

# YIRRA KOORL

## looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - AUGUST 2018

Welcome to this August edition of Yirra Koorl. It is the *Djilba* season - the season of conception for Nyoongar communities. *Djilba* is a transitional time of the year, with some very cold and clear days combining with warmer, rainy and windy days mixing with the occasional sunny day or two. As the days start to warm up, we see and hear the first of the newborns. Their proud parents can be seen providing them food, guiding them through foraging and protecting them from bigger animals, including people!

The Wheatbelt Suicide Prevention Coordinator attended the National Suicide Prevention Conference in Adelaide and has brought back valuable information. The #youcantalk campaign, launched during this conference, marks a new direction and collaboration for suicide prevention. It aims to empower people to have open, safe and honest conversations about suicide by connecting them to tools and resources. This campaign is led by beyondblue, Black Dog Institute, Everymind, headspace, Lifeline, ReachOut and R U OK?

**#YouCanTalk**  
 ...about suicide

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

## LOOKING AFTER YOUR MENTAL HEALTH IN RURAL OR REMOTE AREAS

Living and working in rural Australia can be a rewarding and challenging way of life. However, for many reasons it can be difficult to get help and support for mental health issues.

Recognising when help and support is needed - for yourself or someone else - is very important. Mental health is an important part of your overall health and wellbeing. Good mental health will help you get through life's challenges, to have healthy relationships and to enjoy life.

Besides the usual challenges of modern life, people living in the country can also feel isolated, especially if they face issues around sexuality, employment, stigma, and misuse of alcohol and drugs. Farmers can struggle with stress caused by financial insecurity and natural disasters. Looking after your mental health means:

- Recognising when things are getting too much for you
- Talking to your doctor or a mental health professional
- Sharing your problems with your family, local friends, health professional or a helpline
- Managing stress: <https://bit.ly/2n8At9X>
- Looking for helpful resources, information and support: <https://bit.ly/2OERftS>
- Getting enough sleep, eating well, exercising regularly and avoiding harmful levels of alcohol and other drugs
- Treating yourself with respect and kindness, and avoiding self-criticism
- Learning what to look for when your mental health and wellbeing takes a dip

When it comes to alcohol, no level of drinking is completely safe. Alcohol can increase the risk of damage to your body over the short and long term. The National Health and Medical Research Council recommends the following guidelines to reduce risk:

- No more than 2 standard drinks on any day
- No more than 4 standard drinks on a single occasion
- No alcohol is the safest choice for people under 18 years of age
- No alcohol is the safest option for women who are pregnant, planning a pregnancy or breastfeeding



Learn more about harms associated with alcohol at: <https://alcoholthinkagain.com.au/>

The Think! Mental Health website [www.thinkmentalhealthwa.com.au/](http://www.thinkmentalhealthwa.com.au/) features comprehensive information on mental health and wellbeing. It also includes a 'Check-Up Tool' and a 'Self-Assessment Checklist'.

This article sourced in part from <https://bit.ly/2Osn08q> and <https://bit.ly/2OykeP3>

## International Overdose Awareness Day

This global event aims to raise awareness of overdose, reduce stigma, and to spread the message that the tragedy of overdose death is preventable. It also acknowledges the grief felt by families and friends who have lost a loved one.

**Date:** 31<sup>st</sup> August

[www.overdoseday.com/](http://www.overdoseday.com/)

## Women's Health Week

Women are leading busier lives than ever before and tend to let themselves slip low on their priority lists. However, the health of those we love starts with us. By investing more time in ourselves, we are better able to look after the ones we love and care about

**Date:** 3<sup>rd</sup> - 7<sup>th</sup> September

[www.womenshealthweek.com.au/about](http://www.womenshealthweek.com.au/about)

## International FASD Awareness Day

Every year the world pauses on this day to recognize the importance of being alcohol-free during the nine months of a pregnancy.

**Date:** 9<sup>th</sup> September

[www.nofasd.org.au/community/international-fasd-awareness-day-2/](http://www.nofasd.org.au/community/international-fasd-awareness-day-2/)

## World Suicide Prevention Day

The theme of World Suicide Prevention Day is "Working Together to Prevent Suicide". This theme highlights the essential ingredient for effective global suicide prevention - collaboration. We all have a role to play and together we can collectively address the challenges presented by suicidal behaviour in society today.

