

# YIRRA KOORL

## looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - JUNE 2018

Welcome to the winter edition of Yirra Koorl. We are hopeful that during the next three months our Wheatbelt will be blessed with adequate rainfall and ideal conditions for a plentiful harvest.

It's been a busy time for Holyoake's WCADS Prevention Team; the highlight was receiving the 2018 WA AOD Conference Award for Excellence in Prevention. The team continues to work collaboratively to reduce harms and increase safety throughout the Wheatbelt.

As we move into the busy time of the year, it is important to remember the link between workplace wellbeing, making healthy lifestyle choices and its impact on productivity. Depression, anxiety and stress are now the leading cause of long-term sickness absence in the developed world. In Australia alone, the hidden cost of poor mental health is estimated at \$12 billion per year from absences to lost productivity and compensation claims.

For more information on workplace wellbeing initiatives and Alcohol and Other Drug (AOD) harm minimisation, please contact the WCADS Prevention Team.



## NATIONAL STUDY ON SUICIDE AMONG METHAMPHETAMINE USERS

This study has revealed that the number of methamphetamine related deaths in Australia doubled between 2009 and 2015. Violent suicide was identified as a prominent cause of these deaths.

All Australian cases of suicide related to methamphetamine (2009-15) were retrieved from the National Coronial Information System and examined to determine crude mortality rates, characteristics and circumstances of death, and blood toxicology. There were 300 cases, accounting for just under a fifth (18.2%) of all methamphetamine-related deaths, and 1.6% of all completed suicides.

The mean age was 33.1 years and 77.0% were male. The crude mortality rate was 1.9 per million with males having a significantly higher rate than females (2.9 vs. 0.9 per million). A quarter were known to have previous suicide attempts, and a history of psychosis was noted in 12.3%. In 40.7% of cases, witnesses described the decedent as having been agitated and/or aggressive immediately prior to the incident.

The vast majority (85.3%) used violent methods. Hanging (70.3%) was overwhelmingly the most frequent method among both males (70.1%) and females (71.0%). The high rates of hanging among females was particularly notable as in the general

population completed suicide among females predominantly involves poisoning.

Prescription medications were frequently present: hypnotosedatives (23.6%), antidepressants (19.5%) and antipsychotics (8.4%). Self-poisoning cases were significantly more likely to have antidepressants (odds ratio: 4.2) and opioids (4.9) present, but less likely to have cannabis (0.3).



Methamphetamine-related suicide makes a large contribution to methamphetamine-related death and represents a substantial clinical and public health problem.

As the first such service of its kind in regional WA, Holyoake's Specialist Methamphetamine Team in Northam provides free intensive support to individuals who use methamphetamine and their families. Call (08) 9621 1055 for more details.

*Citation: Darke S, Kaye S, Duffou J, Lappin J. (2018). Completed Suicide Among Methamphetamine Users: A National Study. Suicide Life Threat Behaviour. doi: 10.1111/sltb.12442*

## Destination Wellbeing Conference

This free conference by SDERA is for primary and secondary school staff. It will be a one-stop-shop for educators looking to expand their knowledge and skills in delivering best practice resilience, road safety and AOD education to keep young people safer.

**Date:** 27<sup>th</sup> June

**Venue:** Rendezvous Scarborough, Perth

For more information and to register: [www.sdera.wa.edu.au/news-events/events/2018/may/destination-wellbeing/](http://www.sdera.wa.edu.au/news-events/events/2018/may/destination-wellbeing/)

## Needle & Syringe Project Wheatbelt Regional Update

This update will bring together Needle & Syringe Program Coordinators, Local Government representatives and stakeholders working in AOD to provide information and advice on the Needle & Syringe Program, harm minimisation and safe disposal.

