

# YOU'RE INVITED



# SAVE

## YOUR

# BACON

## BRING A MATE

RAISING AWARENESS OF ANXIETY, DEPRESSION  
& WELLBEING IN THE TRADIE COMMUNITY



Master Builders Victoria, Bunnings Warehouse & HALT warmly welcome you to a SAVE YOUR BACON brekkie.

Join us for a bite to eat and be part of the conversation on improving mental health and wellbeing in your workplace.

Understand more about:

- How you can tell when someone's not coping,
- How you can help a mate in distress,
- Simple strategies to feel better when you are struggling and where to get help when you need it

Together we can make sure every tradie in Australia knows how to look after their health and wellbeing,

### Event Details:

**Where:** Bunnings Cragieburn  
**Address:** 700 Hume Highway, Cragieburn VIC  
**Time:** 6:30am Wednesday 19th May  
**RSVP:** 14th May

[Click here to register now](#)

Register via the events page on the MBV website:  
[www.mbav.com.au](http://www.mbav.com.au)

HOPE ASSISTANCE

# HALT

LOCAL TRADIES

**BUNNINGS  
TRADE**

**MASTER  
BUILDERS  
VICTORIA**