**Date:** 10<sup>th</sup> September

<http://wspd.org.au/>

## R U OK? Day

R U OK?'s vision is a world where everyone is connected and protected from suicide. Their mission is to inspire and empower people to connect meaningfully with others and to support anyone struggling with life.

**Date:** 13<sup>th</sup> September

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

## Australian Public Health Conference

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

**Venue:** Pullman Cairns International, Cairns

<https://bit.ly/2vHAcP9>

## WA Mental Health Week

This year, the theme is: 'Mental health starts where we live, learn, work and play'. The aim is to increase mental wellbeing in WA communities by:

- Encouraging everyone to support and look out for one another
- Promoting mental health discussion - learning the 'language' of expressing feelings, good *and* bad
- Continuing to raise awareness of mental health issues and reduce the stigma of seeking help

**Date:** 7<sup>th</sup> - 14<sup>th</sup> October

<https://mhw.waamh.org.au/>

## World Mental Health Day

This is a day for global mental health education, awareness and advocacy. 1 in 5 Australians are affected by mental illness, yet many don't seek help because of stigma. "Do You See What I See?" challenges perceptions about mental illness in Australia and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve.

**Date:** 10<sup>th</sup> October

<https://1010.org.au>

## Anti-Poverty Week

This is a public avenue to encourage all Australians to organise or take part in an activity to highlight or overcome issues of poverty and hardship in Australia and overseas.

**Date:** 14<sup>th</sup> - 20<sup>th</sup> October

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

## National Carers Week

This week aims to raise awareness by drawing attention to who carers are, what they do and how they can access services and supports. People are encouraged to organise a morning or afternoon tea, fundraiser or workshop to achieve this.

**Date:** 14<sup>th</sup> - 20<sup>th</sup> October

[www.carersweek.com.au/getinvolved/](http://www.carersweek.com.au/getinvolved/)

## Australasian FASD Conference 2018

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

**Venue:** Pan Pacific Hotel, Perth

<http://fasdconference.com>

## WELLBEING PLANS, AODMPs & COMMITTEE UPDATES

### Pingelly Community Wellbeing Plan

This committee is working towards the introduction of a 6-monthly reporting system as a form of process evaluation. The interagency committee and formalised plan have successfully supported securing additional funding for the Shire.

### Moora Community Wellbeing Plan

This committee has reviewed results from the Community Perception Survey and supportive agency/stakeholder information and data. The working group is currently revising potential priority areas, and voting of these by agencies is underway.

### Shire of Victoria Plains

#### – Suicide Prevention Committee

This committee is currently planning the roll out of suicide prevention and mental health literacy training for the communities of Bolgart and Calingiri. Training will take place during the next 3 months.

### Shire of Northam

#### – Youth Community Wellbeing Plan

During the priority review of the Shire of Northam Alcohol and Other Drug Management Plan, the committee decided to move forward with a youth focus and incorporate mental health and wellbeing strategies. Contact the Wheatbelt Prevention Team for more information about this plan.

### Shire of Dalwallinu – Community Wellbeing Plan

The Wheatbelt Prevention Team met with a group of local stakeholders in Dalwallinu at the end of July to discuss the benefits of the development and introduction of Community Wellbeing Plans. In preparation for the development of a plan, the stakeholder group will work to disseminate a Community Perception Survey.

### Shire of Narembeen Community Wellbeing Plan

A stakeholder group has met and expressed interest in the development of a Community Wellbeing Plan to promote and strengthen health and wellbeing and reduce the potential of harms associated with alcohol and other drug misuse. The community of Narembeen has run a Community Perception Survey and will use these results to discuss the best way forward.

## COMMUNICATION AND TRAINING PLANS

### Southern Cross

#### – Communication and Training Plan

Through a comprehensive consultation process two priority areas have been identified, addressing the provision of information to the community of harm associated with drug misuse and promoting resilience and connection to improve wellbeing.





# suicide prevention

news, articles & research



## New Infographics

The WA Mental Health Commission has released 2 Infographic Fact Sheets to further support the Think! Mental Health Campaign and designated website:

1. How to check in on someone:  
<https://bit.ly/2ngd9YO>
2. Mental Health in Western Australia:  
<https://bit.ly/2MqALUM>

These are useful resources to disseminate and will help start conversations and promote behaviours to seek help.