**Date:** 5<sup>th</sup> July, 9.30am - 2pm

**Venue:** Falcon Street Training Centre, Narrogin

**RSVP:** Anne Foyer [Anne.Foyer@health.wa.gov.au](mailto:Anne.Foyer@health.wa.gov.au)

## National Suicide Prevention Conference

**Date:** 24<sup>th</sup> - 26<sup>th</sup> July

**Venue:** Adelaide Convention Centre

More information at: [www.suicidepreventionaust.org/conferences](http://www.suicidepreventionaust.org/conferences)

## NAIDOC Week 2018



NAIDOC Week will celebrate the invaluable contributions that Aboriginal and Torres Strait Islander women have made - and continue to make - to our communities, our families, our rich history and our nation. The national theme is Because of her, we can!

**Date:** 8<sup>th</sup> - 15<sup>th</sup> July

## Australasian FASD Conference 2018

**Date:** 21<sup>st</sup> - 22<sup>nd</sup> November

**Venue:** Pan Pacific Hotel, Perth

More details at: <http://fasdconference.com>

## Dowerin Field Days

**Date:** 29<sup>th</sup> - 30<sup>th</sup> August

More details at: [www.dowerinfielddays.com.au](http://www.dowerinfielddays.com.au)



This conference will share ways medical and health practitioners can educate and empower their Aboriginal patients to take the reins of their own health. Aimed at providing education and training to rural medical and health practitioners, the conference is open to:

- GP/medical practitioners
- Registrars
- Aboriginal health practitioners
- Nurses
- Allied health workers
- Students
- Specialists

**Date:** 7<sup>th</sup> - 8<sup>th</sup> July

**Venue:** Parmelia Hilton, Perth

More details at: [www.ruralhealthwest.com.au/general-practice/professional-development/conference/2018/07/07/default-calendar/aboriginal-health-conference-2018](http://www.ruralhealthwest.com.au/general-practice/professional-development/conference/2018/07/07/default-calendar/aboriginal-health-conference-2018)



## Australian Public Health Conference 2018

**Date:** 26<sup>th</sup> - 28<sup>th</sup> September

**Venue:** Pullman Cairns International, Cairns

For details at: [www.phaa.net.au/events/event/australian-public-health-conference-2018](http://www.phaa.net.au/events/event/australian-public-health-conference-2018)

## Newdegate Field Days

**Date:** Wednesday 5<sup>th</sup> - 6<sup>th</sup> September

More details at: <https://nfday.com.au>

## WELLBEING PLANS, AODMPs & COMMITTEE UPDATES

### Pingelly Community Wellbeing Plan

The Pingelly Community Wellbeing Plan committee continue to work on 3 priority areas: responsible provision of alcohol in sporting clubs, disengaged youth resulting in antisocial behaviour and excessive AOD use resulting in violence and child neglect. The committee is currently raising awareness about the effects of alcohol on cardiovascular health throughout their Shire and also actively promoting the Think! Mental Health campaign.

### Moora Community Wellbeing Plan

The first stakeholder workshop in the development of the Moora Community Wellbeing Plan was undertaken in early May. The Moora Community Perception Survey has also been undertaken and result of this survey will be discussed at the second stakeholder workshop to be held mid-June. Priority areas will be developed through further consultation with stakeholders.

### Shire of Victoria Plains Suicide Prevention Committee

The Wheatbelt Suicide Prevention Coordinator continues to work alongside members of this committee to schedule suicide prevention training in Bolgart and Calingiri (the Shire was successful in obtaining a Mental Health Commission training and education grant earlier this year). Once training has been completed, the committee will progress in the development of a Suicide Prevention Community Plan for the Shire of Victoria Plains.

### Shire of Northam AOD Management Plan

This plan is currently undergoing a review with the introduction of new priority areas for 2018-2020. The initial planning workshops have identified a focus area to improve the provision of AOD intervention, education and prevention activities within the Shire. The results of the Northam Community Perception survey run early 2018 supports the initiatives developed by the stakeholder group, with further priorities to be discussed and strategized at the next June workshop.

