

# YIRRA KOORL

## looking forward

### YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - DECEMBER 2019

The festive season is a good time to pause and ensure that we have things in place to ensure our own wellbeing and those we care about.

It's fine to have a bit of culinary indulgence but try to keep your diet as balanced as possible with lots of fruit and vegetables. Drinking too much alcohol can result in harms for yourself or those around you. The national drinking guidelines recommend no more than 1.4 standard drinks on any day for healthy adults.

Exercise can be great for mental health. Dance to your favourite Christmas carols or head outside in the early morning or for a leisurely evening stroll and enjoy the fresh country air.

It is important to remember that it is not a happy time for those who have lost a loved one. It can be especially hard for those who find it difficult returning home – or who have no family to return to. Think about how you could support people in these circumstances.

Learn to observe the early signs of feeling overwhelmed. Pay attention to tensions and when you spot them, give yourself permission to step back. Do something you enjoy such as reading a book, going for a walk or taking a nap. Remember no matter how you feel, it is hard to go through it alone - especially during the festive season. Confide in someone you trust, whether it is a friend, a member of your family, or a mental health professional. You are never alone.

We wish you a safe and happy festive season.

- The Editorial Team

#### NEW SUICIDE PREVENTION SERVICE FOR THE WHEATBELT

The Aftercare Coordination Program is a pilot program that provides intensive support and care coordination for people who are returning to their home and community, following hospitalisation for suicide ideation or a suicide attempt. It offers holistic wrap around support to ensure that people receive the necessary clinical, social and practical support. Based at Holyoake WCADS, 133 Fitzgerald Street in Northam, this program covers the Wheatbelt area and includes:

- Care coordination to mobilise and organise support services as required.
- Implementation of hospital discharge plans.
- Referrals to other services.
- Ongoing suicide risk assessment, safety planning and review.
- Support for clients to attend appointments - GP, housing, legal, financial, social, etc.
- Advocacy.

This free program is funded by the WA Primary Health Alliance (WAPHA) via its Country Primary Health Network. Those who are eligible include:

- People who have presented at an Emergency Department or admitted to hospital with suicidal ideation or a suicide attempt.
- While the priority is to assist people as soon as possible and prior to discharge from hospital, referrals received up to several weeks following discharge from hospital will also be considered.

To discuss a referral or for more information about this program, please contact Christine Cornforth on 0409 886 284.

#### HOLYOAKE RELOCATES TO NEW OFFICE IN NORTHAM

Holyoake has been operating in the Wheatbelt since 1997, and now has offices in Northam, Narrogin and Merredin in addition to outreach services across the region. Over 1,000 people access their services each year.



In line with its commitment to continuous improvement, the Holyoake Wheatbelt Community Alcohol and Drug Service (WCADS) has relocated to an iconic building at 133 Fitzgerald Street in Northam. Angie Paskevicius, CEO of Holyoake and the Hon Mia Davies MLA cut the ceremonial ribbon to mark the occasion on December 4, 2019.

Before this move, Holyoake WCADS had been operating from two offices in Northam – 4 Elizabeth Place and 95 Wellington Street. Now, clients and stakeholders can access all their services under one roof. “The relocation of our Northam office reflects our commitment to the wellbeing and comfort of our clients, staff and stakeholders” said Angie.

## FASD HUB – LANGUAGE GUIDE

FASD Hub Australia have released a Language Guide, suggesting respectful and safe language which can be used in communications about Fetal Alcohol Spectrum Disorder (FASD) in Australia.

The guide states: “The language we use has a powerful impact on the way people with FASD are perceived and are treated. This guide is intended to suggest language that can be used in conversations, presentations and reports about FASD in Australia. The use of such language is intended to enhance respectful engagement with people with FASD and their families to reduce the negativity and stigma often associated with FASD.”

More information: <https://www.nofasd.org.au/wp-content/uploads/2019/04/FASD-HUB-Australia-Language-Guide.pdf>

## YEAR 6 RESILIENCY AND WELLBEING EXPOS

The Northam Local Drug Action Group in partnership with the Northam Local Drug Action Team, and the Department of Education have continued to build on the success of recent resiliency and wellbeing expos for Year 6 students in the Avon Valley.

