



# Interview Call Out

## 'I found support that worked'

### A little bit about us.

[Doing It Tough](#) is a website created for men in NSW to find local support when they are doing it tough. We understand that there are many factors that lead to men doing it tough. Our goal is to make it easier for them to find the right support for their situation. That's why the website has been designed to connect men with community led services, based on where they live, the challenges they face and the type of support they want.

The Doing It Tough website lists 150 local organisations and services that support men with:

- Addiction
- Relationship challenges
- Financial difficulties
- Abuse or violence
- Job-related challenges
- Mental health challenges

Funded by [NSW Health](#), the [Doing It Tough](#) website was created by [Suicide Prevention Australia](#) in partnership with [Australian Men's Health Forum](#) in consultation with people who have a lived experience of suicide and mental health.

### About the campaign.

Following the success of our 'I found support that worked' campaign, Doing It Tough is looking to interview five men for a series of blogs that share their stories of how and when they sought support.

The 'I found support that worked' campaign was designed to inspire men who may be struggling to reach out for support by sharing John, Dave, Harry and Russ's stories via video during Men's Health Week and International Men's Day ([watch here](#)). In continuing this theme we want to highlight men's stories of lived experience. These interviews will then be shared on the Doing It Tough website and across Suicide Prevention Australia's social media channels in bite sized pieces.



## What we are looking for.

We are looking for four to five men in NSW, who have unique stories about a time in their life when they reached out for support, that they feel comfortable sharing. Challenges spoken about may include abuse or violence, addiction, financial difficulties, job related challenges, mental health challenges or relationships.

Involvement in the campaign would be paid, at \$50 an hour. You would have to participate in an introductory phone call (roughly 15 minutes) and an informal online interview (30 minute) with Suicide Prevention Australia.

## Get in touch.

If you are interested, please reach out to Georgina Beasley, Communications Manager at Suicide Prevention Australia with the following information:

- Name
- Phone number
- Town and postcode
- A brief description of a time in your life you reached out for support.

Email: [georginab@suicidepreventionaust.org](mailto:georginab@suicidepreventionaust.org)

Subject heading: Doing It Tough - Interview Call Out

## Thank you.