

FOR IMMEDIATE RELEASE: Wednesday the 13<sup>th</sup> of March 2019

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

## Helping blokes look out for their mates.

**Off the back of an extremely successful first roadshow, the Save Our Mates roadshow is hitting the road again next week on a mission to improve the mental health of youth, men of all ages, and Aboriginal and Torres Strait Islander people.**

Roadshow two will be hosted by Jeremy Forbes. Jeremy has spent over 25 years as a tradie in the building industry, experiencing both the highs and lows of the industry. Jeremy is passionate about assisting men to gain better mind health.

Off the back of roadshow one's resounding success with over 500 people attending these lifesaving talks, the second Save Our Mates roadshow is another chance to help educate regional communities on how they can see the signs in their mates and themselves that they may not be doing so well.

Jeremy is the co-founder of HALT, a not-for-profit organisation that aims to build a bridge between the Tradie community, and local and national mental health organisations. HALT has successfully held over 500 events across Australia, and Jeremy's [TED TALK](#) reached a global stage with over a million views.

Roadshow two will kick off on the 18<sup>th</sup> of March on the Copper Coast and Jeremy will host a number of talks with free breakfast for participants. The roadshow will travel from the Copper Coast to Port Pirie, Port Augusta, Whyalla and will end in Port Lincoln.

Roadshow participants will learn how they 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 they can use instantly to help better their own physical and mind health.

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](mailto:kate@bkagency.com.au)