



Gaetan Nemorin and Ross Fairhurst are appearing in 'Out of the Blue' at a theatre night presenting scenarios that focus on mental health issues, particularly depression in men.

Out of the Blue

WITH as many as one in five people experiencing some form of mental health issue in their lifetime, most people will know someone experiencing a mental health issue.

During challenging times, the support people receive from their community is vital.

Professionals believe mental health is about everyone and that together, we can make a difference.

October 5 to 12 is National Mental Health Week.

The theme for this year is "mental health begins with me".

Craig Semple is Senior Pastor at Phillip Island Baptist Church and a part of the Men's Health and Wellbeing Network working together to promote men's wellbeing in the community.

"There are a number of blokes out there who are emotionally doing it hard and yet feel they can't tell anyone that they're not really coping," he explains.

Out of the Blue is a theatre night being presented at the Silverwater Resort from 7pm on October 3 hosted by Bass Coast Health in conjunction with the Men's Health and Wellbeing Network.

Offshore Theatre's Simon Furniss, Gaetan Nemorin and Ross Fairhurst are appearing in the play, presenting scenarios that focus on the mental health issues, particularly depression in men.

The evening is sponsored by Bendigo Bank, and will have political satirist and TV personality Bryan Dawe as MC.

The group has access to a great scriptwriter and documentary maker who are assisting in putting the evening together.

"We want to raise the profile of depression and mental health and give men the confidence to access the relevant services," explains Community Development Worker Gayle Mattsson from Bass Coast Health, chair of the Men's Network.

Drift Media is filming and editing the performance.

"We have been passionately involved in long-term projects which assist communities to build their capacities," says Mike Green from Drift Media. "These projects include the Black Saturday Bushfire Recovery.

"After meeting with the Bass Coast Men's Health Alliance, and a chat with my good friend and talented director, Stig Wemyss, we eagerly took up the challenge of putting on a performance - a totally different way of shining a light on the issue of depression, and men's health in rural areas.

"I was delighted and proud to be asked to be part of Out Of The Blue," explains director Stig Wemyss.

"My experience as a writer and director meant that I was able to craft a piece of theatre that will leave a lasting impression on audiences around the country and perhaps go some way towards enlightening people about male suicide as a result of depression.

"I have been given the opportunity to maybe, in some small way, help lighten that load, and I hope through Out Of The Blue, we are able to do that."

Entry is free. Finger food will be provided and there will be door prizes.

This informative and engaging evening for men and their partners is about making mental health matter.

Bookings are essential.

Contact Gayle Mattsson on 0499 373 643 (text or ring) or email gayle.mattsson@basscoasthealth.org.au