

## **NEED HELP and SUPPORT NOW?**

**Full disclosure: for five years now Shan has donated 100% of her time > the last 2 years of which have been spent attempting to secure either federal or state funding and/or support to develop and grow the life-saving conversations that are happening daily within the SITC community.**

Please know: Shan does NOT (and never will) claim to be a “service” or expert. She is simply a recovered alcoholic who recognises the enormity of the gap in services and support to her ‘demographic’ of full time working rural and remote Australians who cannot afford (either financially or time-wise) to leave their businesses, families, farms (etc.) to access support or who cannot access confidential support locally in their home towns or communities where anonymity is not possible and therefore ineffective as a model.

Shanna’s self-created “role” is in advocacy, awareness, and in driving conversations to close this gap and to collaborate with existing organisations to be part of the solutions that prevent alcohol related illness, injury, and death. She is doing this through conversations within her rapidly growing Sober in the Country community which is now “home” to over 300 rural professionals in a private group and another 10,000 people across social media channels.

**If you are a working rural Aussie and you identify as rural or remote you are MOST welcome to come join this private support page: <https://www.facebook.com/groups/1721041648016866/>**

This group has been volunteer-run for the past 2 years but due to rapid growth and demand, will be a member based paid group by Christmas. Shanna is 100% committed to retaining the integrity and focus of a group that allows rural and remote people a safe community with which they identify completely.

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**FOR ALL OTHERS Shan is working on an exciting development which will be announced later in the year**

**Free current resources available for others include:**

**Hello Sunday Morning’s APP: ‘DAYBREAK’ <https://www.hellosundaymorning.org/daybreak-int/>**

**AA Australia has excellent info + suggested literature: <https://aa.org.au/new-to-aa/>**

**For the family of those battling addiction: <https://www.al-anon.org.au/>**

Also: PLEASE take the time to scroll through Shan’s social media including her interviews, previous posts and frequent Facebook videos.

She is sharing information NON-STOP and most of what she is asked will be found online at her sites.

Shan BEGS you: if you are concerned you’re in real trouble – please go see your doctor immediately, and do not settle for what doesn’t resonate if you continue to hear you ‘look okay’.

Want to help? Visit our “collaborate” section on the website – or if you can, just share our posts and information. Because there are too many people who still think they are alone.