

So, how are you, *really*?

Are you a tradie, or do you have a tradie in your life? Come along to Tradie Talk for a chat about how we can take care of ourselves and our mates.

**Tuesday, 12th October**

7.00 – 8.00pm

Online event

Book [here](#) to get the event link.

For more information visit [www.knox.vic.gov.au](http://www.knox.vic.gov.au) or contact Sara Barnes on 9298 8368 or [Sara.barnes@knox.vic.gov.au](mailto:Sara.barnes@knox.vic.gov.au)

## Tradie Talk

Equipping you with the tools to start the conversation and support your mates.

Knox City Council are partnering with HALT (Hope Assistance Local Tradies) to help our local tradies feel supported, start the tough conversations, and know where to turn if they need support.

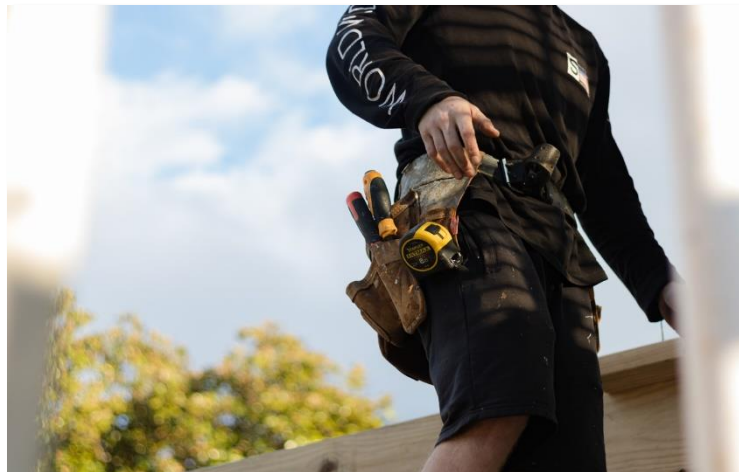


**Jeremy from HALT, a former tradie himself, will be sharing:**

- Being there for your mates, and being a good listener.
- Having the tough conversations. Suicide rates among tradies are some of the highest rates in any group in Australia, let's start talking about it.
- Looking after yourself.
- Where to get help and support.

HALT work across Australia hosting events for tradies and apprentices to raise awareness of mental health and connect people with local and national support services.

We'll also leave time at the end to ask questions and have a chat.



Bookings are essential register [here](#) now!