

# YIRRA KOORL

## looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - DECEMBER 2018

During the Kambarang season, we see an abundance of colours and flowers. The yellows of many Acacias abound, along with Banksias and other smaller flowering plants. One of the most striking flower displays will be the 'Mooja', or Australian Christmas Tree (Nuytsia).

As we move into the festive season, we need to be on the alert for those who are vulnerable and may be struggling. We should keep a watchful eye and support them to reach out and access support if needed.

It is also an elevated risk period for families who have lost a loved one recently. They are entering their first festive stretch and may feel distressed and an overwhelming sense of isolation.

If a family member, neighbour or community member is struggling, please consider reaching out to them. We can all spread the love with a salt-of-the-earth approach. Keep in touch with them, do what we can for them, fill their cupboards and/or combine festivities. Remind them that support is available any time of the day or night (see page 12 for support services).

- The Editorial Team

### WA MENTAL HEALTH PROMOTION, MENTAL ILLNESS, ALCOHOL AND OTHER DRUG PREVENTION PLAN 2018-2025

Optimising mental health and wellbeing, preventing mental health issues and alcohol and other drug-related issues are important for all Western Australians. Experiencing optimal mental health and wellbeing, and minimal alcohol and other drug-related harms, can enable individuals to fully participate in community and family life, contribute socially and economically, and live long, happy and meaningful lives.

On 10<sup>th</sup> October, 2018 the Minister for Mental Health officially released the WA Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025. It provides a guide for all stakeholders, including the Mental Health Commission (MHC), for the development and implementation of evidence-based and evidence-informed strategies to promote mental health and prevent mental illness, alcohol and other drug related issues.

"This Prevention Plan will guide the mental health, alcohol and other drug sectors in providing evidence-based and evidence-informed programs and initiatives. I encourage all organisations as well as the Western Australian community to consider how the initiatives and programs identified in this Prevention Plan can be implemented in their respective areas of responsibility" said Roger Cook, Deputy Premier; Minister for Health; Mental Health.

The Prevention Plan development was led by the MHC in partnership with a range of key stakeholders - including academic experts, senior representatives from a range of government departments, key non-government agencies, the general public, and consumers, families, carers and supporters of those with lived experience of mental health and/or alcohol and other drug related issues.

Read the full Prevention Plan at <https://bit.ly/2zccqav>



# events



## Wagin Woolorama 2019

8<sup>th</sup> & 9<sup>th</sup> March 2019

[www.woolorama.com.au](http://www.woolorama.com.au)



## 15th National Rural Health Conference

24<sup>th</sup> – 27<sup>th</sup> March, 2019 in Hobart, Tasmania.

[www.ruralhealth.org.au/15nrhc/](http://www.ruralhealth.org.au/15nrhc/)



The Holyoake WCADS Prevention Team sincerely thank all agencies, stakeholders and organisations who have worked collaboratively in the development of Wheatbelt Management Plans in 2018. The expertise brought to each workshop was invaluable, and we felt privileged to work with such passionate committees towards creating safe and healthy Wheatbelt communities.

If you would like more information, please contact:

Wheatbelt AOD Prevention Officer - Eloise Fewster

[EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

Wheatbelt Suicide Prevention Coordinator - Jo Drayton

[JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au)

## SUICIDE PREVENTION COMMUNITY PLANS

Interested communities have the opportunity to work with the Wheatbelt Suicide Prevention Coordinator to develop localised Suicide Prevention Community Plans. These locally owned plans aim to support communities to develop local solutions to suicide prevention.

