

# Federal Parliament to host HALT 'Save Your Bacon' Event

Victorian grassroots suicide prevention organisation HALT (Hope Assistance Local Tradies) is taking its message all the way to Federal Parliament, with a support and awareness event to be held in the nation's capital later this month.

Founder and CEO of HALT, Jeremy Forbes, will host a 'Save Your Bacon' morning tea in Canberra on Thursday 24 October, with the aim of raising awareness around anxiety, depression and suicide among tradespeople.

The event will be attended by Federal Health Minister Greg Hunt. A strong supporter of HALT, Minister Hunt earlier this year pledged \$2 million over 4 years to employ community project workers across Victoria.

"Mental health is a matter very close to my heart and preventing suicide in our community is a matter of national importance," Minister Hunt said.

"Enormous progress has been made on destigmatisation, but self-stigma remains a considerable barrier to people seeking help. It's important all tradies know it's okay not to feel okay."

More than 3000 Australians lose their lives to suicide each year, with 75 per cent of those being men. One of the major risk factors for suicidality among men is a lack of communication or help-seeking behaviours.

HALT's outreach program amongst tradies encourages blokes to have some "tough conversations" around suicide, as well as to connect tradies with local and national services when they need help.

"Our HALT project workers are employed within the community, for the community, to work toward normalising conversations around mental health and suicide," Forbes said.

"It's important all tradies know there are services at local and national level they are able to utilise when they need help, or if their family members or friends need support."

Event Details: Thursday 24 October, 10.30am

Event Venue: Dame Enid Lyons Alcove, Parliament House, Canberra

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<http://halt.org.au>

[https://www.ted.com/talks/jeremy\\_forbes\\_how\\_to\\_start\\_a\\_conversation\\_about\\_suicide](https://www.ted.com/talks/jeremy_forbes_how_to_start_a_conversation_about_suicide)

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