



Men's Resource Centre officer Bruce Beamish with the Act-Belong-Commit award.

Picture: Malcolm Heberle

# Pit stop for men wins second partner award

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ALBANY Men's Resource Centre has again been recognised for helping keep Great Southern men healthy through their regular Pit Stop Wellness Checks.

The centre has won the Act-Belong-Commit partner award for the second year in a row for its health check-ups and annual Fun Run and Family Walk.

Centre resource officer Grant Westthorp said the award was a great recognition of the work the

men did in the region. "We're trying to change men's attitude towards mental health, getting men to understand that there's nothing wrong with sharing their emotions," he said.

"Farmers, for example, are more likely to have a check-up for their tractor than on their own health."

Mr Westthorp said the centre has helped about 700 people in the past year and aimed to remind Great Southern men that depression is a disease that can be treated.

As well as taking a look at mental health or "shock absorbers", the Pit Stop Wellness Checks carried out with local businesses and community groups included a "chassis" check, where circumference is measured, and an "oil pressure" check.

The awards were presented by Mental Health Minister Helen Morton in Perth last week.

Other winners announced included the City of Rockingham, Cooinda Primary School and Sculpture Personal Training's Amer Khan.