## Online assessment of suicide stigma, literacy and effect in Australia's rural farming community

In Australia, farming populations have been identified as having higher rates of suicide when compared to metropolitan, rural and regional communities. The reasons for this are unclear although stigma is considered a risk factor. This study was designed to understand the role of suicide stigma and suicide literacy and the relationship between these.

**Results:** When compared with previous Australian community samples, this sample demonstrated higher levels of stigma and higher levels of suicide literacy. Males were more likely to have considered suicide than females. Females were more likely than males to report a devastating and ongoing effect of suicide bereavement, but less likely than a previous Australian community sample.

**Conclusion:** Results of this study reiterate the need for improved understanding of the risk factors and experience of suicide within the context of life and work in rural Australian farming communities and how 'best practice' can be adapted to improve stigma reduction and suicide prevention efforts.

The full report is available at: <https://bit.ly/2ApjxRP>

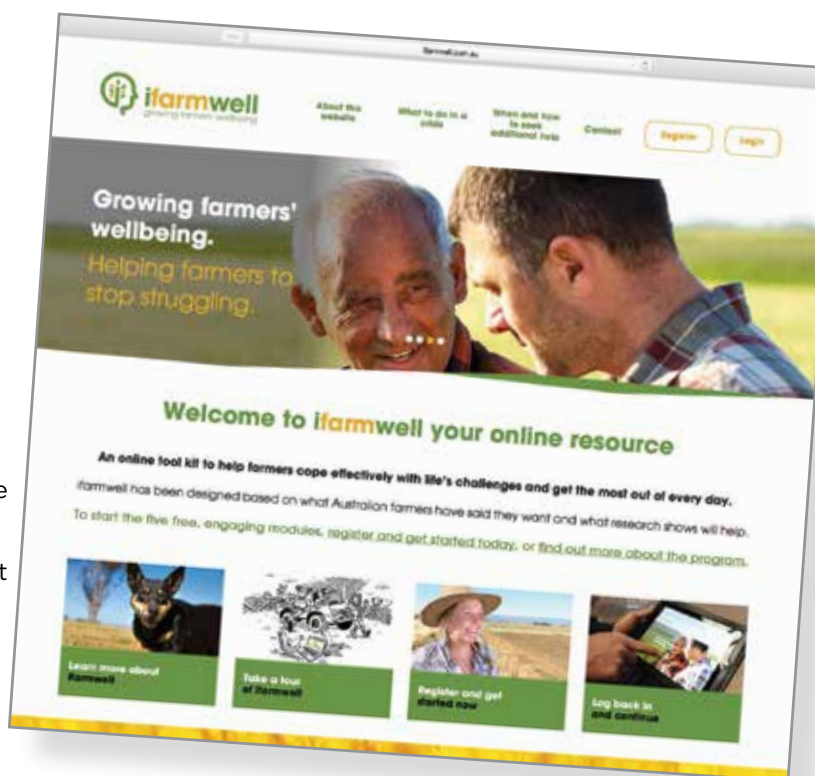


## New Website designed to grow farmers' wellbeing

This website has been designed by Australian farmers to help *other* Australian farmers cope effectively with life's challenges and get the most out of every day. It does this by sharing practical ways of coping with difficult circumstances, thoughts and feelings (especially worries about things one can't control). It also helps to work out where it is most useful for farmers to focus their attention and energy.

This free website is designed to be useful for both farmers who are feeling stressed and those who would simply like some tools to improve their ability to cope with uncertainty associated with life on the land.

There are 5 short modules on this website to help farmers take charge and reduce the negative impact of stressful situations, so they have more time and energy to focus on the things that make them happy. More details at [www.ifarmwell.com.au/](http://www.ifarmwell.com.au/)



## New Position Statement on the role of mental illness and suicide prevention

This position statement represents the public position of Suicide Prevention Australia and is used to inform the ways in which it engages with stakeholders. The statement provides recommendations to guide future investments in addressing issues relating to mental health, mental illness and suicide prevention, as well as a background resource describing the key issues involved in mental illness and suicide.