In June, expos were held in Northam, Moora and Merredin with surrounding schools invited to participate. The expos focused on developing resilience skills and student wellbeing. Topics covered included: mindfulness, cyber bullying, resiliency and life skills, managing anger, goal setting, decision making, alcohol and other drugs, the law and promotion of help seeking; and mindfulness activities such as making calming bottles.

Topics were presented by the Department of Education - Road Safety and Drug Education Branch, Holyoake WCADS, Avon & Central WA Country Health Service - Wheatbelt, WA Police from Merredin, Moora and Northam; Moora Community Resource Centre, Geraldton Regional Aboriginal Medical Services and Amity Health. Both the Shire of Northam and the Shire of Moora supported the expos by providing venue and staff assistance.

Michelle Diver, Chaplain Avon Vale Primary School, said “The expo today was excellent. Well organised with competent presenters. Dividing the students from each school into mixed groups worked very well. Most of our students said they had met someone new. The material presented was pitched at a level that was relevant and the group activities were enjoyed by all students. There are themes from the expo that can be built on in health to endorse the messages.”

All schools will be offered professional development for staff to build on their understanding and delivery of resilience and drug education. Our young people are the beneficiaries of this wonderful day.

## RESEARCH: ALCOHOL USE IN FAMILY, DOMESTIC AND OTHER VIOLENCE

The aim of this research was to describe the relation between alcohol use and violence in the Australian population, and to examine key differences between three difference types of violence: Family and Domestic Violence (FDV), Intimate Partner Violence (IPV), and Other Violence (OV).

Over 5,000 Australians were surveyed and results indicate that approximately one-third of all violent incidents experienced were alcohol-related. This highlights the need for intervention that directly addresses the role of alcohol consumption in FDV.

There was a noted correlation with alcohol purchases from liquor stores and at-home consumption with IPV, and as such the authors concluded that ‘policy interventions such as reductions in outlet density or a minimum unity price for alcohol may reduce IPV incidents’.

This research has been published in the Drug and Alcohol Review: <https://onlinelibrary.wiley.com/doi/full/10.1111/dar.12925>

*Reference: Curtis, A., Vandenberg, B., Mayshak, R., Coomber, K., Hyder, S., Walker, A., Liknaitzky, P., & Miller, P.G. (2019). Alcohol use in family, domestic and other violence: Findings from a cross-sectional survey of the Australian population.*

*Reference: Drug and Alcohol Review. doi:10.1111/dar.12925*

## PREVENTION IN PRACTICE CONFERENCE

### Prevention in Practice Conference.

24–25 June, Melbourne



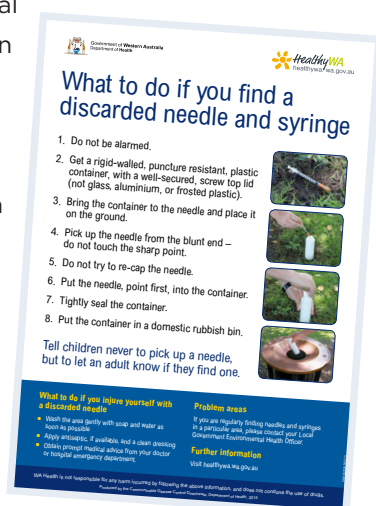
The Alcohol and Drug Foundation held their Prevention in Practice Conference in Melbourne on the 24<sup>th</sup> and 25<sup>th</sup> of June. There were great discussions on community-led prevention initiatives among delegates from across Australia. Conference presenters included international guests from Planet Youth - showcasing the Icelandic Model; Deakin University; the Matilda Centre for Research in Mental Health and Substance Use; and representatives of Local Drug Action Teams across Australia highlighting successful grassroots preventative initiatives.

For more information and to access some of the conference presentations: <https://adf.org.au/about/conference/>

## SAFE DISPOSAL OF NEEDLES AND SYRINGES

Inappropriate needle disposal has been a recurrent concern in most communities. There has been no recorded case in WA of a person getting blood borne viruses through a needle stick injury in a community setting, the risk is very low. However, it is still important to take some action after a needle stick injury.

Needles and syringes can be disposed of in appropriate disposal units (usually yellow containers) or



in a rigid-walled, puncture resistant, screw-top plastic bottles disposed in domestic bins.

