

## Media Release:

# **The Regional Men's Health Initiative (RMHI) to present at the Australian Tax Office Moonee Ponds Victoria - Staff Fundraiser for Farmers Experiencing Drought in NSW and Queensland.**

On R U OK? day Thursday the 13<sup>th</sup> September 2018 staff at the Australian Tax Office in Moonee Ponds Victoria are holding a corporate recognized event to:

- Recognize R U OK? day.
- Raise funds for farmers and communities in NSW and Queensland that are experiencing drought conditions. The staff at the ATO are fundraising for this cause through the whole month of September; and
- Have RMHI as a guest speaker to talk about and recognize "Mental Health and Wellbeing in rural Australia".

RMHI is supporting their Senior Community Educator (Owen Catto) to attend this event by providing funds for the return flight and accommodation while in Melbourne. The Senior Community Educator/Executive Officer is donating his time.

This is a good opportunity to talk to the staff at the ATO about mental health and wellbeing in rural Australia. To have an education session around the distresses faced by people who live in rural Australia and to debate the language used to talk about our mental health and wellbeing is important. This will enable a better understanding about our farming communities and how tough a gig farming is when experiencing a natural disaster like a drought, fire or flood.

Primary care involves all of us, looking out for each other, starting a conversation, listening (yes listening), having empathy and giving people permission (in particular blokes) to talk about their stuff. Everyone of us can make a difference; a conversation can change a life.

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