The LifeSpan Suicide Prevention model will be used to guide communities and key stakeholders, and will address the following key areas:

- Means Restriction: Restricting access to the means of suicide
- Awareness Raising: Community campaigns and media guidelines
- Connectedness: Self, community, spirit, environment
- Capacity Building: GPs, frontline staff and gatekeepers, school programs

## ALCOHOL AND OTHER DRUG MANAGEMENT PLANS (AODMP)

An AODMP is a localised strategic plan developed to create positive changes in the identified priority areas. This approach addresses the reduction of risky behaviour, supports safer settings and reduces the harms associated with AOD through a coordinated multiagency response. For more information please contact Eloise Fewster: [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

## COMMUNITY WELLBEING PLANS

Community Wellbeing Plans are held at a community stakeholder/organisational level and are supported by Holyoake's Prevention Team. The plans recognise that every agency is impacted by AOD misuse, suicide attempts, suicide and associated harms, and is therefore part of the solution.

Encompassing both the Harm Reduction and LifeSpan Suicide Prevention model, the plans acknowledge current local, state and national strategies, and aim to create change at a local level.

The Prevention Team provides information, resources and advice surrounding evidence-based best practice in injury prevention and harm minimisation. The objective is to add value to locally owned initiatives to reduce the risk of harm to individuals, families and the whole of community.

## COMMUNICATION AND TRAINING PLANS

The Prevention Team has developed a plan unique to the Wheatbelt to address AOD misuse, promote mental health and wellbeing, and suicide prevention. The planning stages are similar to Community Wellbeing Plans, but the strategies focus primarily on localisation of state-wide Mental Health Commission campaigns and the provision of evidence-based training for professionals, paraprofessionals, services providers and community members.



*The development of all these plans includes a thorough local consultation process, which sees 2 to 3 key priority areas identified. These can align specifically with AOD prevention, suicide prevention, mental health and wellbeing, or a combination of all three.*

*A Community Perception Survey is also undertaken, which can be used not only to gain an understanding of the communities' perception of issues/concerns, but can be used as an evaluation/measurement tool for the locally developed plan.*



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## New Drug Aware 'Real Facts' Campaign

WA Drug Aware has launched a new campaign aimed at young people aged 15-25 years who are at risk of drug use. This is one part of a comprehensive approach to prevent and reduce harmful alcohol and other drug use. Research shows young people are the most at risk of harm when it comes to drug use, which can impact the rest of their lives. The campaign uses a range of digital media, including social media, digital radio and outdoor posters at TAFE and university campuses, cinemas, shopping centres and on trains and buses.

The objectives are to:

- Promote Drug Aware as a source of credible and accurate information on illicit drugs
- Increase awareness and knowledge of the potential health, social and legal consequences of illicit drug use

- Increase awareness and knowledge of the potential health effects of cannabis and ecstasy.

A Community Resource Toolkit has been developed to assist health professionals and community groups to roll out communication strategies locally. The toolkit has links to a number of social media posts, website videos and other campaign materials. More information at <https://drugaware.com.au/about-us/current-campaigns/real-facts-about-drugs/>

If you would like assistance to localise the campaign messages in the Wheatbelt, please contact the Wheatbelt AOD Prevention Officer: Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

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## Alcohol. Think Again Senior Club Program

In partnership with Healthway and the Alcohol and Drug Foundation's Good Sports program, the WACA is encouraging clubs to take part in the Alcohol. Think Again Senior Club Program.

Aligning with the WACA's pillar of fostering positive club culture, the program is designed to assist clubs in assessing their performance, supporting clubs to put in place strategies to improve their clubs health and long-term sustainability.

Previously named the Alcohol. Think Again Country Club Program, the program now encompasses other senior

cricket clubs across Western Australia to foster a whole of cricket approach to club health and sustainability. Regional clubs enrolling in the program during the 2018-19 season will be eligible for incentives valued up to \$350, with all regional clubs enrolled in the program eligible to win a \$5,000 Club Improvement Fund plus an Alcohol. Think Again branded marquee and portable scoreboard.

For more information, contact Melinda Lucas - Wheatbelt Regional Cricket Manager - on 0423 201 296 or email [melinda.lucas@waca.com.au](mailto:melinda.lucas@waca.com.au)

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## Opioid harm in Australia and comparisons between Australia and Canada

A new report from the Australian Institute of Health and Welfare (AIHW) shows that deaths involving opioids have nearly doubled in a decade, but remain lower than the peak in the late 1990s. It also reveals that more than 1 in 10 Australians have used illegal opioids or misused prescribed ones in their lifetime. The report is the first to provide a comprehensive, national snapshot

of opioid use and harm in Australia, contributing to our understanding of the scale of this global issue.

