



ARE YOU BOGGED MATE?

Country blokes are facing challenges like never before but it doesn't mean you need to get stuck in the mud.



**Join us for
complimentary
Breakfast at BMO
Thursday 4 October
7.30-9am**

**Featuring special guest speaker Mary O'Brien,
founder of 'Are you bogged mate?'**

Mary is a passionate advocate for agriculture and was raised on the land. She understands the diverse challenges faced by the rural sector. After spending her whole life working in rural and remote Australia, Mary knows country blokes. She's worked with them, for them, and beside them and mostly importantly she knows how to talk to them. This unique perspective inspired the launch of 'Are you bogged mate?'

It all started with an article which spread far and wide gaining international attention. The topic struck a chord, and highlighted that while there are services available for suicide prevention, there is a disconnect in the way depression is being communicated to country men.

'Are you bogged mate?' aims to boost awareness and start a conversation with the broader community about the rising issue of depression and suicide rates among men in rural areas. Confronting the challenges that country men face on a daily basis, talking about mental health, and lighting the path to support.



[RSVP to chelseaw@bmo.com.au](mailto:chelseaw@bmo.com.au) by Monday 1 October.
**This FREE breakfast will be held at the BMO Conference Centre,
178 Drayton St Dalby (access via Hogan St).**