

Between Mates

Mental Mates Inc. Quarterly Newsletter
December 2019



Welcome

Hello to all of our supporters, sponsors and volunteers. This is the first quarterly newsletter we have produced and we thought it would be a great way to keep everyone updated on what we have been up to and what we have planned for 2020 and beyond.

The last few months have been very busy for Mental Mates Inc. as we employed a new Project Officer, partnered with the Speedway for a Race Day event, had our inaugural golf day, partnered with Katherine High School to train two teachers to deliver SafeTalk, hosted a Young Professionals Dinner for Mental Health Week, had staff and volunteers attend trainings, conferences and events, ran an Aboriginal Mental Health First Aid course with Headspace Katherine and partnered with Katherine Outback Experience for the launch of Tom Curtains newest album.

We would like to thank everyone who has helped us this year, whether that be through volunteering, sponsorship or donations and by sharing our message with the community.

The biggest thank you goes to those people who reached out to a mate going through a difficult time this year. It is difficult to measure how many people have benefitted from a friend attending one of our trainings. Remember don't hesitate to ask the questions and get help. This time of year isn't easy or enjoyable for everyone. Please look out for one another and practice self care.

All the best, the Mental Mates Team.

We are excited to announce ...

Katherine & District Show Society (KDSS) has named Mental Mates Inc as their charity/Not for Profit of the Year for 2020! We look forward to strengthening our ties with the show society and working with them to spread our message of 'Mates helping Mates'.



Want to help Mental Mates out?

Mental Mates Inc. is welcoming anyone to get in touch to find out how you can volunteer with us. The following are just some of the volunteer roles we need assistance with at present

- Graphic Design & Marketing Fundraising Committee (Event planing, manning BBQ stalls etc)
- Qualified Trainers to deliver courses to the community
- Community Engagement (Manning promotional stalls, assiting with awarness raising campaigns)

All volunteer positions are unpaid and a volunteer induction will need to be completed.

We also welcome community groups, school, individuals and businesses to get in touch if you are

- interested in partnering on a project (eg. Youth Week event, Community events etc).
- Wanting to host a fundraiser for Mental Mates Inc. (eg. BBQ at a footy game or trivia night)
- Interested in training some members of your organisation in suicide prevention
- Want to support the work of Mental Mates Inc. though sponsorship or donation.

If interested, please email our Project Office Kate Keightley info@mentalmates.org or call 0439 495 134

Meet Our Team

Each newsletter we will introduce a member of the Mental Mates team. This newsletter we would like to introduce you to Mel. In coming weeks Mel and other board members profiles will be available in full on our website.

Name: Melinda (Mel) Whelan

Position: Treasurer

Bio: Mel is a wife and mother to two kids. She has been running her successful mortgage broking business in Katherine since 2010. Prior to this she worked in the banking industry for 15 years. Since moving to Katherine in 2006, she has contributed to the community by being on numerous boards over the years. Mel enjoys using her finance and business skills to assist not for profit groups to succeed whilst also providing opportunities for young people to experience different activities in and around Katherine.



Why Mental Mates? Mel herself has suffered mental illness at different times over the years (particularly post-natal depression and anxiety). Her daughter, Amelia, has been diagnosed on the Autism Spectrum and she knows all too well about the lack of mental health services in the bush. Mel has also been personally touched by suicide and wants to do all she can to make a difference for her community. Her particular interest lies in the education piece with the hope to remove the stigma of "mental health" in her community and beyond. Mel loves the mantra "mates helping mates" which is why she didn't hesitate to put her hand up to hold a position on the board.




Figure 1 KHS Teachers Katie & Christine at SafeTALK Training

Partnership with Katherine High School

Mental Mates Inc. is excited about our new partnership with Katherine High School. Through our funding from the *AusIndustry – Building Better Regions Fund*, two teachers were able to attend the *LivingWorks SafeTALK Training For Trainers* in Brisbane in October.

As a result in 2020, approximately 200, students, staff and community members will be able to attend a *SafeTALK* where they will learn how to identify the warning signs of someone contemplating suicide and how they can get help.



Wesley LifeForce Suicide Prevention Networks

Katherine Suicide Action Group Strategic Planning workshop

Date: Wednesday the 5th of February 2020

Location: Red Cross Conference room, Riverbank Drive, Katherine, NT.

Time: 10:30am – 1:30pm

Community suicide prevention networks play a key role in coordination, collaboration and resource exchange within a community and may therefore build a community's capacity as a foundation for the development of effective suicide prevention initiatives.

'Suicide prevention is a shared responsibility across the community, professional groups, and non-government and government agencies.'

'Living is for Everyone' framework.

'We encourage community members and service providers to participate in this workshop to create the Suicide Prevention Network vision and planning of goals and actions to raise awareness of mental health and wellbeing in Katherine'

For more information, contact lifeforcenetworks@wesleymission.org.au or 1800 100 024

2020 Training Calendar

We will release a training calendar in late January with upcoming courses. If you, your community group or business are interested in a training please contact us and we will try our best to accommodate your needs.

For more updates don't forget to follow us on Facebook @mentalmatesinc or Instagram @mental_mates_inc

Mental Mates Inc.
PO Box 13
Katherine NT 0851
info@mentalmates.org