This report was produced in collaboration with the Canadian Institute for Health Information (CIHI). Read the full report at [www.aihw.gov.au/reports/illicit-use-of-drugs/opioid-harm-in-australia/contents](http://www.aihw.gov.au/reports/illicit-use-of-drugs/opioid-harm-in-australia/contents)

## New Alcohol. Think Again: Parents, Young People and Alcohol Campaign

The new Alcohol. Think Again 'I need you to say no' campaign was launched on the 11<sup>th</sup> of November 2018. The campaign is a collaborative initiative between the Mental Health Commission and Alcohol Program team, Public Health Institute of WA. The primary target group for this campaign are parents of young people 12-17 years of age. Campaign objectives:

1. Reduce inflated perceptions of the prevalence of underage drinking
2. Increase the age at which adults believe it is acceptable for adolescents to initiate alcohol use
3. Increase the belief of adolescents vulnerabilities to the effect of alcohol
4. Creating support amongst the community for policy measures to reduce alcohol related harms in adolescents

A Community Resource Toolkit has been developed to assist health professionals and community groups with some strategies and resources to reduce alcohol related harm among young people and roll out communication strategies locally. The Toolkit has links to a number of social media posts, fact sheets, infographics and other campaign materials.

For more information on this campaign, or to access campaign materials: <https://alcoholthinkagain.com.au/>  
 If you would like assistance to localise the campaign message in the Wheatbelt, please contact the Wheatbelt AOD Prevention Officer:  
 Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

## Alcohol, Tobacco and Other Drugs in Australia – 2018 Report

The Australian Institute of Health and Welfare (AIHW) released a web report in August 2018, consolidating the most recently available information in relation to alcohol, tobacco and other drug use in Australia. The report identifies key trends in availability, consumption, harms and treatments and provides detailed data for vulnerable populations. Read the full report at

<https://bit.ly/2EbNtpQ>



## New Working Together: Mental Health and AOD Engagement Framework 2018-2025

This framework and toolkit was released in November 2018 by the Minister for Mental Health, the Statewide Consumer, Family and Carer Engagement Framework Steering Committee, and the Mental Health Commission. It aims to assist government, non-government organisations (including private enterprise), and the community to effectively engage and work together to achieve better outcomes for people whose lives are affected by mental health issues and/or alcohol and other drug use. Consumers, families and carers can also use it

as a guide in relation to their participation in the service. The engagement framework outlines the benefits of meaningful and genuine engagement; what engagement looks like at individual, service, sector and system levels; and ways to engage within these levels. The toolkit provides a process to plan, develop, action and review engagement strategies and practices in line with five guiding principles and includes a checklist for effective engagement practices.

For more information visit: <https://bit.ly/2KITfQi>

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## New National Education Initiative: Be You

One in seven young people aged 4-17 years has experienced a mental health issue in the past 12 months – that is 560,000. Children spend around 30 hours at schools or in care each week, so educators are confronted with these issues every day.

*Beyondblue* has now launched a major new initiative to address mental health in schools and early learning services in partnership with Early Childhood Australia and Headspace. Funded by the Australian Government, Be You makes it easier for educators to nurture the mental health and wellbeing of children and young people by:

- Giving them flexible training and clear information, based on solid research, that helps them recognise and respond confidently to emerging mental health issues in their early learning service or schools;
- Offering tips about how to build resilience in children and young people;
- Reviewing mental health-related programs and placing them in one, easy-to-use online directory;

- Giving advice to educators about how they can support their own wellbeing;
- Involving families and carers in their child's education and wellbeing; and
- Providing 70 consultants to guide schools and early learning services through the available resources.

