



## What is HALT?

**HALT** is a registered Health Promotions charity with strong connections to trades and industry. Our team have a lived experience of mental health and suicide.

HALT stands for Hope Assistance Local Tradies and its vision is that every tradie in Australia knows how to look after their mental health and wellbeing.

## Why does HALT exist?



Jeremy Forbes  
Co-Founder

Founded in 2013 after the suicide of a tradie in Castlemaine (VIC), HALT started as a grassroots community response to address what we soon realised was a much larger problem.

HALT knows trade and blue-collar workers are overrepresented in suicide rates amongst an already overrepresented cohort, being men. Suicide awareness charity *Mates in Construction* report losing 190 people to suicide in the construction industry every year.

HALT understands that for some men, the stigma and shame associated in seeking help can be crippling, especially for men typically capable of fixing stuff and making things better.

## What do we do?

### ON-SITE TALKS

These talks are designed to:

- ✓ Reduce the shame and stigma associated with mental health concerns
- ✓ Build participants' capacity to identify risk factors of suicide
- ✓ Provide practical tips on how to have tough conversations & use the word suicide safely
- ✓ Educate and raise awareness about local & national services & support available

HALT delivers on-site health promotion/suicide prevention talks on construction sites, sporting clubs, community groups, men's sheds, and council depots. HALT staff are often talking to people who tell us, *"No one comes out here to talk about mental health or suicide"*.



## What do we do?

- > Overview of the mental health and suicide situation in Australia
- > Impact of life events and social determinants of suicide
- > Skills and knowledge to identify and debunk social myths
- > Simple tailored mental health conversation planning tools
- > Communication strategies for early prevention conversations
- > Connections to local services, supports and resources

## CONVERSATIONS FOR LIFE TRAINING



Contact HALT | Jeremy Forbes



[www.halt.org.au](http://www.halt.org.au)



[jeremy@halt.org.au](mailto:jeremy@halt.org.au)



0409 756 274



## What is it?

**Conversations for Life is an accredited Australian evidence-based early intervention/prevention training program.**

**This 4-hour training is delivered by experienced HALT staff, at a time and location that suits you and your staff.**

## Why does your workplace need this?

*HALT has worked across many council depots in Melbourne and Regional Victoria, with great feedback from management and participants.*

- ✓ **Increase staff knowledge of suicide and mental health and its impacts**
- ✓ **Help your staff understand and recognise the signs and symptoms of someone struggling**
- ✓ **See an increase in skills to recognise when a conversation is required, and if action and referral is needed**
- ✓ **See staff willing to initiate a conversation and act if required**

**“Everyone should do this training!”**  
CFL participant 2024



**For more information or to book your training**  
Contact - Jeremy Forbes



[www.halt.org.au](http://www.halt.org.au)



[jeremy@halt.org.au](mailto:jeremy@halt.org.au)



0409 756 274

