with the project
- We have a website (www.portraitsinblue.com) and a Facebook page (Portraits In Blue)

Our Intent

- Is to collect at least 5,000 stories and
- To allow insights to emerge through these stories through software analysis and workshops and
- To make the analysis and findings publicly available and
- To hold workshops and conversations with whoever is interested and....
- See what else emerges

If our project speaks to you.... Will you speak to us?

We will be collecting stories between October 14 2013 and April 25, 2014

On Line

- Visit our Facebook page (Portraits in Blue) and Like
- Visit our website www.portraitsinblue.com and follow the links to participate with your story. You can use an ipad, or computer
- Please share as many experiences as you wish to, go back as often as you wish

Rather talk to someone?

- We can arrange for someone to assist you.

In the not for profit, community sector, or providing mental health services, and wishing to promote this project? We can

- Provide a flyer or other promotional material
- Paper copies can also be made available for completion; we will update the data
- Facilitate group workshops in Brisbane, Sydney, Canberra, Melbourne,
- Organise for face to face or telephone interviews

Interested in having this research approach available as an organisational health and well being initiative for your own staff?

- Happy to help, however this would incur some additional costs

Have some ideas about how we could promote this project?

- Fantastic!!! Please put it on Facebook, or send us an email.

Want to stay updated on the progress of the project, invited to workshops and briefings?

- Please register your interest on the website, or send an email

Want to know more about the research methodology? Access to the Data we collect?

- Demonstrations of the software can be arranged
- If you wish access to the data being collected, we can facilitate this within the boundaries of our Privacy Policy (see website for details) and with the express permission of the Project Group.

For these and any other questions and suggestion, please contact:

Viv Read, info@complexabiity.com.au

We look forward to your participation in this important and valuable project.

The Portraits in Blue Project Group

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