### Shire of Dalwallinu Community Wellbeing Plan

The WCADS Prevention Team has met with key stakeholders within the Shire of Dalwallinu. As a result, the Shire has indicated that they wish to start the process of developing a Community Wellbeing Plan.

## COMMUNICATION AND TRAINING PLANS

The Wheatbelt Prevention Team has developed a new plan unique to the Wheatbelt to address AOD misuse, suicide prevention, and to promote mental health and wellbeing.. Planning stages of a Communication and Training Plan mirrors those of a Community Wellbeing Plan. However, the strategies developed focus primarily on the localisation of state-wide Mental Health Commission campaigns and the provision of evidence based training for professionals, paraprofessionals, services providers and community members.

### Shire of Yilgarn Communication and Training Plan

Two priority areas have been identified through a comprehensive consultation process: addressing the provision of information to the community of harm associated with drug misuse, and promoting resilience and connection to improve wellbeing. Recognise and Respond Training has been undertaken for first responders in the Shire and a campaign schedule to localise state-wide messages is currently being developed.





## Local Government Authorities have a key role to play in suicide prevention

Jo Drayton, the Wheatbelt Suicide Prevention Coordinator, presented at the 2018 Wheatbelt Conference in Jurien Bay on the 5th & 6th April 2018. The theme of the conference was small towns, big dreams and Jo's presentation unpacked the key role that Local Government Authorities (LGA) can play in suicide prevention, with the overarching aim of community safety. All LGAs have the capacity to be involved in an evidence-based integrated community approach to suicide prevention through the following initiatives:

- Community promotion of physical and emotional wellbeing
- Advocacy for health services located within or providing outreach support in the treatment and prevention of injuries
- Local community members undertaking St John Ambulance training and mental health and suicide prevention training
- Knowledge of road safety and associated harms
- Knowledge of mental health and associated harms

- Knowledge of suicide prevention and associated harms
- Knowledge of older adults safety and commitment to pro-actively work in this space
- Knowledge of farm safety and associated harms
- Injury prevention information disseminated through a variety of outlets

If your LGA would like further information on the integral role it can play, please contact Jo Drayton on 0436 000 514 or [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au)



## Wheatbelt Progression Planning workshops - Collaboration with Regional Men's Health Initiative



The Wheatbelt Suicide Prevention Coordinator and Regional Men's Health Initiative (RMHI) are offering Wheatbelt communities the opportunity to host free Progression Planning workshops during 2018/2019.

Progression Planning is about retaining family relationships in the progression/succession process by focusing on people issues before dealing with financial and business aspects.

The unspoken expectations of family members can often lead to the difficulties experienced. If farming families addressed the relationship aspects and people issues of their business as part of the progression plans, there would be less stress and misunderstanding.

Effective communication allows for awareness, understanding and a basis to reach agreement on issues. It can help reduce distress and ensure positive wellbeing. In fact, many people don't talk about progression until it is too late and/or put it off because it is too difficult.

The following key issues in progression planning are discussed during these workshops:

- It all starts with family communication
- Understanding the family's farm business
- The importance of identifying and empowering all parties to have a role in the progression planning process
- Questions to ask spouse/partner and children about progression and/or retirement and business development
- Establishing a transition period that is suitable to the requirements

These sessions do not deal with the financial aspects of the progression/succession process. Discussions with farm consultants and legal advisors have been positive and they have acknowledged that this concept strengthens the process. For more information or to request a session, contact RMHI on (08) 9690 2277 or visit [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

## Funding for suicide prevention post discharge program



The Commonwealth Government has allocated \$37.6 million over 4 years in its budget to expand The Way Back Support Service. This service was designed and developed by beyondblue with donations from The Movember Foundation and the community. It targets the group of Australians most at risk of suicide - those who have previously tried to take their own lives. beyondblue will contribute a further \$5 million towards the expansion of this service.