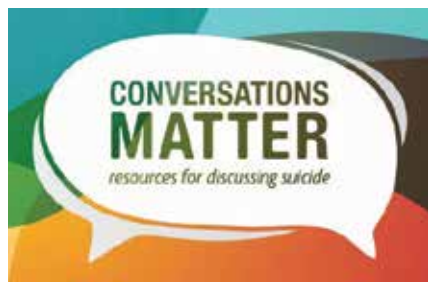
Research shows people living with complex mental illness are 13-45 times more likely to take their own lives than

those living without mental illness. The risk for people living with different conditions are as follows:

- Borderline personality disorder - 45 times greater risk
- Anorexia nervosa - 31 times greater risk
- Major depressive disorder - 20 times greater risk
- Bipolar disorder - 17 times greater risk
- Schizophrenia - 13 times greater risk

Read the full position statement at: <https://bit.ly/2Kpmdml>

## Resources for professionals and those working with communities



*Conversations Matter* has been developed to assist communities to talk about suicide in ways that break down stigma and increase understanding and support for those thinking about suicide and/or those affected by suicide. A range of resources are available to guide the work of professionals and organisations working with communities. These resources are categorised in modules to provide advice about prevention-focused conversations, intervention-focused conversations and postvention-focused conversations. More details at: <https://bit.ly/2BGlcVQ>

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## WA Preventive Health Summit

This summit brought together key health promotion and public health stakeholders and opinion leaders to explore ways to promote healthier lifestyles and to reduce obesity and harm caused by alcohol in WA. The summit discussed the importance of prevention and encouraged broader thinking and community engagement.

The summary report is available at: [www.healthywa.wa.gov.au/preventivehealthsummit](http://www.healthywa.wa.gov.au/preventivehealthsummit)

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## WA Country Football LDAT

The WA Country Football League (WACFL) received funding from a Local Drug Action Team (LDAT) to establish a pilot program in the Avon Football Association. The LDAT Program supports communities to work together to prevent and reduce the harmful effects of alcohol and other drugs.

“It’s obviously concerning to know that regional WA has some of the poorest performing statistics in the nation around alcohol and illegal drug use and we would like to see if we can make a difference in this regard” said WACFL General Manager Joe Georgiades.

Country Football Clubs continue to be hubs in regional WA, and the WACFL would like to try and use this network to improve the outcomes of youth in regional communities. “Ideally, this pilot will build into a program we can roll out all over the state amongst our 25 Senior Leagues, 150 Clubs and 12,500 players” said Joe.

Holyoake was involved in the WACFL’s application and will provide support to establish the Community Action Plan (CAP) and to help WACFL link in with local agencies.

Further meetings regarding WACFL’s CAP are scheduled in the Avon region in mid-August and feedback will form part of this plan. Organisations keen to be involved in this pilot can contact Joe Georgiades on 0407 849 984.



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## WA Methamphetamine Action Plan Taskforce

This taskforce engaged with the WA community to understand the challenges faced and to help formulate its advice to government on practical ways to reduce methamphetamine harm, supply and demand. Forums were held across WA to gather views and insights of individuals and their families directly affected by methamphetamine, as well as frontline workers from the government and non-government sector.

Over 70 meetings were held with about 500 people which included individuals and families with lived experience of methamphetamine, service providers, representatives

from local, state and federal government, peak bodies and advocacy groups, employer and employee representatives. An online portal was also available through which 146 comments were received.

The taskforce thanks all those who contributed their time, views and stories, particularly individuals and families who are directly affected. It also appreciates the support and assistance provided by government and non-government organisations to arrange community meetings and forums.

The report is available at: <https://bit.ly/2vyqZIK>



## Year 6 Resiliency and Wellbeing Expo

This year's expo for Year 6 students from the Avon Valley was a huge success. It was organised by the Northam Local Drug Action Group in partnership with WAPOL Community Crime Prevention Grant, Avon Youth Family and Community Services and the Shire of Northam.

Schools from as far as Beverly, Cunderdin, Toodyay and Wundowie brought their students into the Northam Recreation Centre for this expo focusing on developing resilience skills and student wellbeing. Topics included mindfulness, cyber bullying, r u ok, goal setting, decision making, drugs and alcohol, and mindfulness activities such as making calming bottles.

The students heard presentations by School Drug Education and Road Aware (SDERA), Holyoake WCADS, Avon & Central Wheatbelt Primary Health Service/WA Country Health Service - Wheatbelt, WA Police - Northam and Amity Health.

