

MEDIA RELEASE

Free community event in Benalla

30 August 2019

Community members are invited to attend a free event in Benalla this World Suicide Prevention Day, Tuesday 10 September.

Organised by members of Murray PHN's Benalla place-based suicide prevention trial steering group, the event will include a range of activities along with the opportunity to learn more about suicide prevention in Benalla.

Come along to participate in a meditation for your own health and wellbeing and complete a short online training course so that you know the steps (Question, Persuade, Refer) to help someone who is thinking about suicide. The event will conclude with a commemorative ceremony to remember those people who have been lost to suicide.

Murray PHN Suicide Prevention Coordinator Bek Nash-Webster said the event would include a broad range of activities and stalls, with something for everyone to participate in.

"Local support services will be on hand, as well as the suicide prevention steering committee to chat about activities taking place in Benalla to help prevent suicide, as well as a meditation session and free online training taking place," she said.

"The Benalla community will gather to commemorate those who we have lost to suicide, in a quiet, reflective and respectful way. We encourage all community members to come along to the event."

The event is taking place on Tuesday 10 September, 11am-2pm at the Glasshouse – Lakeside Community Centre. For more information call Bek Nash-Webster on 0459 864 311 or go to murrayphn.org.au

Contact details

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