

Greg Larkins

From: Ash Power
Sent: Thursday, 25 August 2022 05:58 AM
To: Greg Larkins; Colleen Davis
Subject: FW: Invitation to Participate in the Grit and Resilience Festival

Greg, inwards corro. Colleen this is something we should discuss.



Ash Power, AO, CSC
Lieutenant General (Retd)
President

 **Wangaratta RSL Sub-Branch Inc.**

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From: Celia Piesse <c.piesse@wangeratta.vic.gov.au>
Sent: Wednesday, 24 August 2022 5:58 PM
To: Ash Power <president@wangerattarsl.org.au>
Subject: FW: Invitation to Participate in the Grit and Resilience Festival

Hi Ash,

Thanks for supporting the Grit and Resilience Program and WASP. We aim to support the community to improve mental health outcomes and reduce suicide in our community, and we know that the RSL supports the community in many ways too.

Please see below the invitation for the Wangaratta RSL to be part of the upcoming Grit and Resilience Festival.

Please reach out if you have any questions.

Regards,

Celia

Celia Piesse

Grit and Resilience Postvention Officer



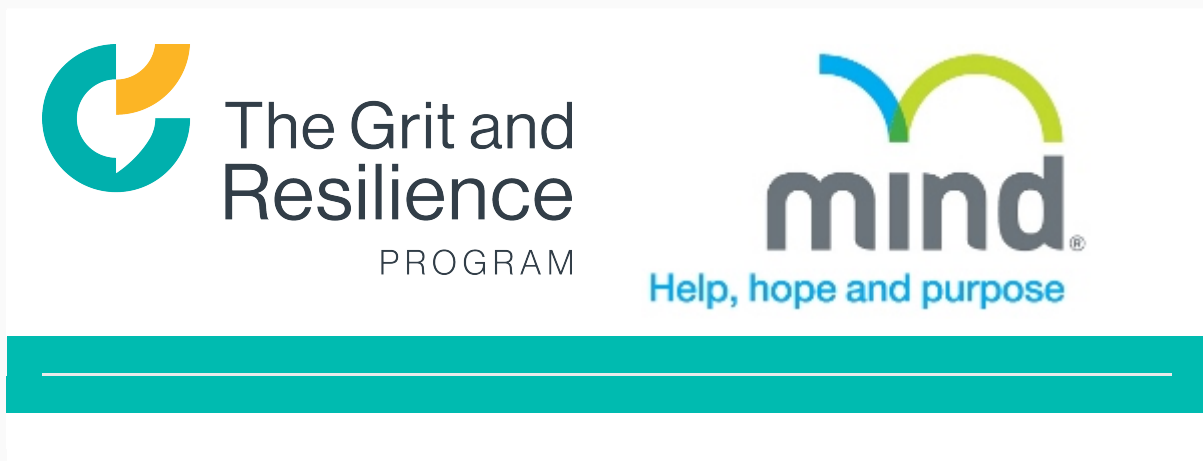
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wangaratta.vic.gov.au/gritandresilience

Our values: Trust | Respect | Excellence | Enjoyment | Fairness | Openness

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Service Provider Invitation to the Grit and Resilience Festival

The Grit and Resilience Program have partnered with Mind Australia to host a Grit and Resilience Festival for the Rural City of Wangaratta community this World Mental Health Day on Monday 10 October.

We all recognise the importance of mental health and wellbeing, and that when we feel connected within our communities and to each other we are more resilient and better able to respond to the challenges of life as they arise.

After the turmoil of the last couple of years, there has never been a better time to reconnect with community, to share information about the services and supports available locally, to promote self-care and to have some fun.

As a valued service provider within the Rural City of Wangaratta, we would like to invite you to join us as a stallholder on this important day to connect and share in a bit of wellbeing focused frivolity.

[Click to Register Now as a Stallholder](#)

Stallholder Interactive Activity

To ensure we bring 'fun' to the event, we are asking all service providers to have an interactive aspect of their stall or to host a fun activity during the event.

The activity could be connected to your core business or something that encourages conversation; or it could be purely light-hearted, fun, and engaging that highlights the importance of positive mental health and wellbeing.



If you are finding it difficult to decide on an activity, or you would like more information about the Festival, contact the Grit and Resilience team.

[Contact Grit and Resilience](#)



Who to Call When You Need A Hand

Lifeline Call: 13 11 14

24/7 crisis support and suicide prevention services. To find local services in your area use Lifeline's Service Finder.

Suicide Call Back Service Call: 1300 659 467

24/7 telephone crisis support for people at risk of suicide, carers and bereaved, as well as online resources and information.

Kids Helpline Call: 1800 55 18004

24/7 telephone counselling for young people 5-25 years.

MensLine Australia Call: 1300 78 99 78

24/7 telephone and online support, information and referral service for men.

Beyond Blue Call: 1300 22 4636

24/7 telephone support service and online chat 4pm - 10pm (AEST).

QLIFE Call: 1800 184 527

Call: 1800 184 527 Telephone and online chat support service for lesbian, gay, bisexual, trans, and/or intersex (LGBTI) communities.



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Our mailing address is:

The Grit and Resilience Program
C/O The Grit and Resilience Program
PO Box 238
Wangaratta, Vic 3676
Australia

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