



MEDIA RELEASE

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FLORA HILL, VICTORIA

LEWIS FREEMAN-HARRISON EXPOUNDS ON HIS PLANS FOR SUPPORTING MENTAL HEALTH

Eppalock Ward candidate, Lewis Freeman-Harrison, has elaborated on his ideas for supporting mental health in the City of Greater Bendigo.

“If elected, I wish to propose to council, the notion of fully or partially funded training for emergency services, medical professionals and teachers. I also wish to propose regular courses that are open to the public to sign up.

Mr Freeman-Harrison stated that since the COVID-19 lockdown, several online courses have been released by not-for-profit organisations such as Mental Health First Aid Australia (MHFA) and Living Works.

“Course prices vary; however, the cost is usually \$220 per person. The MHFA course consists of a self-paced component (5-7 hours) and an Instructor led component (2x 2.5-hour sessions). The purpose of the course is to teach participants how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.”

“Living Works run the Applied Suicide Intervention Skills Training (ASIST) program. This is a 2-day interactive workshop (15 hours in total) for ages 16+. There are two registered trainers per 15-30 participants. The purpose of the program is to teach participants to recognise when someone may be at risk of suicide and to work alongside them to create a wellbeing plan that will support their immediate safety. This program, quite literally, saves lives!”

Mr-Freeman Harrison said that he strongly believed in equipping the community with skills and tools to efficiently manage mental health.

“Having mental health first aid skills means that you can effectively assist someone who is developing a mental health problem or is experiencing a mental health crisis. It also means you get to make a real difference in your community.”

Mr-Freeman Harrison reiterated the importance of addressing mental health in this state of disaster, in conjunction with the global pandemic.

“Given the increase in both mental illness and suicidality since the COVID-19 lockdowns, I am choosing to address this matter to save lives by ensuring people in our community get the right assistance.”

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Lewis Freeman-Harrison resides in Central Victoria and is focused on ensuring business of any size is a success. The team at LFH Marketing are focused on connecting content online and in real time to brand and position your business to enable business growth. Focused on working to develop a tailor-made campaign for every client (because everyone has different needs), Lewis ensures that a personalised, unique, and dedicated service is delivered.