Prior to discharge from hospitals people are referred to The Way Back Support Service where they are assigned a professional worker who provides practical, day-to-

day assistance, including accessing follow-up treatment and services and keeping important appointments. The worker assists in developing a suicide safety plan that includes information about what to avoid, what to do when suicidal thoughts creep in, who to call and where to go. They offer support to resolve matters that may have contributed to the suicide attempt - such as employment issues, relationship challenges, isolation and loneliness - and help find hope to continue living.

More information at: [www.beyondblue.org.au/about-us/about-our-work/suicide-prevention/the-way-back-support-service](http://www.beyondblue.org.au/about-us/about-our-work/suicide-prevention/the-way-back-support-service)

## Youth Focus eCounselling

Youth Focus has launched WA's first face-to-face youth web counselling service, enabling young people living in regional and remote areas to access vital support. This initiative offers free, confidential counselling sessions with experienced mental health clinicians closer to home, without the added stress of having to travel hundreds of kilometres to Perth. Web counselling is now available in Northam and Dalwallinu with services scheduled for a further 3 Wheatbelt locations in the coming months.

This landmark program will be rolled out to other regional and remote towns in WA, with 20 sites to be active by the end of the year. It follows a successful trial of the program in several Wheatbelt schools in 2016. Research shows that the delivery of mental health services through personal computers, mobile phones

and tablets provides an opportunity to increase uptake in rural and remote communities.

Young people who have been referred to the service can make an appointment and visit confidential, designated sites available through local site partners. Here they can access a Youth Focus iPad and a secure room for their face-to-face counselling sessions. Each site has trained staff to help support young people.

Referrals can be made by contacting Youth Focus on 08 6266 4333 or [web.counselling@youthfocus.com.au](mailto:web.counselling@youthfocus.com.au)



## Substance Misuse: A Gender Divide



Source: Alcohol and Drug Foundation

Research indicates that the prevalence of substance misuse issues among women in Australia is around half that of men. However, women are more likely to be socially criticised.

This criticism stems from the continuation of traditional gender-based roles assigned to women within our society, which in turn generates and perpetuates social and institutional stigma. One of the results of this is a reduction in women seeking out treatment services for AOD issues. This, in turn, has reduced the opportunity for research into many of the gender-specific factors that drive women's AOD misuse, as well as reducing the quality and efficacy of AOD treatment services for them.<sup>1,2</sup>

Numerous personal and social barriers can impact an individual's ability to access treatment options for AOD misuse. However, research has demonstrated - particularly in relation to access and efficacy of treatment services - that social barriers are much more pronounced for women.

### Why is it different for women?

Women's access of AOD treatment services is held back by a variety of factors and experiences<sup>1</sup> that include:

- Social stigma
- Discrimination
- Trauma
- Financial issues
- Custody and childcare concerns

While stigma is a concern for anyone with a substance misuse disorder, the social and institutional stigmatisation of women with AOD issues is much more prevalent. This is very apparent for instance in many sections of the mainstream media, which often disparage, demean and deride women that misuse AOD - particularly those caring for children. The result is that women who are targeted in this way experience significant social and institutional stigma and discrimination, all of which pose serious and sustained threats to treatment and recovery.

Family responsibilities are another significant barrier to treatment for many women with AOD misuse issues. A lack of childcare options, the stigma associated with being a 'substance dependant mother', and the fear of punitive measures such as losing custody of children have been demonstrated as significant barriers to engagement and efficacious treatment for these women.

With such clear evidence on the factors that drive women's AOD misuse, and the importance of addressing these issues as part of effective treatment plans, it is essential that services are tailored to women's needs.

Treatment services also need to be equipped to deal with the fact that when women cease using substances, this can lead to the re-emergence of previous trauma that needs to be pre-empted and managed carefully.

This is an edited version of the full report. To see the full article and associated references, go to: <https://adf.org.au/insights/substance-misuse-gender-divide-explained/>



## New website to assist in management of co-occurring AOD/mental health

This new website <https://comorbidityguidelines.org.au/> provides evidence-based information, training and resources to assist with the management of co-occurring, or comorbid, AOD and mental health conditions.

