

Sunday 18 March 2018

MEDIA RELEASE



Puka Up Community Forum To Tackle Suicide Prevention

Ex-AFL superstar Wayne Schwass will headline a community forum on Wednesday 22 March at Shepparton Golf Club to tackle suicide prevention as part of the Puka Up bike ride from Sydney to Melbourne.

28 riders are tackling a challenging eight-day, 1,433 kilometre bike ride from Sydney to Melbourne as an important opportunity to bring much needed attention to the issue of suicide, an issue that continues to impact families and communities across the country on a daily basis.

In 2016, 2,866 people tragically lost their lives to suicide. On average 7 people per day die by suicide in Australia and it is estimated a further 65,300 people attempt suicide every year.

For every suicide in Australia, it's estimated there are another 30 attempts.

The aim of this event is to create a national conversation about suicide prevention. Suicide is a difficult subject to discuss but the need for these conversations has never been more important.

In partnership with the Black Dog Institute, a community forum will be delivered on Wednesday 22 March at Shepparton Golf Club when the riders come into town.

These forums are valuable opportunities to be able to share practical skills, tips and advice with audiences that will help local communities begin to be able to start conversations about suicide prevention and importantly, help a loved one who might be suicidal.

Suicide is an outcome to a crisis, a crisis which we genuinely believe is preventable. The Puka Up vision is to 'Stamp out Suicide'.

Normalising mental health and suicide prevention is an important step in the pursuit of our vision.

With your support we believe we can not only help to positively change lives, we also believe this event will help to save lives.

For more information go to www.pukaup.com

Event Details:

Event:	Puka Up Community Forum featuring Wayne Schwass
Date:	Wednesday 22 March 2018
Venue:	Shepparton Golf Club, Golf Drive, Shepparton
Time:	7pm

For further information please contact AFL Goulburn Murray Region General Manager Martin Gleeson on 0413 040 849.

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