



Giz A Break

PLAIN TALK

17-25 YEAR OLDS
FROM HAY, HILLSTON OR
SURROUNDS

IF YOU'RE STRUGGLING WITH
MENTAL HEALTH, THIS MIGHT BE
FOR YOU.

HAY : HILLSTON : BOOLIGAL

WHY?



We know from our work with the Hay community over the past six years that young people struggling with mental health have very little access to mental health support locally, particularly if they're really unwell. We've come across young people who we thought would really benefit from more intensive supports. We've asked young people and parents from the region what would work, and with their input, we've designed a program for **17-25 year olds living in Hay Shire and Carrathool Shire who live with depression, anxiety, complex trauma, or who have attempted suicide in the past or are at risk of suicide.** It's a one off, 10 month program for 9 young people - and if it is useful, hopefully it's the start of something bigger.



IT'S NICE TO SEE YOU'RE CURIOUS.

Maybe you're about to make a courageous decision to try something new. Maybe you'll eventually decide to share your story with people you'll meet on this program, and maybe you'll feel better after completing this program. Of course, there are no guarantees for that, but if you decide to participate, we'll do our best to make it useful for you - and we're sure you will, too. Project : Plain Talk is about finding trust in yourself and others, and we know that can be really difficult at first. We've been in that position ourselves before, and we know most of you feel like that at the start, too. We won't presume that we know what's happening inside you. You're you, and if you participate, we promise that we'll meet you where you're at.

WHAT'S INVOLVED?

Ok, elevator brief: There are only nine spots in this 10-months program, and it's totally free. It kicks off on 2 September with a 4-day camp. There are three more 4-day camps in December, March, and June. In between these, we'll organise 1:1 catch ups with our social worker by video-link. They last about one hour, and happen once a fortnight. We'll also come up to Hay four times over the course of the project to catch up F2F with you all. On the camps, we'll be travelling to magical destinations across Victoria such as the high country, the sandy deserts along the SA border, and the Grampians. We provide absolutely everything - you just need basic clothes, a pillow, and a drink bottle. We pick you up from Hay and drop you back, too.

WHAT ARE THE DATES?

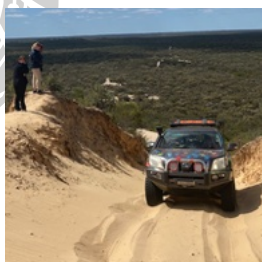
Jul-Aug 25	Registrations are open. We'll come to Hay on 20 August for an evening so you can meet us.
Sep-25	First camp (VIC Deserts) from 2-5 September. We'll also arrange for your first 1:1 catch up.
Oct-25	You'll have two 1-hour 1:1 catch-ups with either Dallas or Zonk. We'll come up to Hay for an evening meeting, too.
Nov-25	You'll have two 1-hour 1:1 catch-ups with either Dallas or Zonk.
Dec-25	Time for camp 2 to the high country (2-5 Dec)! You'll also have your usual 1:1 catch-up later that month.
Jan-26	You'll have two of your usual 1-hour 1:1 catch-ups. We'll come up to Hay for an evening meeting, too.
Feb-26	You'll have two of your usual 1-hour 1:1 catch-ups.
Mar-26	Time for camp 3 to the Grampians (17-20 March)! You'll also have one of your usual 1:1 catch-ups earlier that month.
Apr-26	You'll have two of your usual 1-hour 1:1 catch-ups. We'll come up to Hay for an evening meeting, too.
May-26	You'll have two of your usual 1-hour 1:1 catch-ups.
Jun-26	Time for camp 4 to the Wonnangatta Valley (2-5 June)! You'll also have your final 1:1 catch-ups later that month.

START



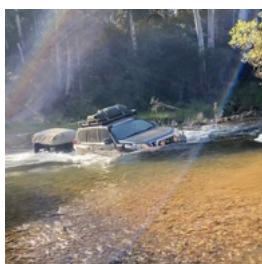
WAIT – WHERE WE GOING?