The content is based on the second edition of the 'Guidelines on the Management of Co-occurring AOD and Mental Health Conditions in AOD Treatment Settings' developed by the Centre of Research Excellence in Mental Health and Substance Use, with funding from the Australian Government Department of Health.

## Harm Minimisation and how it works with AOD Harm Prevention

The harm minimisation approach seeks to minimise social, health and economic harms associated with AOD misuse. This approach addresses the reduction of risky behaviour, supports safer settings and reduces harms through three pillars:

1. **Demand Reduction:** Preventing the uptake and/or delaying the onset of use of alcohol, tobacco and other drugs; reducing the misuse of alcohol, tobacco and other drugs in the community; and supporting people to recover from dependence through evidence informed treatment such as education and training.
2. **Supply Reduction:** Preventing, stopping, disrupting or otherwise reducing the production and supply of illegal drugs; and controlling, managing and/or regulating the availability of legal drugs. For example liquor licensing and responsible service of alcohol.
3. **Harm Reduction:** Reducing the adverse health, social and economic consequences of the use of drugs, for the user, their families and the wider community. The Needle & Syringe Program is an example.



*National Drug Strategy 2017-2026*

Community derived strategies are more effective when localised and developed in combination, balancing across all three pillars. To discuss potential harm minimisation strategies, or to include holistic strategies to address AOD in your community, contact Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

## Know Injury – Resource Kit for Aboriginal and Torres Strait Islander people

Aboriginal and Torres Strait Islander (ATSI) people are 3.5 times more likely to die as a result of suicide than non-Aboriginal people.<sup>(1)</sup> This alarming statistic is part of a new resource for WA health professionals developed by Know Injury. It examines the impact of injury on ATSI people and the factors that influence the prevalence of injury in these communities.

In WA, ATSI people are hospitalised due to injury 2.5 times more than non-Aboriginal people.<sup>(2)</sup> Assault was identified as the leading cause of injury-related hospitalisation for ATSI people in WA for the same two year period followed by falls and then suicide according to the findings (29.6% and 16.4% of injury hospitalisations respectively).

The resource shows that there were 47 recorded deaths due to suicide in the ATSI population in WA in 2016, making it the third most common cause of death for this group.<sup>(1)</sup>

This higher prevalence has been attributed to a number of social factors including; social isolation<sup>(3)</sup>, socioeconomic disadvantage<sup>(3,4)</sup>, limited access to culturally appropriate services<sup>(4,5)</sup>, regional residency<sup>(4)</sup> and alcohol misuse.<sup>(4)</sup>

The estimated cost of the 15,319 injury fatalities, hospitalisations and ED attendances to ATSI peoples in WA in 2012 was \$742 million due to health care costs, long-term needs, loss of paid productivity and quality of life lost.<sup>(6)</sup>

The existence of strong family bonds, community involvement, social connection and resilience were all highlighted as of particular importance in terms of injury prevention in this population group.

The Resource Kit and associated references can be accessed via: <https://knowinjury.org.au/know/high-risk-populations/aboriginal-and-torres-strait-islander-peoples/>

# training & workshops

## Deadly Thinking Workshops

Deadly Thinking is a one-day workshop during which core social and mental wellbeing issues are addressed in an open, respectful and comfortable forum. The objectives of the workshop are to:

- Learn the importance of yarning with family and friends
- Provide plans and pathways to help deal with social and emotional wellbeing issues for individuals, families and the community
- Raise awareness and improve understanding of depression, anxiety and suicide
- Understand how life changes can contribute to stress
- Identify community members who may be interested and able to do other courses in mental health

Agnes Lockyer from WACHS Community Mental Health is an accredited facilitator for this workshop. She plans to roll out these workshops in the Wheatbelt in conjunction with the Wheatbelt Suicide Prevention Coordinator. All individuals, families and communities are strongly encouraged to register. If you would like to register your community or would like more information, please contact Jo Drayton [JDrayton@holyoake.org.au](mailto:JDrayton@holyoake.org.au)



