

- ❑ **Artist Name:** Mal Brown
- ❑ **Track Name:** G'Day Me Mate
- ❑ **Track Length:** 1:40
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- ❑ **Writer/s Name/s:** Mal Brown
- ❑ **Album Name:** G'Day Me Mate
- ❑ **Album Label & No:** N/A
- ❑ **Facebook:** <https://www.facebook.com/profile.php?id=100077451074063>
- ❑ **Youtube:** <https://www.youtube.com/watch?v=C15zIMlkyA>
- ❑ **Apple Music:** <http://itunes.apple.com/album/id/1611538021>

### ***DD806 - Mal Brown - G'Day Me Mate***

My background is in safety, and I had many years as an emergency and rescue operator and have come into contact with mental health in various ways in all my roles.

Mental Health is a real battle for many. It is a struggle in many ways and can put people in dark places where they sometimes cant get out from. For some, all it needs is an old friend or mate to check in and say G'Day. I wrote this song, which is sung by a good friend of mine, Kerry Bensted, to help awareness and just make sure you check in:

"Say G'Day - Just Checkin In".

I've lost some good mates, and i know of others that have been very close to being lost.

These songs are written to help those with mental health issues to let them know they are not alone, but for others to make sure they check in with their mates, friends and family and even strangers. All it takes sometimes is to say G'Day and Check in with your mates.

This is my way to get the message out.