

MEDIA RELEASE



Thursday, 11 April

RAMHP announces NEW Ambassador - television and radio personality Gus Worland

The Rural Adversity Mental Health Program (RAMHP) is delighted to announce Australian television and radio personality Gus Worland as a new Ambassador for the Program. ([Watch the video here](#))

RAMHP Program Manager Tessa Caton said we know that men living outside of major cities are at greater risk of suicide than those living within major cities. Research also tells us that males are less likely to seek professional help and to use services for their mental health problems, compared to females.

“Gus’s high public profile and his genuine interest in men’s mental health and reducing stigma made him a highly sought-after Ambassador for our program. Men’s mental health is one of our key priority areas and we know rural communities will resonate with his warm, down-to-earth personality and his passion to make a real difference in mental health.

“Gus also clearly understands the disparity between the city and rural areas and is keen to help close the gap,” Tessa said.

Best known for his series of television programs “An Aussie Goes” and more recently in his role as co-host of Triple M’s breakfast show, The Grill Team, Gus was also seen in his new ABC TV series Man Up, which aired in October 2016 and can be seen on iView. Man Up is an exploration of modern masculinity and men’s mental health issues – challenging masculine stereotypes, getting men better connected and breaking the silence around suicide.

“We need to continue to break down the stigma and make people aware of where they can get help and that it is OK to ask for help,” Gus said.

“It’s about ensuring that everyone has someone they can talk to about anything at any time and knowing they are not going to be judged. Having a friend or set of friends that they can talk to about absolutely anything at any time. Being able to be honest and vulnerable knowing they are safe, loved and respected.

“Programs such as RAMHP are really important as they have people on the ground who live and work in rural communities, who have local knowledge of information and appropriate services and who can relate to rural people” he said.

RAMHP plans to grow the Ambassador Program over the coming months to increase awareness about not only RAMHP, but to reinforce the importance of getting help when it’s needed. To find out more about RAMHP’s Ambassador Program, contact RAMHP on 6363 8444.

To find a RAMHP Coordinator in your local area or find out more about RAMHP, visit ramhp.com.au or email ramhp@newcastle.edu.au



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If you have any concerns about yourself or a loved one, please contact the **NSW Mental Health Line on 1800 011 511 (free call for landlines)**, the **Alcohol and Other Drugs Information Service (ADIS) 1800 422 599** or call **Lifeline on 13 11 14**.

For best practice guidelines on Mental Health and Suicide Reporting, visit: <http://www.mindframe-media.info/>

About Gus Worland

Gus Worland is an Australian television and radio personality, best known for his series of television programs “An Aussie Goes” and more recently in his role as co-host of Triple M’s breakfast show, The Grill Team since 2009. Outside of his radio commitments Gus can currently be seen in his new ABC TV series Man Up, which aired in October 2016 and can be seen on iView. Man Up is an exploration of modern masculinity and men’s mental health issues – challenging masculine stereotypes, getting men better connected and breaking the silence around suicide.

After the success of Man Up, Gus has started a foundation called Gotcha4life (Gotcha4life.org). After hosting ABC’s Man Up documentary and losing a very close friend and life mentor to suicide, Gus wants to make a difference. Gus’s goal is to shift the relationship between current masculine norms, including stoic beliefs and suicide. To discover the secrets for men to survive in the modern world, Gus wants to help and support people who are making a difference, saving lives and redefining what it really means to be a man today.

About RAMHP

RAMHP is a major program of the University of Newcastle’s Centre for Rural and Remote Mental Health, in partnership with each of the rural NSW Health Districts and is funded by the NSW Ministry of Health.

The aim of RAMHP is to connect rural and remote people to appropriate mental health support. RAMHP achieves this through training workplace and community members to recognise and provide support to someone who they think may be experiencing a mental health problem; informing and raising awareness around mental health and wellbeing; responding in times of severe adversity, such as drought; and partnering with services and organisations’ in rural NSW to increase RAMHP’s impact in rural communities.

The program currently has 19 Coordinators across the state who live and work with rural communities and agencies connecting people in need to appropriate mental health supports.

In 2018, RAMHP helped 3,385 people find the right type of support and trained 9998 people to look after their mental health and to support others. The latest 2018 RAMHP Annual Report provides a good overview of the program -

https://www.crrmh.com.au/content/uploads/sites/3/RAMHP_AnnualReport_2018_FINAL_Web.pdf

To find out more – head to www.ramhp.com.au

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MEDIA CONTACT: Jocelyn Johnston | Communications Coordinator
T: 6363 8444 E: jocelyn.johnston@newcastle.edu.au

PO Box 8043 Orange East NSW
2800



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