*Aboriginal health is not just the physical wellbeing of an individual but also the social, emotional and cultural wellbeing of the whole community in which each individual is able to achieve their full potential thereby bringing about the total concept of life-death-life. (National Aboriginal Health Strategy 1989).*

## Recognise and Respond Training

This training has been designed by the work-force development team at the WA Mental Health Commission. Available for appropriate agencies and organisations in the Wheatbelt, it covers:

- Harms and effects of opioids and amphetamines
- Identifying signs and symptoms of opioid overdose and amphetamine intoxication/toxicity
- Effective approaches in a range of settings
- Use of de-escalation skills
- Administration of Naloxone
- Issues pertinent to event/festival settings

This training is targeted for first responders and front line workers i.e. Police, St Johns, DFES, hospital/medical staff, etc. If you would like to organise this training within your community, please send an expression of interest to Eloise Fewster [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

## Mental Health Commission Online Learning Portal

The Mental Health Commission Online Learning Portal offers various AOD training packages for professionals based in WA. The following topics are currently available:

- AOD in Australia: Learning Resource for Migrant and Refugee Workers and Community Leaders
- Alcohol Brief Interventions Training Package
- Introduction to AOD (2nd edition)
- Introduction to Fetal Alcohol Spectrum Disorders
- Needle and Syringe Program Orientation and Training

For more information visit <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/online-learning/>



### Online Webinars

NHMRC Centre of Research Excellence in Mental Health and Substance Use offers a number of recorded Webinars on identifying, managing and treating co-occurring mental and substance use disorders. For more information and links visit: <https://comorbidity.edu.au/training>

### Rural Minds Workshops

This comprehensive workshop is designed for people living and working in rural Australia by people living and working in rural Australia. It was developed by Rural and Remote Mental Health [www.rrmh.com.au](http://www.rrmh.com.au)

This half-day workshop combines practical, culturally-relevant information around risk factors, signs and symptoms, prevention tips/techniques, and where and how to get assistance. It includes compelling accounts of mental health issues from those involved in the agricultural sector, and a suite of DVDs. It is tailored particularly for primary producers, their families and those who work and/or live in rural communities.

Topics include:

- Stigma
- Risks to mental health
- Anxiety and depression
- Destructive thinking
- Acute stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial stress and succession
- Strategies to build and maintain mental health
- Mental health supports

## grants

### Youth Engagement Grants Program

Up to \$10,000 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. Open until 31<sup>st</sup> December 2018. More details at: [www.dlhc.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx](http://www.dlhc.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx)

### Sisters of Charity Foundation Grants

Provides financial assistance up to \$10,000 for community initiatives that will benefit poor and marginalised people. More details at: [www.sistersofcharityfoundation.com.au/applying-for-grants/about-our-grants/](http://www.sistersofcharityfoundation.com.au/applying-for-grants/about-our-grants/)

### State Government grants

More details at: [www.dlhc.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx](http://www.dlhc.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx)

### Newly released Supportive Documents

#### WA Aboriginal Youth Health Strategy 2018 – 2023

The Aboriginal Health Council of WA (AHCWA) has released this Strategy– Today's young people, tomorrow's leaders (Aboriginal Youth Strategy).

The Strategy provides a practical resource for health service providers to achieve measurable health outcomes in Aboriginal youth health. Implementation of the Strategy's Strategic Actions will deliver empowering, positive and person-centred approaches to improve young Aboriginal people's health outcomes.

The Strategy aligns with and supports the delivery of certain priorities under the Implementation Plan for the National ATSI Health Plan 2013-2023. The strategy can be accessed at: [www.ahcwa.org.au/youth](http://www.ahcwa.org.au/youth)

#### WA Youth Health Policy 2018 – 2023

This policy was developed by the Child and Youth Health Network to demonstrate the WA health system's commitment to achieving the shared vision and strategic priorities of the Healthy, Safe and Thriving: National Strategic Framework for Child and Youth Health.

