



Carpe Diem is a contemporary portrayal of every day Australian males dealing with issues of health, grief, loss and depression. Touring regional and remote Australia since 2015 anecdotal evidence tells us that we are helping save lives.

Written by playwright, **Megan Rigoni**, ***Carpe Diem*** is a highly entertaining live theatre event addressing *suicide prevention*. It stresses the importance of professional care in times of crises and the importance of mate ship and looking out for each other.

With performances by actors such as **John Wood** (Blue Heelers), **John Walker** (Full Frontal) and **Chris Pidd** (actor/community devt. specialist), the response to the play has been genuinely moving with the success of ***Carpe Diem*** being attributed to:

- the play
- the excellent performances
- the Q&A facilitated by **Chris Pidd** (trained in Suicide Prevention)
- the meet and greet afterwards

Evidence from Lifeline Australia and Beyond Blue tell us that rural areas have a higher incidence of depression and suicide arising from unique social and environmental factors not experienced in urban communities. This is keenly evident in farming communities that have been impacted by drought and fire.

Carpe Diem is designed to educate audiences to:

- be proactive and mindful of their mental health
- seek professional help when needed
- talk to friends, family and colleagues about feelings of vulnerability, grief and loss
- accept that life can be difficult but in time will improve
- break down the stigma associated with suicide and mental illness
- support family and friends in their mental health journey

Carpe Diem is easily performed in your community venue, large or small. We tour with a team of three, carrying sets and all AV technical equipment. Bump in is under an hour. The performance time is 45 minutes with the Q&A up to 30 minutes. Afterwards the actors are available for a meet and greet which is always popular. The actors are also available for before and after show opportunities such as BBQ's, suppers or to pop in to the local Men's Shed.

We look forward to working with you to present *Carpe Diem* in the community you care about.

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