

FOR IMMEDIATE RELEASE: Monday the 11th of February 2019

Contact Name: Kate Bickford
Organisation: BK Agency
Phone Number: 040 707 1807
Email: kate@bkagency.com.au

Helping blokes look out for their mates.

How do you help a mate that's going through a tough time? How do you notice the signs in yourself and in others that they might be struggling with mental health challenges? And what can you do about it?

The Save Our Mates Men's Wellbeing Roadshow is on a mission to help reduce the rate of male suicides, particularly amongst youth, young men and Aboriginal and Torres Strait Islander people. Three men - Anthony Hart, Joe Williams and Jeremy Forbes - are travelling to rural South Australian towns to tell their stories and share their knowledge.

The Roadshow will start on the Yorke Peninsula, then travel north through Port Pirie, Port Augusta and Whyalla ending in Port Lincoln.

This incredible and inspiring trio of speakers, Jeremy Forbes, Joe Williams and Anthony Hart will deliver powerful real-life stories, and share the tips and tricks on how they bounced back when confronted by their own mental health challenges.

Roadshow participants will learn; How you can take 4 simple steps to better mind health, ways to spot the warning signs in others, where and how to access community resources to help get back on track, and tips and tools you can use instantly to help better your own physical and mind health.

The Save Our Mates Roadshow will kick off on the 18th of February 2019 in Maitland, and in most locations, there will be free nibbles available for participants to get to know other attendees and meet the speakers.

For more information and to book free tickets people can head to the website [Save Our Mates](#)

This initiative is proudly supported by the Australian Government through [Country SA PHN](#)

If you would like photos, additional information or to schedule an interview, please contact:

Kate Bickford – BK Agency kate@bkagency.com.au