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Contact Name: Kate Bickford
Organisation: BK Agency
Phone Number: 040 707 1807
Email: kate@bkagency.com.au

Look over the Gate – Save a Mate.

Today, far too many people struggle to identify the early signs of stress, anxiety or depression. So, how do you notice the signs in yourself and in others that they might be struggling with mental health challenges?

Fresh off the back of the incredibly successful Save Our Mates Roadshow held in February of this year, which saw close to 800 people attending in regional South Australian communities, we are delighted to be kicking off our next Roadshow series; Look over the Gate – Save a Mate.

This Roadshow aims to improve the mind health of men and women of all ages.

The Look over the Gate - Save a Mate Wellbeing Roadshow will start in Tailem Bend, before heading over to Loxton, Renmark, Waikerie and ending in Blanchetown/Morgan.

Our inspirational speakers Jeremy Forbes (HALT), Warren Davies (The Unbreakable Farmer), Dr Roma Aloisi, and Anthony Hart will deliver their powerful stories and share the tips and tricks learned on how they bounced back when confronted by their own mind health challenges.

Roadshow participants will learn; How you can take 4 simple steps to better mind health, ways to spot the warning signs in others, where and how to access community resources to help get back on track, and tips and tools you can use instantly to help better your own physical and mind health.

Look over the Gate – Save a Mate Roadshow will kick off on the 21st of October 2019 in Tailem Bend, and in most locations, there will be a free BBQ available for participants to get to know other attendees and meet the speakers.

The support from community groups and media was integral in the success in delivering these lifesaving talks for the first roadshows, and we would be most grateful for your support for round two.

For more information on speakers, locations, and to book free tickets people can head to the website [Save Our Mates](#)

This initiative is proudly brought to you by Save our Mates and is supported by the Australian Government through [Country SA PHN](#)

If you would like photos, additional information or to schedule an interview with any of our inspirational speakers, please contact:
Kate Bickford – BK Agency kate@bkagency.com.au