

NEWS

Beaufort talks health

BY ROCHELLE KIRKHAM

PEOPLE living in regional areas are being let down by a lack of mental health services, according to reports.

Beaufort and Skipton Health Service community integration manager Danni Trezise says more mental health support is needed in Beaufort.

"We have two social workers who provide counselling and support for people with mental health issues. But the majority of acute psychiatric services are in regional centres like Ballarat and Ararat. Beaufort and Skipton are smack in the middle," she said.

The limited services in town means many have to travel to Ballarat for mental health support. It can be a challenging journey for those in an acute stage, without a car, or struggling financially.

A ReachOut and Mission Australia report released in June revealed the risk of suicide rises as the distance from a major city increases.

Beaufort has been rocked by suicide in recent months and many in the community have felt its impact.

"In a small country town where the community is close, the ripple effect of suicide becomes a tsunami," Beaufort resident Maurice Trainor said.

Mr Trainor said it was

time Beaufort talked publicly about mental health. A performance of the play *Carpe Diem* on Friday comes at a fitting time.

The play, featuring popular actor John Wood, tells the story of hard-working farmer Nev and John his stock agent friend who are facing a long-running drought.

Its key message is to encourage men to talk.

Mr Trainor who has worked to bring the play to Beaufort, said the support of partners and funding raised has shown the need to talk openly and without stigma about mental health.

He said the ripple effects of suicide can be stronger in small communities, but so can the show of support.

"That's what we need to highlight. If Friday night saves one suicide we have achieved something," he said.

The play is fully funded through the Pyrenees Arts Council, Beaufort Rotary, Beaufort Apex and the Beaufort Community Bendigo Bank.

Money raised from ticket sales will be donated to R U Okay? and Lifeline.

Tickets can be purchased at the Beaufort Library or at the door on the night.

The play will be held at the Beaufort Shire Hall on Friday at 7pm.



SUPPORT: Its time to talk openly about mental health in Beaufort, Beaufort and Skipton Health Service's Danni Trezise and resident Maurice Trainor say. Picture: Kate Healy

BALLARAT TRAINS TO MELBOURNE

DEPART 5.13am (arr 6.33am) 6.09am (7.28am) 6.38am (8am) 7.05am (8.36am) 7.39am (8.59am) 8.01am (9.39am) 9.12am (10.40am) 10.12am (11.40am) 11.12am (12.40am) 12.12pm (1.40pm) 1.12pm (2.40pm) 2.12pm (3.40pm) 3.12pm (4.40pm) 3.35pm (5.16pm) 4.55pm (coach 7.10pm) 5.15pm* (7.10pm) 5.35pm (7.27pm) 6.50pm (8.40pm) 8.02pm (9.40pm) 8.45pm* (10.18pm) 9.25pm (10.58pm) 10.29pm (12.15am) *Departs from Ballarat. All other services depart from Wendouree

TRAINS FROM MELBOURNE

DEPART S/Cross 5.03am (arr 6.51am) 6.08am* (7.43am) 7.26am* (9.12am) 8.16am (9.46am) 9.16am (10.51am) 10.16am (11.51am) 11.16am (12.51pm) 12.16pm (1.47pm) 1.16pm (2.51pm) 2.16pm (3.47pm) 3.16pm (4.54pm) 4pm (5.19pm) 4.33pm (5.51pm) 4.54pm (6.12pm) 5.10pm (6.29pm) 5.50pm (7.08pm) 6.23pm (7.41pm) 7.17pm (8.46pm) 7.50pm (9.17pm) 8.30pm (10.00pm) 9.17pm (10.45pm) 9.10pm coach (10.40 pm*) 9.55pm (11.20pm) 10.55pm (12.20am) 11.55pm (1.20am)

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WEATHER

TODAY



Shower or two.

Min: 9°C Max: 17°C

TOMORROW



Mostly sunny.

Min: 8°C Max: 24°C

CONTACTS

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LOTTO

Wednesday Lotto (draw 3809)
Drawn numbers: 13, 45, 42, 31, 5 and 38.
Supplementaries: 18 and 40.
Division 1: Jackpot
Division 2: \$4466.15
Division 3: \$546.70
Division 4: \$31.15
Division 5: \$17.20
Division 6: \$14.80

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