



ORIGIN OF HALT ..In 2013 on a not-so-sunny day, a sad and tragic event affected the lives of two Castlemaine locals. A family lost a loved one, the community lost a valued member and we lost a friend. The ripple effect was huge.



Nature of Business Consulting

A community movement to support our men and women in the farming industry. An event to remind farmers they are valued by the community, and helping them to link into support services, for themselves and for their mates. HALT was born with the support of a concerned community and went on to host the first 'SAVE YOUR BACON' Brekky in Castlemaine, November 2013, for those in the building industry.

We know that social connection is always good for our mental health, but it is the HALT bags that carry the important message to take home. Each bag contains information on mental health, well-being and suicide prevention. There is information on how to manage stress, depression and anxiety and importantly, where to go when you or a mate needs help. Material comes from local health services, as well as bigger national organisations such as Beyond Blue and Lifeline. HALT are not counsellors, but rather, a connection between our farmers and the services that can help. Our role is to help facilitate the spread of information already available.

The 'SAVE YOUR BACON' brekkies have travelled across Victoria, New South Wales, Queensland, South Australia and Western Australia. At last count, HALT had held over 200 'Save your Bacon' events in hardware stores, TAFEs, sporting clubs, secondary colleges, Men's Sheds, the farming and mining communities, corporations and private businesses.



SAVE YOUR BACON BBQ!!



Free Sausage Sizzle lunch and Coffee and Tea

MONDAY 11TH NOVEMBER 11.30AM
6280 Bass Hwy
Inverloch 3966



An Australian Government Initiative



VOYAGE 24/7 fitness