

First Grit and Resilience 'Heartbeat' starts in July

Wangaratta Chronicle · 30 Jun 2021

PLANS are in motion for the Wangaratta Grit and Resilience Program's first 'Heartbeat' in July, which will let the community know what's happening and how to get involved with the initiative.



The program's Heartbeat framework, which was presented to the community in November, outlines how Grit and Resilience will support the community to deliver activities that build positive mental health and wellbeing in the Rural City of Wangaratta.

Through the framework, the Grit and Resilience team will connect with the community every three months.

During July's Heartbeat, action plans for the program's three priority areas - creating connections, including and involving, and postvention - will be available to view, and people will have the opportunity to register their interest in participating.

The plans are available to access on the Grit and Resilience website (<https://www.wangaratta.vic.gov.au/residents/grit-resilience>), on social media, and via a QR code displayed in local media, as well as in community venues and on noticeboards around the municipality.

Hard copies of the action plans will be available at the Wangaratta Government Centre and Wangaratta Library, and can also be downloaded from the website.

For those who would rather meet the team in person and have a chat about the action plans and ways to participate, there will be an option to enjoy a cuppa and chat.

From July 10, the team will be visiting community groups, local organisations and townships within the municipality, with locations and times to be announced on the website soon.

“We are encouraging our community members to view the action plans and to get involved,” Bek Nash-webster, Grit and Resilience Program coordinator, said.

“Together we can improve connection and inclusion in the Rural City of Wangaratta and support positive mental health and wellbeing.”

The Grit and Resilience Program is a four-year program aiming to take a community-driven approach to better understand and address mental health and wellbeing in the Wangaratta municipality.

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