Jan Whison Principal from Meckering Primary School said "The feedback from our parents has been tremendous. At home the kids have talked non-stop about what they did. It is a great day, much appreciated. We would love to come again next year."

Students had a chance to win a refurbished laptop by completing a quiz; congratulations to the winner - Lochlan from York DHS. A big thank you to the Shire of Northam and

the Northam Recreation Centre staff who supported the presenters and participants over the two days.



## Draft Mental Health AOD Workforce Strategic Framework 2018-2025

This draft framework has been developed in consultation with key stakeholders including senior representatives from a range of government departments, key non-government agencies, peak mental health and alcohol and other drug [AOD] bodies, clinicians, consumers, carers and families of those with a lived experience of mental health and AOD issues.

An external Workforce Strategic Framework Advisory Group including members from key mental health and AOD organisations was also formed to guide the development of this framework.

The draft aims to guide the growth and development of an appropriately qualified and skilled workforce that will provide individualised, high quality mental health and AOD services and programs for the WA community. It outlines recommended strategies and actions that can be implemented by a range of organisations, including government and non-government agencies at the state and/or national level.

The Mental Health Commission welcomes feedback on the

draft framework which is available at: <https://bit.ly/2vcQJew>  
 Please submit your feedback by 5pm Wednesday, 29 August 2018 in any of the following ways:

- Online survey: [www.surveymonkey.com/r/2MFK2Y5](http://www.surveymonkey.com/r/2MFK2Y5)
- Email: [workforcestrategy@mhc.wa.gov.au](mailto:workforcestrategy@mhc.wa.gov.au)
- Mail: Ms Ebony Schroeder  
 Mental Health AOD Workforce Strategic Framework, MHC  
 GPO Box X2299, Perth Business Centre, WA 6847
- In person: Workforce Strategic Framework Team  
 Reception, Level 1, 1 Nash Street, Perth

*Note: While submissions are treated as confidential, any written information held at the MHC is subject to the Western Australian Freedom of Information Act 1992. In addition, due to the large number of submissions anticipated, it will not be possible to respond to each submission individually. Queries can be emailed to Ebony Schroeder [workforcestrategy@mhc.wa.gov.au](mailto:workforcestrategy@mhc.wa.gov.au)*

## Grants

### WA Mental Health Week Community Grants

The Western Australian Association for Mental Health (WAAMH) provides grants up to \$1,000 to help plan an event, activity or project in your local community to support the goals of Mental Health Week (7-14 October). Applications close 3<sup>rd</sup> September. More details at: <https://bit.ly/2AyGN4c>

### Try, Test and Learn Fund

This grant is available for small scale trials of new or innovative approaches to support people at risk of long term welfare dependence. Total funding of \$5,000,000. Closing date 28<sup>th</sup> September 2018. More details at: <https://bit.ly/2M4yRME>

### Youth Engagement Grants Program

Up to \$10,000 available 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: <https://bit.ly/2OCdf8u>

### Sisters of Charity Foundation Grants

Financial assistance up to \$10,000 for community initiatives that will benefit poor and marginalised people. More details at: <https://bit.ly/2n8aAqT>

### Small Grants for Rural Communities

Grants of up to \$5,000 are available for projects and activities that offer clear public benefit for communities in rural, regional or remote Australia. Priority for communities of less than 10,000.

Call 1800 170 020, email [info@frrr.org.au](mailto:info@frrr.org.au) or visit <https://bit.ly/1TYAHby>

## Newly released Supportive Documents

### Report Card: The wellbeing of young Australians (2018)

This Report Card outlines priorities for investment in 6 areas which must be properly met for a young person to have wellbeing: Loved and Safe; Healthy; Material Basics; Learning; Participating and Positive Sense of Identity and Culture. More details at: <https://bit.ly/2M4IvyQ>

### Lifting the Weight

This report, jointly published by ReachOut Australia and Mission Australia, aims to gain a better understanding of the mental health of young people in regional and remote Australia and their support needs. More details at: <https://bit.ly/2ACwv2R>

### Trauma and Young People – Moving towards trauma-informed services and systems

This report is co-authored by Orygen, the National Centre of Excellence in Youth Mental Health, and Phoenix Australia, Centre for Posttraumatic Mental Health. It recommends government, services and young people collaborate to develop better identification, assessment, support and treatment of trauma within mental health systems. More details at: <https://bit.ly/2O4lgSK>

