

# HALT Save Your Bacon Brekkies for Tradies Go Viral

Tradies in the Mornington and Mount Martha area will have the opportunity to participate in a free virtual 'Save Your Bacon' breakfast, hosted by national suicide prevention charity Hope Assistance Local Tradies (HALT) on Wednesday 20th May.

The live, online event will feature a talk by local HALT Project Worker Mick Simmons about how tradies can look after their mental health while the COVID-19 pandemic restrictions are in place. Terence Toh from StrategiQ Corporation will also be speaking briefly about adapting to change in an ever-changing world.

"It's more important than ever for us to look after ourselves and look out for our mates", says Mick. "These are unprecedented times and there will be many people out there struggling with the unique issues we are facing with physical distancing and other restrictions. And let's face it...who wouldn't want a free brekky delivered to their workplace?"

Local trades businesses are invited to host the online event from their worksite where they can have a free breakfast and coffee delivered straight to them by participating local cafes.

Those working from home would be able to tune in to the event from the comfort of their own homes.

To add to the festivities, HALT will be running the 'Isolation Photo Competition' where all of those registered and attending the event will be able to submit an image of themselves enjoying social isolation. The most humorous images will be in the running for prizes donated by local businesses: Mornington Bunnings, The Tempo Group and Hip Pocket Mornington.

For those interested but unavailable to tune in for this event, local trades businesses and other groups are invited to contact their local HALT Project Worker Mick Simmons to organise a similar live event. Individuals can also find HALT online where they will be offering a number of live online events and uploading informative videos about how tradies can keep well during these challenging times.

Event Details and Registration: <https://live.strategiqco.com/halt-virtual-save-your-bacon-brekky>

Date: Wednesday 20th May 2020

Time: 10am-10:45am

Media Contact: Mick Simmons, Frankston-Mornington Peninsula HALT Project Worker

Phone: 0427 972 370

Email: [fmp@halt.org.au](mailto:fmp@halt.org.au)

Website: <http://halt.org.au>

Facebook: <https://www.facebook.com/haltfrankstonmornington/>

## Contacts

Cindy Rochstein

mailto: [media@cindication.com](mailto:media@cindication.com)