

MONTHLY GET TOGETHERS

1st WEDNESDAY OF EACH MONTH
6.15PM - 7.15PM

@ City Hall Foyer



HOW TO FIND US

Evening Catch up's and discussion:
Foyer of the City Hall
(Cave Garden entrance)
Mount Gambier

Bring a gold coin donation to cover costs -
Coffee and tea provided.

WANT TO KNOW MORE

We would love to hear from you.

Check further information on our website www.lifeboatSE.com

Follow us on Facebook [lifeboatSE](https://www.facebook.com/lifeboatSE)

Or e-mail junctioncoord@gmail.com

Disclaimer: This group is not a crisis support service and emails are not monitored 24/7. Please contact:

Mental Health 24 hours line 13 14 65
or Lifeline 13 11 14
or Call 000.

LOCAL MATES SUPPORTING LOCAL MATES

LIFEBOAT



Local Mates Supporting Local Mates

Talk with a mate when you are finding it tough or if you are watching out for a mate.

A mate to help you through this period in your life.

Talk with others who have experienced high levels of stress,

“How ya going?”



Local Mates Supporting Local Mates

- ◆ The Lifeboat will **WELCOME** you, your family and friends to:
 - Have input in discussions
 - Share experiences

And get to know about:

- How to manage symptoms
- Helpful tools
- Useful support groups

Meet on a regular basis

- ◆ Share learnings, tools and support within the local community that can improve your health and wellbeing.
- ◆ Catch up and chat on progress.
- ◆ Discuss how shared tools are working.
- ◆ A chance for family to discuss how they are managing.
- ◆ Discuss availability of local support.



Chew the fat with a Mate”

A chance to talk with a group of mates or a mate who has experienced high levels of stress, depression or anxiety in a relaxed and safe environment.

Gain insights into how others in our rural community have managed through stressful situations with shared tools, help and support from family, mates and services in the local community.

Key Offerings

This is a great place to discuss and help yourself through this tough period in your life with the support of local mates with shared/similar experiences.

Mates with lived experience

- ◆ A mate to talk through the tough times, such as:
 - ◆ **Mates** that have experienced high levels of stress, anxiety and depression.
 - ◆ **Family members** that have worked through these tough periods.
 - ◆ **Information and/or referral** if you wish to access local Health Professionals



Member of The Junction