

# Paul Harris Fellow - Michael Simmons

Michael Simmons, you were born and grew up in England, you loved your family, and your local football before playing tennis professionally then coaching it on the French Riviera.

Ultimately you trained in Switzerland as a chef and hotel manager. A career as a hospitality professional ensued. This led you to Australia, working on the Gold Coast and in Sydney before settling on the Mornington Peninsula with your wife and family.

In around 2018 touched by suicide and not wanting to be at another funeral and saying, "**what else could we have done?**" Mick you were determined to do something positive. In fact you had a single minded vision to make something happen.

At first you worked in the Mornington Peninsula community creating awareness about Suicide Prevention working with the mental health NFP, **HALT**. (Hope Assistance Local Tradies)

After a while though, you figured out that creating awareness was not enough.

What else could you do? You wanted to **help people, help others.**

You established the Mental Health Safety Net born out of a passion to give people the tools to help them do more if someone they knew was suffering mental health issues.

This is not about teaching people how to become mental health carers, but teaching them to know what to say and how to get those people the help they need.

To quote your website ***"Mental Health Safety Net is a charity set up to provide suicide prevention education on the Mornington Peninsula. Our mission is to equip people with the knowledge and tools to be able to look out for and assist any people in our community that may be struggling with mental health issues or suicidal thoughts."***

***"Our aim is to reduce the number of suicides in the community by working with business, community, schools and sporting clubs."***

Mick you created an organization out of a vision. People are inspired by you.

Your recognition of a societal problem and successfully doing something about it is to be commended.

The Rotary Club of Mount Martha thanks you for your initiative and achievements.

**The Rotary Club of Mount Martha hereby recognizes  
Michael Simmons as a Paul Harris Fellow  
Doing good in our world**

PP Roger Annear  
Rotary Club of Mount Martha  
01/07/2024