The Wheatbelt Public Health Unit currently provides free sharp disposal boxes to organisations and business establishments all across the region. For more information, contact [wheatbelt.phu@health.wa.gov.au](mailto:wheatbelt.phu@health.wa.gov.au) or call 9690 1720.

Safe disposal information: [https://healthywa.wa.gov.au/Articles/S\\_T/Safe-disposal-of-needles-and-syringes](https://healthywa.wa.gov.au/Articles/S_T/Safe-disposal-of-needles-and-syringes)

## 2019 ANNUAL ALCOHOL POLL

The Foundation for Alcohol Research and Education (FARE) has released the results of its 10<sup>th</sup> Annual Alcohol Poll, providing a comprehensive insight about Australia's relationship with alcohol.

This report highlights a lack of clarity about low and high risk alcohol consumption.

The ambiguity of the term 'responsible drinker' is unpacked; a majority of Australian drinkers consider themselves a 'responsible drinker' but 47% of Australian drinkers are consuming alcohol to get drunk. Significant support continues for alcohol policy initiatives, with 75% of Australians believing more needs to be done to reduce alcohol-related harm.

More information on the report: <http://fare.org.au/annual-alcohol-poll-2019-attitudes-and-behaviours/>

Access the full report: <http://fare.org.au/wp-content/uploads/FARE-Annual-Alcohol-Poll-2019-FINAL.pdf>





## ALCOHOL AND DRUG FOUNDATION LANGUAGE GUIDE

The *Power of Words* is a language guide that contains evidence-based advice on using non-stigmatising language when it comes to alcohol and drugs. It features an easy-to-navigate, colour-coded directory of alternative words and phrases to suit a range of common scenarios.



It is important to use consistent and appropriate language when speaking about alcohol and other drug use in all contexts, whether it is speaking directly to clients or communicating to a broad audience. The recommendations in this guide have been developed to be easily adopted by healthcare professionals as well as anyone working in management, people and culture, education, marketing, the media or social media.

More details: <https://adf.org.au/resources/power-words/>

## NATIONAL ALCOHOL STRATEGY 2019-2028

This is a sub-strategy of the National Drug Strategy 2017-2026. It is based on the overarching principle of harm minimisation - including the three pillars of demand, supply and harm reduction. This strategy aims to prevent and minimise alcohol-related harms among individuals, families and communities.

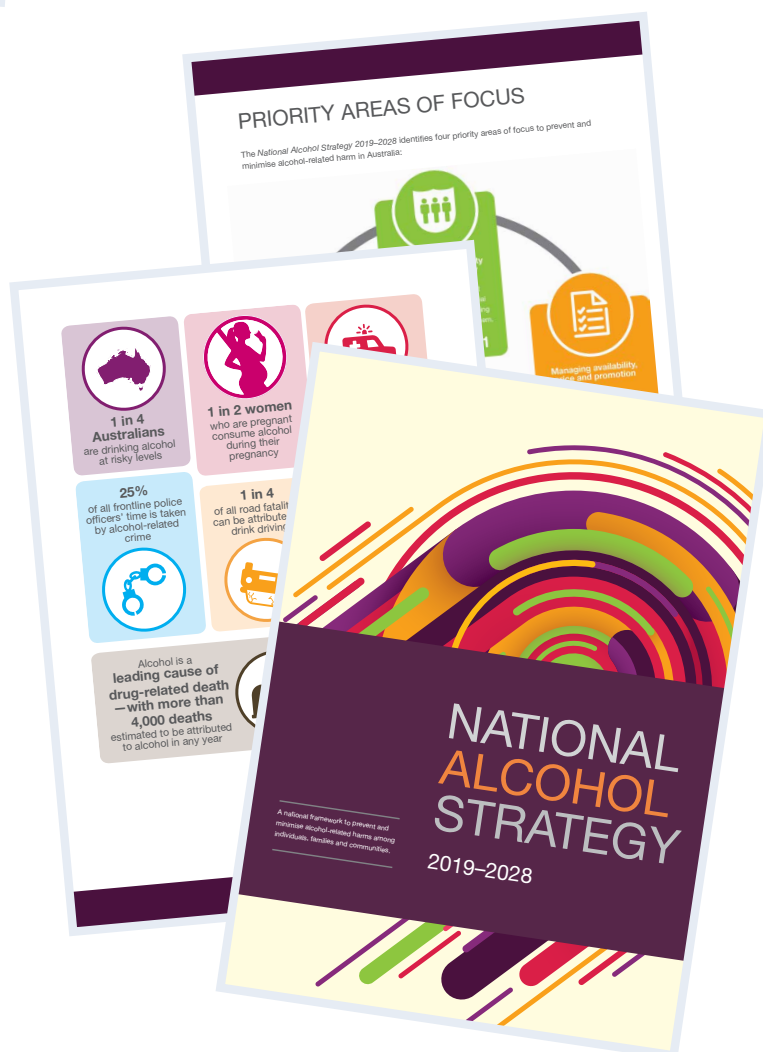
The strategy identifies the following four agreed national priority areas to prevent and reduce alcohol-related harms in Australia:

1. Improving community safety and amenity:  
Working to better protect the health, safety

and social wellbeing of those consuming alcohol and those around them.

2. Managing availability, price and promotion:  
Reducing opportunities for availability, promotion and pricing which contribute to risky alcohol consumption.
3. Supporting individuals to seek help: Facilitating access to appropriate treatment, information and support services.
4. Promoting healthier communities: Improving the understanding and awareness of alcohol-related harms in the Australian community.

More information: <https://www.health.gov.au/resources/publications/national-alcohol-strategy-2019-2028>



## Western Australian Suicide Prevention Action Plan 2021 to 2025 - Draft

This draft Action Plan was open for public consultation and feedback from 9<sup>th</sup> - 22<sup>nd</sup> October 2019. Regional consultation was undertaken throughout the Wheatbelt during the middle of July 2019.

This Action Plan was developed within a framework that uses a whole-of population approach and closely aligns with the Fifth

National Mental Health and Suicide Prevention Plan and the National Suicide Prevention Implementation Strategy. The draft guiding principles are:

- Everyone has a role in suicide prevention
- Recognition that lived experience is essential to inform suicide prevention activity
- Community wellbeing and resilience are fundamental
- Care is culturally appropriate and compassionate
- Evidence-informed, integrated, cross-sectoral approaches are needed
- Quality and timely interventions are available across the lifespan
- Earlier intervention to prevent and manage crisis.
- Support and care is matched to individual needs and preferences
- Communities are empowered to lead local efforts which are tailored to local circumstances and priorities.
- Individuals, families and communities are supported to recover
- A sustainable service system, which takes into account the limited resources available

More information: <https://bit.ly/2RtXkgy>



## Productivity Commission Mental Health Report - Draft

The Productivity Commission has released its draft Mental Health Report, based on its inquiry into the mental health and wellbeing of Australia's population.

The inquiry focussed on the prevention and early detection of mental ill-health as well as treatment for people with a diagnosed condition. Findings indicate that mental ill-health and suicide cost Australia up to \$180 billion per year and treatment and services are not meeting community expectations. Over their lifetime, one in two Australians will be affected by mental ill-health including anxiety and depression and up to one million people do not receive the help they need.

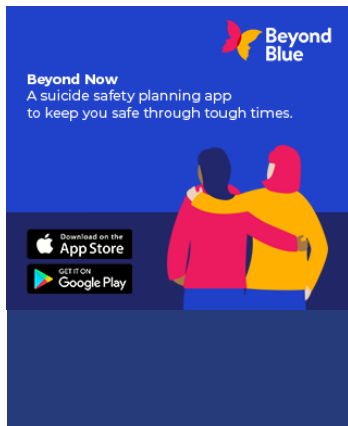
Michael Brennan, Productivity Commission Chair, said "Mental ill-health has huge impacts on people, communities and our economy but mental health is treated as an add-on to the physical health system. This has to change."

The Report calls for change not only in the health system but also in schools, workplaces, housing and the justice system. The Commission's recommended reforms fall into five broad areas:

1. Help people maintain their mental health and reduce the need for future clinical services, through early intervention for mental health problems and suicide risks.
2. Improve the consumer and carer experience of the mental healthcare system to ensure that care is timely, is consistent with treatment needs and does not impose undue burden on consumers or carers.
3. Improve the experience of people with mental ill-health and those who care for them beyond the healthcare system, recognising that people enter the mental health system through a number of community gateways and may need to access services beyond healthcare, such as psychosocial services, housing and justice.
4. Improve incentives for people to remain engaged in education and stable employment, and provide support to enable Australians with mental health problems to reach their potential in life, have purpose and meaning, and contribute to the lives of others.
5. Reform the behind-the-scenes arrangements and incentives to ensure services for people in need are as seamless and timely as possible.