For the first time, Australia will have a single integrated initiative that encompasses a child's entire education - including the important transition points. Be You brings together and builds on 5 evidence-based but disconnected programs:

1. KidsMatter Early Learning
2. KidsMatter Primary
3. MindMatters
4. ResponseAbility
5. Headspace School Support

Be You is available for free to all 24,000 early learning services, primary and secondary schools in Australia. Educators can claim completion of Be You learning modules towards their professional development.

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## Youth Suicide Prevention Survey

Telethon Kids Institute is seeking input from professionals with experience in youth mental health and/or suicide prevention to participate in a youth suicide prevention project to identify what works well and what isn't working so well in youth suicide prevention in WA.

You are invited to participate in an online survey. You will be asked to answer several brief questions describing your characteristics and experience in youth mental health including the delivery of suicide prevention.

The survey should take no more than 15 minutes and has ethics approval from the University of Western Australia (RA/4/20/4850) <https://redcap.telethonkids.org.au/redcap/surveys/?s=3YXJD3PDYJ>

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## Monitoring and Reporting Framework on Mental Health and Suicide Prevention

The National Mental Health Commission continues to undertake national independent monitoring and reporting on mental health and suicide prevention. By highlighting system activities that affect mental health and suicide prevention in Australia, it aims to inform policy and practice to make a positive change in the mental health and wellbeing of all Australians.

The Commission conducted a targeted consultation with the National Mental Health Consumer and Carer Forum. To view the report visit: <https://bit.ly/2FNOvK5>

## #Chatsafe: World-First Guidelines Help Young People Talk Safely Online about Suicide

The world's first guidelines to support young people in communicating safely online about suicide have been released by Orygen, the National Centre of Excellence in Youth Mental Health.

Called *#chatsafe: A young person's guide for communicating safely online about suicide*, these guidelines are the first to be informed by evidence and were developed in partnership with young people. It is intended to support young people who might be responding to suicide risk or suicide-

related content posted by others, for young people who might be looking for information about support or help for suicidal feelings, or for those who might want to share online their own feelings and experiences with suicide. Download the Guidelines at <https://bit.ly/2PcrbW9>

Training on #chatsafe will be delivered in the Wheatbelt in February/March 2019.



## New R U OK? Campaign for the Motor Trade Industry

R U OK? and MTAA Super have launched a new campaign called "It takes a real workmate to ask R U OK?". It encourages people working in the motor trades industry to better support each other during life's tough times.

The campaign contains practical resources, posters and digital assets designed to get people asking their workmates R U OK? and managing these conversations safely, sensitively and effectively. More information at <https://bit.ly/2BGyK3z>



## The Way Back Information Resources

It is conservatively estimated that approximately 65,000 Australians attempt suicide each year. These individuals can experience a range of physical, psychological, emotional and social challenges following the event, and are at much higher risk of a further attempt or death by suicide. Many of the issues faced by someone who has attempted suicide such as feelings of guilt and shame can also be shared by close family, friends and carers. However, few resources are available for either group of people. *Beyondblue* has funded Everymind to work with them to develop the following evidence-based information resources:

- Finding Your Way Back: A resource for people who have attempted suicide <https://bit.ly/2Q2jK96>
- Guiding Their Way Back: A resource for people who are supporting someone after a suicide attempt <https://bit.ly/2FPlywt>
- Finding Our Way Back: A resource for Aboriginal and Torres Strait Islander Peoples after a suicide attempt <https://bit.ly/2DTFOqt>





## Newly released Supportive Documents

### Aboriginal and Torres Strait Islander Adolescent and Youth Health and Wellbeing 2018 In Brief Report

This report from Australian Institute of Health and Welfare was released on 31<sup>st</sup> October 2018. It brings together key findings/data for Indigenous people aged 10–24 years on health and wellbeing outcomes, social and economic determinants of health, health risk factors, and health service use. More information at <https://bit.ly/2Q76pwb>

### The Integrated Atlas of Mental Health, Alcohol and other Drugs WA

This Atlas was developed by the WA Primary Health Alliance in partnership with the Mental Health Commission of WA. It is a decision making and system planning tool which can assist the sector to develop more collaborative, coordinated and integrated mental health and alcohol and other drugs services in WA.