### AOD treatment services in Australia 2016-17 report

In 2016-17, 836 publicly funded AOD treatment services provided just over 200,000 treatment episodes to an estimated 127,000 clients. The top 4 drugs that led clients to seek treatment were alcohol (32%), amphetamines (26%), cannabis (22%) and heroin (5%). The report is available at: <https://bit.ly/2LP2TEM>

### Australian Institute of Health and Welfare report

This report examines the overlap between AOD treatment services and youth justice supervision from 1 July 2012 to 30 June 2016. The report is available at: <https://bit.ly/2OG3Hti>



# training & workshops

## Gatekeeper Suicide Prevention Training

- Northam – 23<sup>rd</sup> & 24<sup>th</sup> August
- Lake Grace – 27<sup>th</sup> & 28<sup>th</sup> September
- Narrogin – 15<sup>th</sup> & 16<sup>th</sup> October
- Moora – 7<sup>th</sup> & 8<sup>th</sup> November
- Merredin – Mid November

## ASIST Training

- 18<sup>th</sup> & 19<sup>th</sup> September - Newdegate
- 26<sup>th</sup> & 27<sup>th</sup> September - Bolgart
- 9<sup>th</sup> & 10<sup>th</sup> October - Calingiri
- 16<sup>th</sup> & 17<sup>th</sup> October - Lake Grace

## Rural Minds Workshop

- Bolgart – 11<sup>th</sup> September
- Southern Cross – September
- Pingelly – 9<sup>th</sup> October

## Youth Mental Health First Aid Courses

- Narrogin – Mid September
- Northam – Mid October

For more information on suicide prevention and mental health literacy training or to register please contact Jo Drayton – Wheatbelt Suicide Prevention Coordinator.

## MHC Workforce Development Training Calendar

The AODtraining@MHC calendar is now available for registrations; there are 24 events to choose from in Semester 2. More details at: [www.mhc.wa.gov.au/aodtraining](http://www.mhc.wa.gov.au/aodtraining) For enquiries regarding training and resources email [AOD.training@mhc.wa.gov.au](mailto:AOD.training@mhc.wa.gov.au) or call 6553 0560.

## Know Injury – Youth Injury Prevention Seminars

These seminars address how to prevent transport injuries, self-harm injuries and alcohol-related injuries. Each seminar will focus on how research and data can be understood and applied to inform policy and program development and strategies to prevent youth injury in WA.

**Date:** 31<sup>st</sup> October, 14<sup>th</sup> November, 28<sup>th</sup> November

**Venue:** Bendat Community Centre, Wembley or via Webinar  
For more information and to register: <https://knowinjury.org.au/events-and-training/know-injury/>

## Wheatbelt Recognise and Respond Training

This free training, designed by the workforce development team MHC, is for first responders and front line workers i.e. Police, St Johns, DFES, hospital/ medical staff, etc. It is available for appropriate agencies and organisations in the Wheatbelt covering:

- 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

**Date:** 10<sup>th</sup> & 11<sup>th</sup> September

**Venue:** Corrigin Ambulance Sub Centre

**Time:** 5.30 – 8.30pm

*Attendance at both sessions is required*

For more information or to RSVP – email [EFewster@Holyoake.org.au](mailto:EFewster@Holyoake.org.au)

**Date:** 2<sup>nd</sup> & 3<sup>rd</sup> October

**Venue:** Pingelly Ambulance Sub Centre

**Time:** 5.30 – 8.30pm

*Attendance at both sessions is required*

For more information or to RSVP – email [pingellycrc@westnet.com.au](mailto:pingellycrc@westnet.com.au)

## Introduction to Population Based Prevention – Wheatbelt VC Training

This free training provides an introduction to the principles and models for understanding and applying evidence-based AOD prevention strategies and to facilitate effective community action. The training can assist communities with the planning, implementation and evaluation of prevention activities and provides advice on how to engage with stakeholders and community members in addressing AOD related issues.

