



**July 2015**

### **Ranger runs with depression**

A City of Nedlands ranger is running a half marathon in this year's City to Surf to combat depression and raise money for the mental health charity Beyond Blue.

Ranger Daniel Sharples knew he had a problem when dramatic mood swings and uncontrollable tremors started to impact his life every single day.

It took courage to admit he had a problem and he finally sought the advice of his GP, who diagnosed him with depression. The doctor prescribed anti-depressants, developed a mental health care plan and referred him to a psychologist.

Daniel says consulting his GP in the first place was the most difficult step – but the most important.

“If you're ever feeling like perhaps something isn't quite right for you, a trip to the GP is always a step in the right direction,” said Daniel.

“I've got two kids to think about and I wanted to make sure they had a father who will be there for them and give them the love they deserve.”

He realised he had in fact been living with depression all through his adult life.

Daniel is a committed Instagrammer, documenting his running with the hashtag #runningwithdepression. If you want to see how Daniel's training is going, you can follow him on Instagram under the moniker libertyrunner.

“Winston Churchill said, ‘When you're going through hell, keep going’ – that says it all for me – in running and in dealing with depression” said Daniel.

“The good news with something like depression is that, just like physical illnesses, depression and anxiety can be treated. The sooner you seek help, the sooner you can recover,” he said.

Beyond Blue works to increase awareness and understanding of depression, anxiety and suicide prevention in Australia and reduce associated stigma.

This year's City to Surf is on Sunday 30 August.

You can help Daniel raise money for Beyond Blue by going to his Everyday Hero page <https://chevroncitytosurf2015.everydayhero.com/au/half-marathon-for-beyond-blue>

**ENDS**

**About the City of Nedlands**

The City of Nedlands is situated 7km from Perth and stretches from the banks of the Swan River to the edge of the Indian Ocean. A population of over 21,000 live in the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta, and parts of Floreat and Shenton Park.

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