The Atlas integrates information on social and demographic characteristics, health-related needs, service availability and care capacity which allows planners such as Primary Health Networks to understand the landscape in which they work and better allocate services. More information at <https://bit.ly/2BHkR56>

### World Health Organisation Report: Global Status on Alcohol and Health 2018

This report is a representation of the harmful impacts of alcohol on population health, unpacking consumption levels and health and social consequences. It also highlights effective ways to reduce burden of disease and promote health and wellbeing.

More information at [www.who.int/substance\\_abuse/publications/global\\_alcohol\\_report/en/](http://www.who.int/substance_abuse/publications/global_alcohol_report/en/)

### New Report: Health and Wellbeing of Adults in WA 2017

This report describes the findings from the 2017 Health and Wellbeing Surveillance System and provides the health sector and the general public with important information about a number of aspects of the health and wellbeing of the Western Australian adult population.

More information at <https://bit.ly/2FQ5r2S>

### National Fetal Alcohol Spectrum Disorder (FASD) Strategic Action Plan 2018-2028

This plan was launched by Minister for Health Greg Hunt at the 2<sup>nd</sup> Australasian FASD Conference in Perth on 21<sup>st</sup> November. It provides a national approach for all levels of government, organisations and individuals on strategies that target the reduction of alcohol related harms relating to FASD, reducing the prevalence of FASD in Australia and providing advice and linkages on the support which is available for those affected by the disorder. More information at [www.nofasd.org.au/service-providers/national-fasd-strategy-2018-2028/](http://www.nofasd.org.au/service-providers/national-fasd-strategy-2018-2028/)

## Grants

### Youth Week WA 2019 Grants

Funding of up to \$1,000 for individual events and up to \$3,000 for collaborative community-wide events is available for organisations to host a Youth Week WA event that brings young people together. Priority will be given to events held in regional and remote areas of WA and to events and organisations that have not previously been funded through the Youth Week WA Grants Program.

Open until: 6<sup>th</sup> December 2018 [www.dlqc.wa.gov.au/GrantsFunding/Pages/WA-Youth-Week-Grants.aspx](http://www.dlqc.wa.gov.au/GrantsFunding/Pages/WA-Youth-Week-Grants.aspx)

### Drug Aware YCulture Regional

Drug Aware YCulture Regional is offering young people aged 12-26 years up to \$4,000 to fund community arts projects in regional WA. The grant is available throughout the year; more information at [www.countryartswa.asn.au/our-services/funding/drug-aware-yculture-regional/](http://www.countryartswa.asn.au/our-services/funding/drug-aware-yculture-regional/)

Drug Aware YCulture Regional is funded by Healthway to promote the Drug Aware message.

### Youth Engagement Grants Program

This Program provides grants for local governments and community service organisations to implement projects that engage young people 10-18 years in creative ways and help achieve positive outcomes for local young people. Applications for this program are open until 31<sup>st</sup> December 2018; more information at [www.dlqc.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx](http://www.dlqc.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx)



# training & workshops

## 'Wraparound' Training

Wraparound, the new early intervention program for school staff, is being offered by School Drug Education and Road Aware (SDERA). Intervening early to address student alcohol and other drug (AOD) use is crucial because it can prevent escalation of problems and enhance student wellbeing.

When concerns exist around student AOD use, Wraparound can assist staff to engage and support students more effectively and as relevant to their role in the school. All staff have a role in early intervention. The program aims to:

- Provide a platform of information to consolidate or extend learning on AOD including methamphetamine
- Introduce and work with models and frameworks to increase awareness of AOD use and how this may impact young people
- Deepen understanding of guiding structures that will support staff in taking appropriate, role relevant action where concerns exist around student AOD use
- Explore and work through support strategies and skills that can strengthen staff confidence to engage and work with students for whom AOD use may be an issue.

