



To Sizzle A Sausage

RGH STYLE!

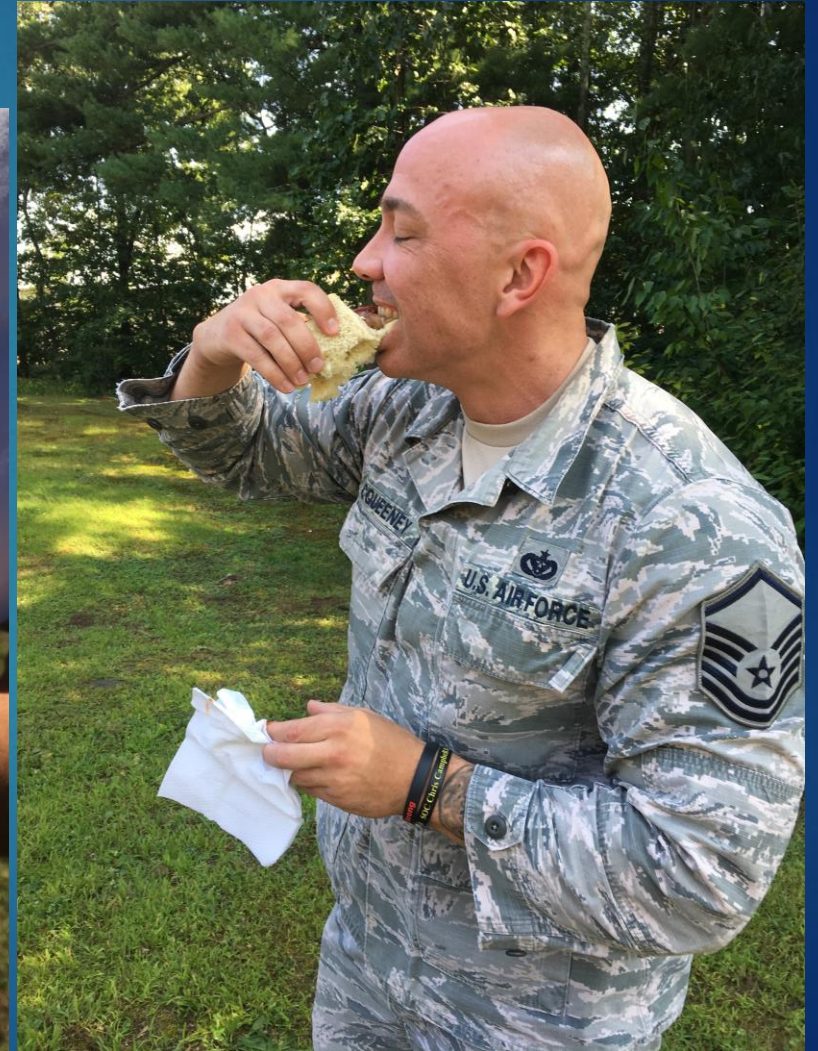
First we needed food donations.....



Then a little prep time...



Then these boys needed to learn to eat...Aussie style!



We collected data...of course



Then literally fed an army...



Anzac did his bit..



And we had just a little too much fun!



Questions and Response Categories



How Do You Define Mental Health?

- ▶ **Mental/Emotional Stability (11)**
- ▶ **Well-being (5)**
- ▶ **Other responses related to: self-awareness, positive outlook, support, balance and resilience**
- ▶ **Examples:**
 - State of emotional, spiritual, and physical well-being
 - Self awareness and inner peace
 - The ability to find balance and resilience in life
 - The ability to function in most environments (work, family, socially) while keeping sane



What Are You Better Able To Do Now To Support Others' Mental Health?

Listen (6)

Support (6)

Other responses related to: ask questions, understand, empathize



Examples:

- Be there to listen to them
- Be a shoulder to lean on
- Have better tools to engage and assist
- Ask questions
- Recommend the appropriate resources to them
- Spot when they may need help

What Can Our Community Do To Better Support Service Members?

Support (7)
Services (5)

Other responses related to: resources, education and awareness of veterans' issues



Examples:

- Create more support groups
- Better educate themselves about our role
- Not punish for personal struggle
- Easier access to mental health professionals
- It's just the little things that can go a long way.
- Aid for family members while member on deployment

Why Is It Difficult To Have A Conversation About Mental Health?

Stigma/Fear (16)

Judgment (9)

Weakness (8)

Personal issue (7)

Lack of understanding (7)

Other responses related to: job, vulnerability, pride, embarrassment, difficult to self-assess

Examples:

- The stigma behind mental illness
- Judgment and don't want to worry other family members
- Makes you feel weak
- It will hurt your job
- You don't want to be a burden on someone

