



MEDIA RELEASE
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Another significant tree for Barcaldine

Another tree of significance will be added to the Barcaldine landscape this Friday, with the painting of a Blue Tree to create an eye-catching reminder about the importance of caring for our own, and each other's, mental health and wellbeing.

The Barcaldine community will gather with brushes and plenty of blue paint to transform a dead tree near the Melaleuca Road Truckstop into an ongoing symbol of hope for those struggling with mental health.

This will be an intergenerational community event, with people of all ages joining in the painting. "There will be kids from the local schools, council workers, and the 60s and Better group painting together for the good of the community's wellbeing," says Andy Gore from Outback Futures, who is coordinating the project with RESQ, as part of Barcaldine Region's Head Yakka initiative.

"It's really significant when a community works together to help reduce stigma around mental health challenges," Andy says. "It helps break down barriers and creates an environment where people feel safe talking about mental health, and asking for help."

The tree was chosen as its location on the Landsborough Highway ensures it will be highly visible to lots of people.

"It's important for all of us to care for ourselves and others. Driving past the Blue Tree can be a reminder for someone to check in with a mate, or it could prompt someone to reach out about their own mental health struggles," Andy says.

The Blue Tree Project is spreading a positive mental health message around the globe, with 524 Blue Trees in Australia, New Zealand, UK, Germany and USA.

"It's exciting being part of a global movement, and it's great to see the Barcaldine community making a highly visible statement that they value mental health and wellbeing, and are participating in a broader national mental health and wellbeing conversation," says Andy.

Everyone is invited to help paint the Blue Tree this Friday 6 November 9.00-11.00am with morning tea served 10.00-10.30am. Plenty of paint and brushes will be available for people to use!

More information:

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