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Communities working together. Look over the Gate – Save a Mate.

Mental health is vitally important to every person, and every community.

The Look over the Gate – Save a Mate Roadshows give attendees the tools to spot the signs of mental health issues in themselves, their loved ones, and in their communities.

Are you a mother or father of teenagers?

One in fourteen young Australians (6.9%) aged 4-17 experienced an anxiety disorder in 2015.

Young Australians in modern society are presented with many challenges. They face pressures to succeed, to find their place, and can be subjected to bullying at school or online.

If you are a parent, knowing the signs of anxiety and depression and having tools to help your children can be life-saving.

Dr Roma Aloisi, one of our inspirational guest speakers, has experienced first hand the stress of having a child going through a tough time, and we encourage parents to come along to hear her story.

Meet our speakers:

Dr Roma Aloisi

Lived experiences of suicide have shaped Roma as a mother, wife, and sibling after the loss of her brother to suicide.

Roma faced the horror of history repeating itself when her 7-year-old son, struggling due to learning disabilities, bullying and isolation at school began expressing suicidal ideation.

A decade later, she and her family continue to support her son, navigating together the impacts of othering, trauma, PTSD, anxiety and depression.

Our second incredible speaker, Anthony Hart has experience living through his own mental health challenges, and brings the perspective and tools that he has implemented into his own life to manage his mental health.

Anthony Hart

In 2003 after several years building a successful career in London, Anthony returned to his home town of Adelaide. He was a typical 28-year-old, meeting the stereotype of an ambitious male seeking his dream job. Privately and shamefully, however, he was living a daily battle with anxiety and depression.

In November that year, after privately suffering with no help, he made a significant attempt on his own life, and only a pure stroke of luck saw Anthony survive.

The Look over the Gate – Save a Mate Wellbeing Roadshow will start in **Tailem Bend** on the **11th of November**, before heading to **Loxton**, **Renmark**, **Waikerie** and ending in **Morgan** with a free BBQ at the start of each event.

By attending participants will gain an understanding of:

- **How you can take 4 steps to better mind health.**
- **Ways to spot the signs in others when they're not doing so great.**
- **Where and how to access community resources to help get back on track mentally.**
- **Tips and tools you can use instantly to help better your own physical and mind health.**

For more information on speakers, locations, and to book FREE tickets people can head to the website [Save Our Mates](#)

This initiative is proudly brought to you by Save our Mates and is supported by the Australian Government through [Country SA PHN](#)

Please find attached photos; if you would like additional information or to schedule an interview with either Roma or Anthony please contact:
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