The program includes a resource intervention toolkit and professional learning workshops. More information at [www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)

## Keyworker Plus AOD Training for Mental Health Clinicians

The Keyworker Plus Project is funded by the WA Primary Health Alliance and provides three days of 'Keyworker' training to increase mental health clinicians' knowledge and skills related to working with people who use alcohol and other drugs who have co-occurring mental health issues. The training content includes:

- Drug categories and their effects
- Impact of the complex issues underpinning AOD and mental health issues
- An overview of trauma informed care and practice
- Key models used with clients who use AOD
- Raising the issue, using a screening tool and conducting a brief intervention
- Conducting a brief motivational interview
- Identify appropriate referral options for AOD
- Identify a plan for transferring training skills and knowledge into work role

This free training is fully catered and will be held at 75 York Road Northam on 5<sup>th</sup>, 6<sup>th</sup> and 12<sup>th</sup> February 2019 from 9am to 4:30pm. This will be followed by post-training support via videoconference and phone to assist participants to transfer knowledge into practice.

## FREE ATSI DV-Alert Training

Lifeline's DV-Alert (Domestic and Family Violence Response Training) is a nationally recognised training program that enables frontline workers supporting Aboriginal and Torres Strait Islander communities to:

- Recognise signs of domestic and family violence (DFV)
- Respond with appropriate care
- Refer people to appropriate support services

This training will be held on 6<sup>th</sup> and 7<sup>th</sup> December in Narrogin. More information and registration at [www.dvalert.org.au](http://www.dvalert.org.au)

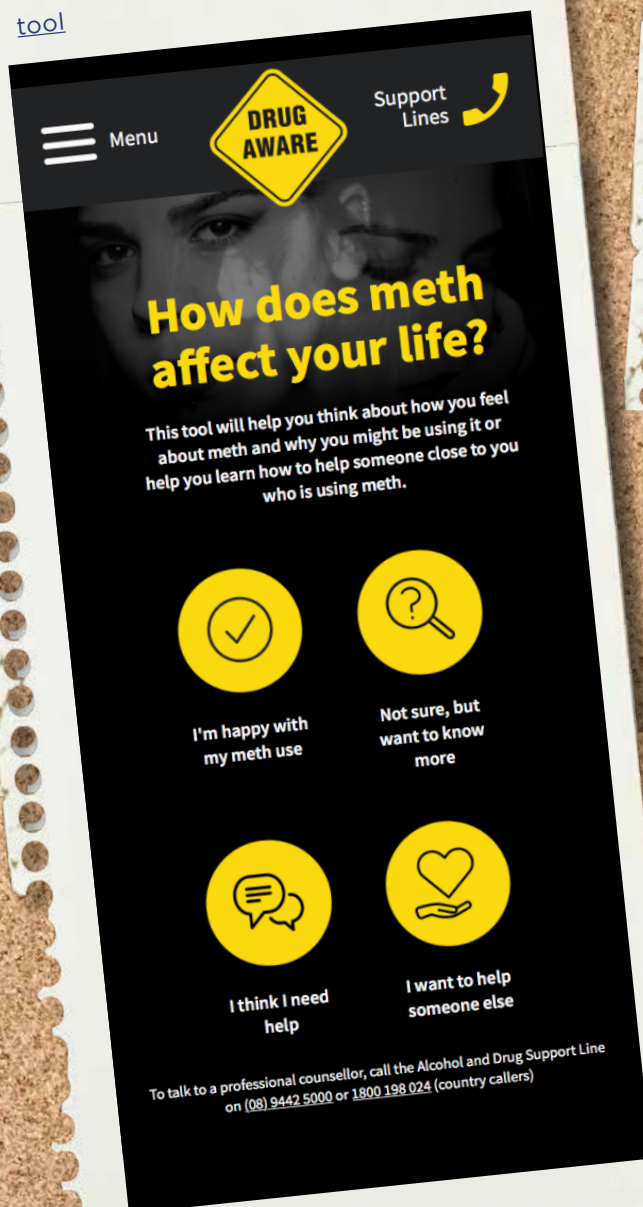
## Schools LGBTI + Inclusivity Training

Inclusive Education WA and LGBTI Community Care invite school staff and professionals working with school aged young people to a free professional development opportunity regarding supporting LGBTI+ young people in educational settings.

