

Date Monday 28 March 2011

## MATE HELPING MATE IN LOCKHART

Murrumbidgee Local Health Network (MLHN) is supporting a guest coach to visit a training session of the Lockhart Football and Netball Club on Tuesday 5 April.

John Harper is a rugby coach in his home town of Stockinbingal and will join in the Rusty Demons fitness session at 6pm and then talk about his 'Mate Helping Mate' initiative.

MLHN Rural Mental Health Promotion Officer Marilyn Limbrick said John will speak about his experience as a farmer who has lived through and recovered from depression.

Ms Limbrick said: "He talks with passion and delivers some key messages in an entertaining way about the importance of mateship and the powerful support people can give in difficult times."

"Everyone is welcome to attend," Ms Limbrick added.

All residents of Lockhart and the surrounding community are encouraged to bring their neighbours, family and friends to the local event.

The training and presentation will be at the Lockhart Football Ground and includes a free barbeque. Drinks will be available for purchase.

The event is supported by the NSW Government's Rural Adversity Mental Health Program.

For immediate assistance or advice about mental health concerns, please see your General Practitioner or phone the MLHN Mental Health AccessLine on 1800 800 944.

**ends**

**Media note:** the attached photo is of John Harper. For interviews phone Ms Limbrick on 0428 249 719.