



## David Littleproud MP

Federal Member for Maranoa

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# Media Statement

February 11, 2019

### Improved Access: Mental Wellbeing Programs For Maranoa Residents

Maranoa MP David Littleproud has secured an additional \$187,000 worth of drought-relief funding through the Empowering our Communities initiative to enhance mental wellbeing for people dealing with drought.

“Families, farmers and business owners are put under immense mental strain because of drought,” Mr Littleproud said.

“One of the best steps we can take is to learn how to manage the mental strain of drought and persevere with an optimistic mind through tough times.”

The programs aim to build lasting resilience in the face of adversity.

A total 25 community-led programs and events, administered by Darling Downs and West Moreton PHN, will encourage conversation and best practice regarding mental health challenges, suicide prevention and social and emotional wellbeing.

“In order to get on top of mental illness we need to be proactive and engage with mental health professionals and participate in wellbeing sessions - there is no judgement in that,” he said.

“With the addition of these wellbeing initiatives, I hope people feel some relief from the drought.”

Concerned that people are not reaching out when they need help in western parts of Maranoa, Lifeline Darling Downs and South West Qld will also receive additional funding to upskill locals so that they too can support those affected by mental illness.

The program, called Community Connections, will teach locals how to recognise people dealing with mental stress and provide guidance about professional support choices.

“During drought we really need to be actively listening and watching what is going on with loved ones, colleagues or friends,” he said.

“When we listen and learn from one another and utilise the services available in these trying times, we are in a better position to sustain ourselves, families, homes and businesses.”

“Nobody needs to go through drought without a listening ear.”

Areas in Maranoa to receive funding include: Goondiwindi, Southern Downs, Western Downs, Toowoomba region, South Burnett, and South-West Queensland.

The programs and events to be offered include:

<ul style="list-style-type: none"> <li>• Rural Minds Program</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health workshops for Aboriginal and Torres Strait Islander people</li> </ul>
<ul style="list-style-type: none"> <li>• ‘Navigating Through Tough Times for Farming Community’ workshops</li> </ul>	<ul style="list-style-type: none"> <li>• ‘Mindful Lifestyles’</li> </ul>
<ul style="list-style-type: none"> <li>• ‘Moving Mindful Men’</li> </ul>	<ul style="list-style-type: none"> <li>• An exhibit at FarmFest providing mental health assessments, stress management advice and mindfulness</li> </ul>
<ul style="list-style-type: none"> <li>• ‘The Adventure Therapy Program’ for women to increase their community activity and reduce mental health stigma by engaging in adventure activities</li> </ul>	<ul style="list-style-type: none"> <li>• Three day community workshops for Aboriginal and Torres Strait Islander people</li> </ul>
<ul style="list-style-type: none"> <li>• Creative workshops</li> </ul>	<ul style="list-style-type: none"> <li>• Wellbeing and mindfulness Sessions</li> </ul>
<ul style="list-style-type: none"> <li>• Suicide programs</li> </ul>	<ul style="list-style-type: none"> <li>• CALM suicide prevention training</li> </ul>
<ul style="list-style-type: none"> <li>• Community event to build a support network for women</li> </ul>	<ul style="list-style-type: none"> <li>• Support for AgForce Qld Young Farmers Forum</li> </ul>
<ul style="list-style-type: none"> <li>• A self-care workshop delivered by a psychologist</li> </ul>	<ul style="list-style-type: none"> <li>• ‘Nourish Mind and Body’ program</li> </ul>
<ul style="list-style-type: none"> <li>• Group fitness program with guest speakers including mental health advisors and local community organisations</li> </ul>	<ul style="list-style-type: none"> <li>• ‘Family Twilight Evening Event’ bringing together families and the community</li> </ul>
<ul style="list-style-type: none"> <li>• Travelling cancer wellness sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Drumming workshops to improve mental health and teach anxiety and stress reduction strategies</li> </ul>

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