This training will be held at the Northam Recreation Centre on 20<sup>th</sup> March 2019 from 4.30 pm to 7.30 pm. More information and registration at [www.lgbtinortham.eventbrite.com.au](http://www.lgbtinortham.eventbrite.com.au)

## New Meth Help Toolkit

This online toolkit from the Mental Health Commission is available to help people who use methamphetamine, and those close to them, to access appropriate information and help in WA. <https://drugaware.com.au/meth-help-tool>



## 'What's Up In Your World' Survey

Triple J released the results of their survey on 31<sup>st</sup> of July. The survey was completed by 11,000 Australians aged 18-29 years. The data paints a detailed and fascinating picture of what it is like to be a millennial in Australia, with questions on AOD use/help seeking, safety, relationships, their future etc. Infographics of the results are available at: <https://ab.co/2M45EOW>

## New Mental Health Checklist for Expecting and New Parents

Perinatal Anxiety and Depression Awareness (PANDA) has released this online checklist. It is an easy way for expecting and new parents who are struggling with their new role to check if their feelings are normal or something more serious.

## Lifeline Text - new pilot service

This new service is available for those who are struggling to cope or thinking about suicide. Lifeline's Crisis Supporters are available via text message to listen and keep people safe. To access the service, text 0477 13 11 14 (6pm-10pm AEDT, 7 days a week).

## Drug Talk: Body. Mind. Future.

This innovative online program is a methamphetamine and other drugs education program for Year 10 to 12 students, educators and parents. It supports students to build their knowledge and resilience, empowering them to make healthy, informed decisions for their own and others' safety and wellbeing, now and into the future.

[www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)





I need you to say no

NO ONE SHOULD GIVE ALCOHOL TO UNDER 18s

alcohol**thinkagain**



# YIRRA KOORL

*looking forward*

## support services

**Rural Link:** 1800 552 002 (24 hours)

**Mental Health Emergency Response Line:**

1300 555 788

[www.mentalhealth.wa.gov.au](http://www.mentalhealth.wa.gov.au)

**Suicide Call Back Line:**

1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**LifeLine: 13 11 14 (24 hours)**

[www.lifelinewa.org.au](http://www.lifelinewa.org.au)

**Text Service:** 0477 13 11 14

**Rural Link:** 1800 552 002 (24 hours)

**Mensline:** 1300 789 978 (24 hours)

[www.mensline.org.au](http://www.mensline.org.au)

**Alcohol & Drug Support Line:**

1800 198 024

**Parent & Family**

**Drug Support Line:** 1800 653 203

**Beyond Blue:** 1300 22 4636

**QLife:** 1800 184 527

**Meth Helpline:** 1800 874 878

**Women's Domestic**

**Violence Helpline:** 1800 007 339

**Men's Domestic**

**Violence Helpline:** 1800 000 599

**SANE Helpline:**

1800 18 SANE (7263)

**PANDA (Perinatal Anxiety & Depression Australia**

**National Helpline:**

1300 726 306

Mon-Fri - 9am - 7.30pm (AEST)

**Kids Helpline:** 1800 55 1800

**National Alcohol and Other Drug Hotline:**

1800 250 015

**Butterfly Foundation:**

1800 334 673

(Eating Disorders & Body Image)

**1800RESPECT:** 1800 737 732

**Gambling Help:** 1800 858 858

## subscription, queries and submission information

Email: [yirrakoorl@holyoake.org.au](mailto:yirrakoorl@holyoake.org.au)

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service

4 Elizabeth Place, NORTHAM, WA 6401

## YIRRA KOORL SUBSCRIPTION

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and send us names and contact details.