

# RAW MEDIA ALERT

## Psychs on Bikes Tour of Tasmania

18<sup>th</sup> - 24<sup>th</sup> February (see attached itinerary)

Rural Alive and Well (RAW) delivers suicide prevention and mental health well-being programs to rural and remote communities statewide – see [www.rawtas.com.au](http://www.rawtas.com.au)

RAW is bringing Psychs on Bikes to Tasmania for their second tour of the state.

Psychs on Bikes are a group of mental health professionals including psychiatrists, psychologists, mental health nurses and social workers who ride motorcycles and tour rural and remote Australian communities to raise awareness about mental health issues – see [www.psychsonbikes.com](http://www.psychsonbikes.com)

Liz Little (CEO RAW) comments “Psychs on Bikes will be providing free health checks to the public, delivering training to local health professionals, and speaking at community events while in Tasmania – they present a very human face to a clinical mental health system that many ordinary people find intimidating and difficult to access.”

Please find attached an itinerary of events that media may wish to attend. Where events are not marked as open to the media, please contact RAW (details below) if you wish access to be arranged.

**Contacts:** Liz Little (CEO) 0427 153 364; Peta Davidson (Team Leader) 0409 257 831

Thursday 15<sup>th</sup> February 2018

**RAW - TALK TO A MATE**  
**24HRS / 7 DAYS (STATEWIDE)**  
**1300 HELP MATE (1300 4357 6283)**



# RAW/PSYCHS ON BIKES (PoB) ITINERARY - TASMANIA

## Sunday 18<sup>th</sup> February

### 8 a.m. to 10 a.m. – Sorrell Market (media invited)

RAW will have a community information stand and PoB will be offering free health checks to members of the community.

All Lyons candidates in the forthcoming State election have been invited to have a health check.

### 10.30 a.m. to 12.30 p.m. – Farmgate Market, Bathurst St, Hobart (media invited; photo opportunity)

PoB will arrive at their market on their bikes via Criterion St at approx. 10.30 and park motorcycles to the rear of the RAW community information stand.

RAW and a representative of Bio-Security Tasmania (TBC) will be available to talk with members of the community about the potential impact of the current fruit fly infestation on farmer well-being and provide information on how community members can assist with containing the spread of this pest.

PoB will be offering free health checks to members of the community.

All Denison and Huon candidates in the forthcoming State election have been invited to have a health check.

## Monday 19<sup>th</sup> February

### 10 a.m. to 10.30 a.m. – Town Hall, Hobart City Council (photo opportunity)

PoB will arrive at the Town Hall on their bikes to attend a Civic Reception hosted by the Lord Mayor.

PoB will park their bikes on the steps of the Town Hall and be available for a photo opportunity and interview.

### 7 p.m. to 9 p.m. – Rotary Muster Forum, Queenstown

RAW will have a community information stand and PoB will be offering free health checks to members of the community.

Dr Joseph Dunn will address the Forum.

## Tuesday 20<sup>th</sup> February

### 12 a.m. to 1 p.m. – Government House, Hobart

PoB will arrive at the Government House on their bikes with RAW representatives to attend a luncheon hosted by the Governor.



### **1.30 p.m. to 2.30 p.m. – Mates for Mates, New Town**

PoB and RAW Outreach Workers will drop in to Mates for Mates for a yarn with ADF Veterans.

## **Wednesday 21st February**

### **10 a.m. to 3.30 p.m. – Health Professionals Workshop, White Sands, Bicheno**

PoB will deliver a Workshop for Tasmanian rural health workers on rural mental health issues.

RAW and the Drug Education Network (DEN) will provide information stands.

### **5.30 p.m. to 7 p.m. – Mocktail Party – St Helens Neighborhood House** (media invited)

DEN will be providing community members with an opportunity to make and consume mocktails out of their recently published recipe book.

PoB will be offering free health checks to members of the community.

RAW and Den will be providing information to community members on issues such as the relationship between mental health and drug use, alcohol and prescription drugs, self-medication through alcohol use etc.

## **Thursday 22nd February**

### **11 a.m. to 1.30 p.m. – BBQ - Scottsdale Football Club** (media invited)

PoB will be offering free health checks to members of the community and speaking about mental health issues.

RAW outreach Workers will be present

## **Friday 23rd February**

### **12 a.m. to 1.30 p.m. – BBQ – Central Coast Men’s Shed, Ulverstone**

PoB and RAW Outreach Workers will drop in to the Men’s Shed for a yarn.

PoB will be offering free health checks to members of the community.

## **Saturday 24<sup>th</sup> February**

### **1.00 p.m. to 5.00 p.m – Mole Creek, Day at the Creek Music Festival** (media invited)

RAW will have a community information stand and PoB will be offering free health checks to members of the community.