Yup, your hunch that this isn't like a school camp or similar is right. It's also not a boot camp either (far from it). The camps are heaps of fun, and you'll have a lot of freedom. You'll sleep in one of our high quality swags and we'll provide you with a warm sleeping bag, too. The itineraries are remote 4x4 off-road adventure based, with plenty of opportunity for activities along the way - maybe a shower under a waterfall, a jump from a rock into a crystal clear creek, fishing for trout, or checking out amazing rock art, or climbing up steep rocky outcrops. And there might just be a bit of karaoke around the campfire... One thing is for sure - a decent campfire is a must at night! We'll pick you up from Hay with our 4x4s, all the food and camping gear is provided (all you need are basic clothes, a pillow, and a drink bottle).



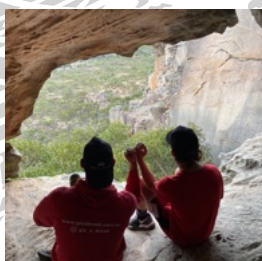
VIC Deserts *2-5 September 2025*

We kick off with this off-road journey through Wyperfeld National Park and Big Desert along the SA border. Super tall sand dunes and remote camps await. If we get decent spring rain, the tracks on the clay pans become a mud-fest and the wild flowers cover the ground - if there's no rain, well, then the dunes' sand is deep and soft and heaps of fun!



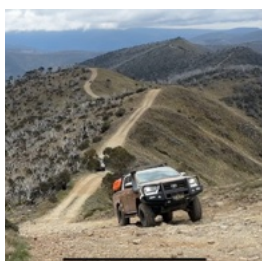
High Country *2-5 December 2025*

Mountain peaks with magical views, waterfalls, and swims in crystal clear creeks are in store. The 4x4 tracks are heaps of fun - steep mountains, secluded gullies, and river crossings. If you've watched Man from Snowy River, that's what it's like. We visit Craig's Hut along our way, too. Oh, and trout fishing is awesome!



Grampians *17-20 March 2026*

Gariwerd (Grampians) has some of the best short and fun hikes on offer anywhere in Australia. There are some intense 4x4 tracks, too. About 80% of Victoria's Aboriginal rock art is found here. This place is just breathtaking!



Wonnangatta *2-5 June 2026*

This one is for the 4x4 enthusiasts - we hit iconic tracks like Blue Rag Range Track and Basalt South Track, and camp in the remote (and mysterious) Wonnangatta Valley. With a bit of luck, we'll even get a dusting of snow on the peaks!

WHO ARE GIZ A BREAK?

We wrap a social and youth work approach into an off-road touring format that's both heaps of fun and impactful. We've supported young people in Hay and Shepparton for six years now. Head to www.gizabreak.org.au to find out more about us. Here's the team you'll meet on this program.



Dallas

If she was an animal: Lorikeet.

She knows a bit, Dallas does. She's survived significant depression in her teens, overcame bullying, and came back from essentially dropping out of the education system. Fast forward a decade, and at not even 30 years old, Dallas is an accredited social worker, diploma Youth Worker, holds advanced four wheel-drive operator qualifications, and is also a qualified wilderness first aider. Her brain has a fascinating capacity to absorb irrelevant facts, and her trademark laugh is contagious.



Brendan

If he was an animal: Wombat.

With massive outdoor education experience under his belt, a curious nature, and a "getting things done" approach to the practicalities of camping, Brendan is also our entertainer - stories, riddles, and always a cheeky smile. He also runs a small farm (cropping, cattle, chooks, and shooting foxes). We think that if Brendan were an animal, he'd be a wombat - likes to be busy, goes about his business efficiently and directly, friendly, and curious.



Zonk

If he was an animal: Meerkat.

Used to work in the healthcare industry but after a bout with anxiety decided to do what he loves and set up Giz A Break in 2019. He loves off-road touring with his family and riding his DRZ400 through the high country. We reckon that if Zonk was an animal, he'd be a meerkat - always on the lookout for shiny new things, maintains complex social networks, and struggles to sit still. If you have any questions about the project, give him a buzz or text on 0401 833 110, or email him on zonk@gizabreak.org.au.



PLAIN TALK

Register



Website



We gratefully acknowledge Murrumbidgee Primary Health Network, who have provided us with a grant under the Australian Government's Psychosocial Support Program to deliver this project.