**Date:** 11<sup>th</sup> October

**Time:** 10am to 12 noon

Places are limited to approximately 10 CRCs, and you will need to register by 24<sup>th</sup> August to [pingellycrc@westnet.com.au](mailto:pingellycrc@westnet.com.au)

## Deadly Thinking Workshops

- MERREDIN – September
- MOORA – September
- QUAIRADING – October
- KELLERBERRIN – November

## Young Lives Matter Foundation

A new Foundation at UWA to help save young lives. <https://youngmindsmatter.telethonkids.org.au/>

## Free Well Man phone App

Designed to improve the lives of boys and men. For more information, call 98414777, email: [grant@mensresourcecentre.org.au](mailto:grant@mensresourcecentre.org.au) or visit: <http://www.mensresourcecentre.org.au/>

## WA Youth Awards

The WA Youth Awards recognise West Australians aged 12 to 25 years for their contributions to the community, as well as outstanding youth groups and organisations that serve and support the State's young people. Nominations are now open and will close on 6<sup>th</sup> September. More details at: [www.yacwa.org.au/major-events/wa-youth-awards-2018/nominate/](http://www.yacwa.org.au/major-events/wa-youth-awards-2018/nominate/)

## Wheatbelt Local Drug Action Groups

5 active Local Drug Action Groups in the Wheatbelt:

1. Brookton/Pingelly
2. Lake Grace
3. Moora
4. Northam
5. Wongan Hills

Information on forming a Local Drug Action Group: <http://localdrugaction.com.au/>

## Codeine Posters

Medicines containing codeine are no longer available without a prescription. The National Rural Health Alliance offers free posters for health professionals and health consumers to assist with the transition.

<http://ruralhealth.org.au/codeine>

## AOD Media Watch

AOD Media Watch is run by a group of researchers and clinicians who work in the field that aim to improve the reporting of AOD issues by highlighting stories that misinform, perpetuate unnecessary moral panic and stigma. <http://aodmediawatch.com.au/>

## Holyoake WCADS afterhours service in Northam

Holyoake is now open for AOD counselling at Northam Family Practice every Sunday from 9am to 1pm at 33 Wellington St, Northam WA 6401. Call 9621 1055.

## Know Injury - Violence Resource Kit

<https://knowinjury.org.au/wp-content/uploads/2018/07/Violence-Resource-Kit-Final.pdf>

# How to check in on someone

Helping others and providing support can make a difference for someone who is having problems and going through a tough time. If you think someone you care about isn't going so well, try the following tips on how to support them and continue to check in on them.



## Talk

For most people, just asking if they are okay and listening can make a difference.

By simply being there for someone, they can feel less alone and more supported to open up and talk about how they are really feeling.

Asking open ended questions that require a response is a good way to start the conversation.

### FOR EXAMPLE:

- How are you going? What's been happening in your life lately?
- You don't seem quite yourself lately, is something bothering you?
- You seem upset or worried, what's going on? Can I help with something?
- I've noticed you're not going out much lately, anything going on?



## Do an activity together

Activities create conversation. Find an opportunity during everyday life activities to start the conversation and ask them how they are really feeling. Try doing activities together such as:



GOING FOR A WALK



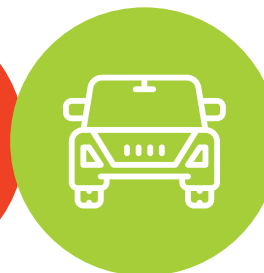
GOING TO AN  
EVENT TOGETHER



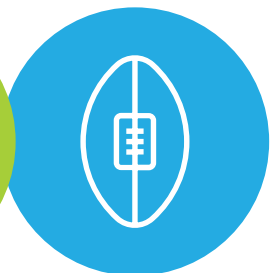
GOING FOR A COFFEE  
OR A MEAL



KICKING THE FOOTY,  
PLAYING A GAME,  
SURFING ETC



GOING FOR A DRIVE



ANYTHING THAT  
ENCOURAGES OR PROVIDES AN  
OPPORTUNITY TO HAVE A CHAT



## Listen

Just being there for someone and offering a listening ear can make a difference.

1. Show them that you care and are here to listen to them.
2. Have patience, let others talk and don't judge.
3. Be reflective by repeating what they have said.
4. Keep calm and accept that they may disagree with you.



## Provide support

If the person you're concerned about is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

They may also need your support while they look for professional help.

  
think  
MENTAL HEALTH

For more information visit  
[thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)





# YIRRA KOORL

looking forward

Photo by:  
Sandra Powell

## 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: [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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