



Media Release

Liverpool Plains Shire Council – 6746 1755

Free event at Spring Ridge will focus on mental health support

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Liverpool Plains Shire Council Mayor, Councillor Andrew Hope, is encouraging anybody who is experiencing increasing distress, anxiety or depression getting on top of them as the drought continues to bite and take its toll, or people concerned about the mental wellbeing of family or friends to attend a free community event to be held at the Spring Ridge community hall on Wednesday 20 November.

"This event is being organised by Healthwise and the Rural Adversity Mental Health Program to provide members of the community with the opportunity to talk to professionals, for individuals to raise their own personal concerns, and for family and friends to learn how to approach and assist others with their mental health struggles or even just how to ask if someone is ok.

"A short course will give people skills to better enable them to have a conversation with those they are worried about and the means to be able to assist in any way they can," he said.

"It is important to realise there is no stigma attached to needing support. We all know the current drought is impacting not only farmers but also small business operators, in fact all sections of our community in one way or another. It hurts everyone through its significant impact on the economic prosperity of rural communities such as ours. During challenging times, it is more common and natural for people to feel greater stress which in turn can impact on their health, relationships and businesses.

"If you, or someone you know is being impacted by the drought on a personal or business level, then there are services available that can help make a positive difference and I encourage people to find out more by attending this event," he continued.

"As we quickly approach the holiday season, we also need to recognise it can be an even tougher time for many people, and this year this will be further amplified as the drought continues to impact. It is time now to take the steps to gain the assistance you or a family member or friend can benefit from.

"Healthwise will also provide attendees with a health check if you'd like one including blood pressure and blood sugar tests.

"The event is being catered for and coming together as a community in groups like this also provides a great opportunity to socialise and enjoy an outing whilst gaining knowledge to benefit you and those you care about," he said.

"LPSC realises that it is often more difficult for people in rural areas to access the help they require so encourages everyone to attend this event that is bringing vital assistance to us," he concluded.



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