

Press Release: New Toolkit Brings Hope to Local Tradies

Throughout the next few months tradies from the Mornington Peninsula will be able to utilise a toolkit of a different kind – one that helps to support and maintain their mental health and wellbeing. The toolkit is one of the latest initiatives to come out of suicide prevention charity: Hope Assistance Local Tradies (HALT), who aim to remind tradies that they are valued by their community and connect them with local and national support services should they need them. The toolkit has advice for tradies on how to take care of their own mental health throughout the COVID-19 pandemic, as well as some tips on identifying when a friend or family member could be struggling and what they can do to support them. The suicide prevention charity is well known throughout Australia for their 'Save Your Bacon' brekkies and other events for tradespeople. With the current physical distancing taking place HALT are now offering online events and developing a series of resources to try and get their messages out to as many tradies as possible. "With the current restrictions around events HALT has needed to be as innovative as possible to ensure we get our message across to those that need it most. COVID-19 has presented our communities with some unique and interesting challenges, which many may be struggling with. It is more important than ever that we get to talk to tradies by offering them support through information resources like the toolkit as well as offering online events", says Mick Simmons, HALT Project Worker for the Frankston-Mornington Peninsula region. Local trades businesses and other organisations are invited to contact Hope Assistance Local Tradies for further information and resources, or to find out more information about holding a virtual 'Save Your Bacon' event for their team. Media Contact: Mick Simmons HALT Project Worker Frankston-Mornington Peninsula Phone: 0427 972 370 Email fmf@halt.org.au Website: <http://halt.org.au> YouTube: <https://www.youtube.com/channel/UC-dZEdcioBxmFwK-xS7Rhlw> Facebook: <https://www.facebook.com/hopeassistancelocaltradies/> Instagram: <https://www.instagram.com/haltaustralia/>

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