



Want to make a Donation?

MRSPAG is a registered charity.  
 All donations are tax-deductible.  
 If you would like to make a donation,  
 please deposit funds to  
**BSB: 633 000 A/C: 154 870 760**  
 or email [info@mrspag.com.au](mailto:info@mrspag.com.au)

### BECOME A VOLUNTEER

MRSPAG is currently seeking volunteers,  
 If you have a passion or interest in  
 suicide prevention, we  
 would love to hear  
 from you.



MRSPAG welcomes  
**NEW MEMBERS** if you  
 would like to be involved  
 please email  
[info@mrspag.com.au](mailto:info@mrspag.com.au)

### Some ways you can volunteer are...

- Join our committee and become an active voice for change in our community.
- Helping at events in ways that suit your skills and availability.
- Assisting with the planning of our annual walk.
- Brainstorming ideas for events and growth in the community.
- Assisting with digital communications, marketing and content.
- Liaising with media regarding MRSPAG and upcoming events.
- Grant writing and sourcing for extra funding.



MRSPAG is made up of **community members** with lived experience and representatives from local service providers who work together to prevent suicide in the **Macedon Ranges**.

### MRSPAG Contact details

- ✉ [info@mrspag.com.au](mailto:info@mrspag.com.au)
- 🌐 [www.mrspag.com.au](http://www.mrspag.com.au)
- 📘 MRSPAG
- 📷 @mrspag.com.au



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MRSPAG's work is guided by the Macedon Ranges community.

### The three community priorities are:

- 1) Raise awareness and reduce stigma  
MRSPAG shares information online and at community-run events.
- 2) Advocate for better mental health services in the Macedon Ranges Shire.

MRSPAG has a strong voice in advocating for better services for our community.

MRSPAG advocates funding a community and peer support service for suicide ideation in the Macedon Ranges.



"We're here to increase **community** understanding of **mental health**, whereby we all keep an eye out for those **needing assistance**, and it is okay for any of us to ask for help."

- 3) Build support for individuals with suicide ideation and parents, carers and friends affected by suicide.

MRSPAG delivers and promotes locally available training to build the capacity to support those who may be thinking of suicide or struggling with mental health.

MRSPAG runs Peer Support groups for those bereaved by suicide. We gather monthly via a mixture of in-person and online meetings. View our calendar via [mrspag.com.au](http://mrspag.com.au)

### How you can get involved

- Join us for our annual walk in September to honour our loved ones affected by suicide and those lost to suicide.
- Share our messages and help advocate via social media.
- Come along and bring a friend to one of our training sessions.
- Complete an online suicide prevention training module.
- Promote the Peer Support group for people bereaved by suicide.
- Volunteer with us.

