

# The holistic approach to mental health and the project that could make a difference

The Sam Project is returning to the Snowy Monaro, visiting Cooma to boost awareness of mental health and how to improve it.

"We love people, we care about people and together we are going to try and help as many people as we can," Scott Harrod said.

The Sam Project was created by Scott and Florence Harrod who sold everything they owned including the family farm, undertaking a big hearted journey around Australia in an expedition truck named Sam.

The project started from their passion for helping others and the courage to following their heart true desire.

With a holistic approach to mental health, The Sam Project will deliver a community event on Thursday

September 14, at Cooma Bowling Club from 6pm to 8pm. Welcoming anyone and everyone from across the Snowy Monaro; community groups, sporting groups, schools, businesses, charities - this is a great opportunity to join the talk that could make a difference.

In conjunction with the community session, The Sam Project will facilitate an educational session at MHS on Friday September 15, including interactive activities for the students to be a part of.

The Sam Project will also be setting up their mobile cafe outside MHS on Friday morning, offering everyone the chance to drop by and enjoy a morning coffee.

So far the Harrod's have spoken

to thousands of Australians, with a focus on people living in rural and regional Australia. After a successful visit to Bombala in May earlier this year, The Sam Project aims to raise public understanding of mental health issues and empower all Australians to live mentally and physically healthy lives.

The Sam Project is also a mobile cafe, providing a comfortable environment for people to talk in a safe and relaxed manner. Scott and Florence provide fun yoga and exercise classes to help foster the link between physical and mental health.

To enable the Sam Project's vision to be

realised, the Harrod's have partnered with Black Dog Institute who are recognised as pioneers in the identification, prevention and treatment of mental illness and the promotion of wellbeing.

Scott said many people they had met along their journey had jumped at the chance to stop by for a coffee and have a chat about mental health issues.

"It is incredible how many people know next to nothing about mental illness," he said.

"We don't solicit the conversation, people just come and talk to use

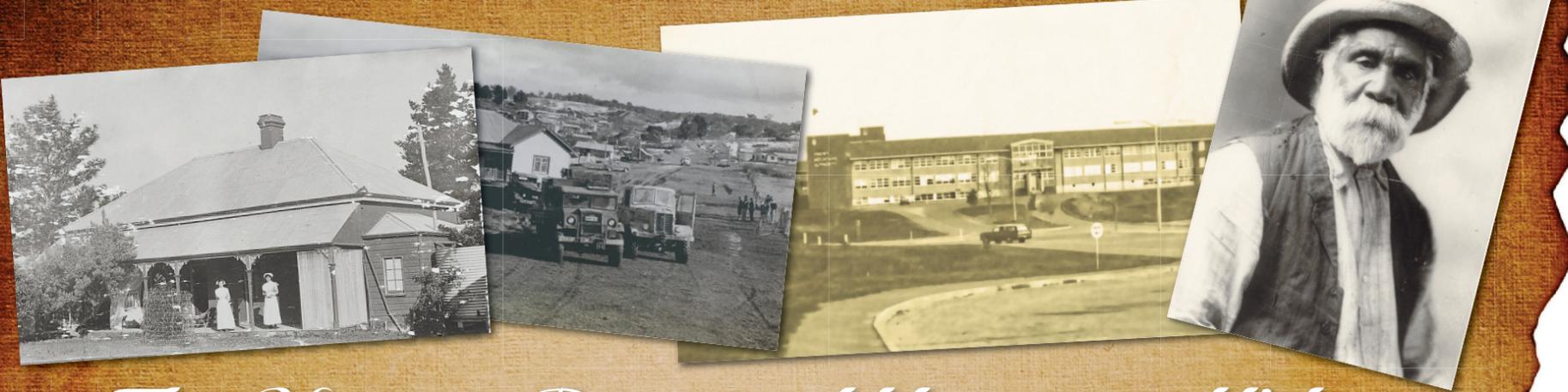
and really we just provide the opportunity."

For more information about The Sam Project, how to support Scott and Florence and how to make a kind contribution to this important cause, please visit The Sam Project website.

Follow Scott, Florence and Sam's adventure to learn more about Black Dog Institute and the beautiful work they do at <https://www.facebook.com/samproject2016/>



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