

Local Men supported via Local Community Connection Project

South Gippsland Shire Council will bring training and social activities to South Gippsland with a local focus on men aged between 25 and 50 as part of the Local Connections project after securing a \$100,0000 grant from the Department of Health and Human Services.

The 12-month project aims to support men in our local community by providing mental health and emotional wellbeing training for community groups. It will also work with local men to develop events and activities where men can connect and share experiences to support their mental health and emotional wellbeing without judgement. In addition, the project will also help to consolidate and make available resources for all people that have been impacted by the suicide of an adult community member.

South Gippsland Shire Council Officers Vicki Bradley and Barbara Look will be leading the project in close collaboration with local support providers and service agencies.

“We are focusing on supporting mental health and emotional wellbeing for local men aged 25 – 50 as men of this age have been identified as being most at risk of suicide within our community. The activities involved in this project will not replicate what is currently already provided by other support services but will complement them and hopefully provide a guide to what is available,” said Ms. Bradley.

“One of the most important components of the program will be involving community groups in training that will help them recognise and respond to people in need of support. This training will be open for anyone involved in community groups and specific training will also be provided for sporting clubs,” added Ms. Look.

The Local Connections Project will provide access to basic training and more in-depth training for those that have a particular interest or concern in this area. Part of the project will be building knowledge and capacity in the community so that it can continue after the funding ends in June 2021. The project will also link in with the free Mental Health First Aid Training that is being offered free to South Gippsland residents as part of Council’s \$2M COVID-19 Community Support Package.

For more information, please contact Vicki Bradley or Barbara Look on 5662 9200.

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