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Media Release

Mental health awareness focus of Macquarie v Wellington game

The MomenTIM program is proud to collaborate with Wellington Cowboys and Macquarie Rugby League clubs this weekend to promote mental health awareness.

The game, at Caltex Park this Saturday follows a collaboration between the two clubs to promote important health issues for Aboriginal people in the region including tackling indigenous smoking, promoting smoke-free homes and mental health support.

“Quit B Fit and MomenTIM programs have sponsored the first grade jerseys for the match which will promote the important health messages,” said MomenTIM coordinator Jay Forrester.

“We aim to provide a spotlight on lifting the lid on speaking up about mental health in the community especially given that the rate of suicide among young indigenous men in Australia has been rated by the 2016 Youth Development Index as the worst in the world.

“This is also sadly the story for our own region with indigenous males having a higher incidence of suicide than non-indigenous men,” said Mr Forrester.

“The support from Wellington Cowboys and Macquarie Raiders Rugby League clubs and players is fantastic and a great way to role model to our young fella’s that it’s ok to talk about Mental Health or how they are feeling,” he said.

The MomenTIM program, funded by the Movember Foundation is a program delivered by Wellington Aboriginal Corporation Health Service and aims to improve the wellbeing of young indigenous men by building on the connections and support networks at school and in the community.

“Our young men can face challenges that often make them feel isolated. Like they are alone, but the MomenTIM program is here to let them know they’re not alone,” said Mr Forrester.

“The program aimed at young men, aged 12-25 years is voluntary, holistic, flexible and delivered in the community environment as opposed to a clinical one,” he said.

“MomenTIM empowers young males in Values & Beliefs, Identity, Culture, Mental health awareness, Self- care, Positivity and potential, and by Building a man.

WACHS is extremely grateful for the full funding support from Movember Australia to run MomenTIM in Wellington.

A fundraising event will be held at South Dubbo Tavern for the Auction of the 1st grade jerseys starting at 6pm. Macquarie Raiders will be donating the proceeds of the auction from their jerseys to the Dubbo and District Juniors Rugby League Player Welfare Fund Wellington will be donating the proceeds from the auction of their jerseys to Grace Sharp and Hear Our Heart bus.

If you or someone you know needs help support is available:



call 13 11 14 call 1800 55 1800

- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Beyond Blue](#) on 1300 22 46 36
- [Headspace](#) on 1800 650 890

For more information visit www.wachs.net.au
Follow us on social media @quitbfit #quitbfit

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