

Join Psychs on Bikes in:

# HOW ARE YOU TRAVELLING?

MENTAL HEALTH MOTORBIKES AND ADVENTURE

## PRESENTING PSYCHS ON BIKES DOCUMENTARY

14 Mar 2023  
5.30-7pm



@ Huonville PCYC  
Training Room 4  
(Upstairs)

Brought to you by



The outback may be a strange place to see a cavalcade of leather-clad, motorcycle-riding mental health professionals, but there's nothing ordinary about this nomadic gang.

United by a love of riding and a passion for mental health, Psychs on Bikes is on a mission.

Each year, they take to the road to travel to rural and remote communities to raise awareness for mental health and to offer free health checks to target the 'four silent killers': hypertension, diabetes, depression, and alcohol.

Sydney psychiatrist, Dr Joe Dunn, founded Psychs on Bikes on a personal mid-life crisis and a joy ride across the Nullarbor to discover a real need for a national 'mental health charity'.

Since forming in 2010, a growing crew of psychologists, psychiatrists and mental health professionals have extended Psychs on Bikes membership across three states.

To date, they have collectively completed thousands of one-on-one health checks and travelled over 40,000km - equivalent to the circumference of the equator. This year they intend to clock up some serious distances to add to their

impressive tally by circumnavigating Australia.

Outback Australia is known for its rugged landscapes and the people pride themselves on their 'tough guy' resilience... but it's also sadly known to have the highest suicide rates in the country, particularly for men.

So when 'Psychs On Bikes' roll into town it can potentially start a life saving conversation.

Through these conversations we hear the many stories that have shaped the lives of people living in remote environments, and what lies ahead in an ever-changing world.

**The documentary is both an epic 'road trip' and a 'mental health' mission that ultimately challenges us to think about our own mental health... and to ask the simple question "How are you travelling?"**

**[www.psychsonbikes.com](http://www.psychsonbikes.com)**