The primary audience of the Policy is the WA health system. Improvements in youth health require the involvement of agencies beyond the WA health system working collaboratively to achieve common goals. Therefore, it is recommended that the approaches outlined within the Policy are adopted across multiple sectors with a shared interest and responsibility

This Policy can be accessed at: <http://ww2.health.wa.gov.au/-/media/Files/Corporate/general%20documents/Youth-Policy/PDF/Youth-policy.pdf>

## Holyoake WCADS NEW Afterhours service in Northam

Holyoake is now open for AOD Counselling every Sunday from 9am to 1pm at 33 Wellington Street in Northam. Phone: (08) 9621 1055

## Mission Australia Annual Youth Survey

The 2018 Mission Australia Youth Survey is now open. This survey is Australia's largest online youth survey, providing a platform for young people aged 15 to 19 to speak up about the issues that concern them. Survey closes 31<sup>st</sup> July 2018. More details at: [www.missionaustralia.com.au/what-we-do/research-evaluation/youth-survey](http://www.missionaustralia.com.au/what-we-do/research-evaluation/youth-survey)

## Dates of Recognition

- World Drug Day: 26th June
- World Hepatitis Day: 28th July
- International Overdose Awareness Day: 31st August
- International FASD Awareness Day: 9th September
- World Suicide Prevention Day: 10th September
- R U Ok? Day: 13th September
- Mental Health Week: 7th October - 13th October
- White Ribbon Day: 25th November

If your agency/community plans to acknowledge any of the above dates, please inform the Wheatbelt Prevention Team who can assist with the provision of resources and add value to community initiated events.

## Drug and alcohol research connections

A joint publication of the collaborative network of AOD research centres; National Drug and Alcohol Research Centre (NDARC) at UNSW; National Drug Research Institute (NDRI) at Curtin University; and National Centre for Education and Training on Addiction (NCETA) at Flinders University. More details at: [www.connections.edu.au](http://www.connections.edu.au)

## ReachOut - New resources to tackle bullying

Bullying is a critical issue for schools, as it can lead to negative impacts for the person being bullied, bystanders, the bully, and the school as a whole. Creating school environments where everyone feels safe, supported and respected is essential in reducing bullying in schools. More information at: <https://schools.au.reachout.com/articles/10-tips-for-a-safe-and-respectful-classroom>

## Global Drug Survey 2018 Results

The Global Drug Survey runs the world's biggest drug survey. Using anonymous online research methods, it runs an annual survey in 10 languages and is hosted by partners in over 20 countries. Key findings can be viewed at: [www.globaldrugsurvey.com/gds-2018](http://www.globaldrugsurvey.com/gds-2018)

## Cracks in the Ice

Online support for professionals and paraprofessionals is available through occupation specific information and training modules. More details at: <https://cracksintheice.org.au/health-professionals/guidelines-for-health-professionals>



campaigns

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# Alcohol can damage your fragile body

Alcohol is toxic, and regularly drinking more than two standard drinks on any day increases damage to your body.

Over time, alcohol increases your risk of cancer, heart attack or stroke.

Complete a two-minute assessment to see how reducing your drinking will reduce your risks at **[alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)**

**alcohol**thinkagain





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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)

**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

**Meth Helpline:** 1800 874 878

**Women's Domestic Violence Helpline:** 1800 007 339

**Men's Domestic Violence Helpline:** 1800 000 599

**PANDA (Perinatal Anxiety & Depression**

**Australia National Helpline:**

1300 726 306 Mon-Fri - 9am - 7.30pm (AEST)

**SANE Helpline:** 1800 18 SANE (7263)

**Kids Helpline:** 1800 55 1800

**National Alcohol and Other Drug Hotline:** 1800 250 015

## subscription, queries and submission information

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

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service

4 Elizabeth Place, NORTHAM, WA 6401

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and send us names and contact details.