



NATIONAL
ENTERPRISE
FOR RURAL
COMMUNITY
WELLBEING

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An Australian Government Initiative

Mental Health & Wellbeing Calendar Project



Introducing SOS Yorkes

**Stamp Out Suicide Yorke Peninsula Inc.
Suicide Prevention Network**

Presenters:

Tessa Colliver, Secretary and Founding Member

Emma Mann, Deputy Chair

Engaging with our local community...

The Calendar Project

- Initial email from Dr Bridget Garnham
- Finding our participants
- Telling their stories
- It all comes together!
- Community Engagement
- Feedback




2019 Calendar

A YEAR OF MENTAL HEALTH & WELLBEING AWARENESS

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A man with short, light brown hair is smiling and leaning against a tree trunk. He is wearing a dark blue t-shirt with the 'Fat Farmers Rural Health Initiative' logo and dark shorts. He is holding a pair of running shoes in his right hand. The background is a vast, open field under a clear sky.

Ben is passionate about the difference taking care of your body has for mental fitness.

Ben's Story

Ben is proud to be a Fat Farmer. A founder and driving force behind the expanding social and fitness movement 'Fat Farmers', Ben is passionate about the difference taking care of your body has for mental fitness. Given the demands of running a farming enterprise, Ben is aware that he rarely 'clocks off' and has learnt from experience that burnout has to be proactively managed. Now he finds that 'physical activity helps keep your head in the zone' as well as providing the strength and energy he needs to get through busy days.

A man with a mustache, wearing a blue long-sleeved shirt and blue shorts, is sitting on a blue wheelbarrow filled with hay. He has his arms crossed and is smiling at the camera. The background shows a garden with green plants and a yellow building with a red roof.

"Once you start talking about it, it does start to make you feel better fairly quickly."

Todd's Story


Born and bred in Maitland, fifth-generation farmer Todd was never in any doubt that his future lay in farming. Like many raised on the Yorke Peninsula, Todd did chores on the family property during his schooling in Maitland and then left for boarding school. After a stint with a Mt Isa cattle station and a few months in New South Wales, Todd returned to work his family property alongside his parents Greg and Sue, with the awareness that 'being the fifth generation is a pretty special thing to have'.

Angus' Story

Looking back, Angus has weathered tough times. From an old sheep farming family raised on a station on the red soils around Broken Hill, he was a child when the guts dropped out of the wool market and during the monstrous drought of 1982. Tragedy struck in 1988 when Angus was seven and his father was killed in a farming accident, leaving his mother Glennis widowed with three small boys. His mum took over the property in 1993 and they did it tough on very little money while Angus was in boarding school. After a stint as a jackaroo, his mum was looking to shift on and the pressure was on to go back home and look after the place. Angus managed his family property as well as working off-farm contract mustering to supplement income. After continuous tough seasons and low commodity prices, Angus and his wife Karen secured a management role on a large station within the district and the decision to sell the family property was made. The result still weighs heavily on his mind as his goal of achieving security for his growing family failed some 18 months later.

Angus says, "it was very, very dry that year, it was bad. In September, we had huge dust storms, were so bad we were just working around the clock to keep sheep and cattle alive which was virtually impossible, trying to truck stock out, that was hard, just a nightmare. Also, Karen learned at a doctor's appointment in Adelaide our third pregnancy had failed. We drove home that night, in separate cars, 500kms in the dark, during a dust storm.



A woman with brown hair tied back, wearing a black t-shirt with the number '2836' and blue shorts, is sitting on a grassy dune. She is smiling and looking towards the camera. In the background, a sandy beach is visible with several people walking. The ocean is in the distance under a clear sky.

"You have got to have your support network around you."

Emma's Story

Emma is proud to be a shepherd. She loves her girls. Surrounded by boys at home in her grandparent's house, Emma is a wife and mother to two sons. After time spent living in Darwin and Malaysia, they returned to the family property which is her home.

"It just feels right here and the boys have to grow up on a farm."

She keeps the spirit and legacy of her grandfather alive by maintaining a line of Dorset girls 'no matter what happens'.

"Probably the worst time for me was, we didn't have the weeds sprayed out. And the potato weed was terrible. It wasn't sprayed out early enough. And I lost probably 50 girls because of the toxicity. I used to drive down there every day to go and check them. And I would stop before the crest of the hill, pull over and just breathe. Try and be brave. Go over the crest of the hill, and I could just see them. Just broke my heart."

The Launch Event





Any Questions?