The Commission's draft report can be found at [www.pc.gov.au](http://www.pc.gov.au) and submissions for the final report are currently being taken.

## Beyond Now - Safety Planning App



Often someone who thinks about suicide doesn't really want to die. They are in emotional pain and just want it to go away or, part of them wants to live, but sometimes life can feel so hard. Every suicide is felt by friends, family and their communities.

A safety plan is for people to use when they are feeling unsafe or suicidal – a plan to remind themselves of reasons to live, family and friends they can talk or yarn with and things that can make them feel strong. Everyone's plan is personal and different, but it can help in the same way. The safety plan will walk someone through their steps to keep them safe.

Beyond Blue have created the Beyond Now Safety Planning App <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

The app guides them through, step-by-step, and has suggestions for each step. It can help if a family member, an Elder or support person works with them to make the plan. It can be updated anytime and easily shared with others if the person wants. It's not designed to be their only support but can help as part of an overall program.

Beyond Now is free to download from the Apple Store or Google Play and if you don't have a smartphone, it is also available [online](#).

*Beyond Now is designed to be used as part of an overall mental wellbeing and safety strategy. It is not intended to be the only form of support. Ideally you should work with a health professional or support person to create your plan.*

## Workplace Toolkit for Perinatal Anxiety and Depression

This workplace toolkit provides a range of free and expert resources for managers and HR professionals to support the mental health of their staff members who are expecting a baby, on parental leave or returning to work after having a baby. The PANDA at Work Toolkit features:

- Advice for managers and staff to support the mental health of expecting and new parents in the workplace including steps to take if a staff member says they are struggling.
- Stories of living with a perinatal illness at work.
- Videos about managing mental health during different stages of the parenting journey.

More information: <https://www.panda.org.au/panda-at-work-toolkit-registration>

## Youth Mental Health Report 2012-18

This report presents Mission Australia's youth survey findings of the past seven years, and is co-authored with Black Dog Institute experts. It ascertains and investigates rates of psychological distress experienced by young people in Australia aged 15-19.

Almost one in four young people in 2018 say they are experiencing mental health challenges, with young females twice as likely as males to face this issue. A higher proportion of Aboriginal and Torres Strait Islander young people also met the criteria for psychological distress than their non-Indigenous peers.

The report further examines the concerns, general wellbeing and help-seeking behaviours of close to 27,000 participants, including those who are experiencing psychological distress. It highlights the vital role that friends, parents, services, schools and the internet play as sources of help for young people who are struggling with their mental health.

Full report can be accessed via: <https://bit.ly/2PuzRZN>  
Report infographic: <https://bit.ly/355nQka>

## Grants

### Strengthening Rural Communities Grant Program

The Foundation for Rural and Regional Renewal offers two funding tiers:

#### 1. Small and vital grants

- Funds of up to \$10,000 to meet an immediate small scale need within a community, or to boost a larger initiative.
- Applications accepted year round via online application system and awarded quarterly.
- Round 4 closing date: 19<sup>th</sup> December 2019.

#### 2. Larger leverage grants

- Funds between \$10,000 to \$25,000 for small rural, regional and remote communities to support more aspirational objectives, leverage ideas, creativity and resources of communities for bigger impacts and stronger, more connected communities.
- Expressions of interest due: 4th February 2020

More information: [https://www.frrr.org.au/grants/strengthening\\_rural\\_communities](https://www.frrr.org.au/grants/strengthening_rural_communities)

### Active Regional Communities Grants

The Department of Local Government, Sport and Cultural Industries is offering grants of up to \$5,000 across three potential funding categories:

1. Participation: Initiatives that increase community and player participation, focusing on introduction of new members.
2. Capacity Building: Initiatives that improve the knowledge, skills and capabilities of people involved in a sport or active recreation organisation.
3. Event Hosting: Hosting of a significant inter-regional or higher level competition as recognised by the State Sporting Association in regional WA.

More information: <https://www.dsr.wa.gov.au/funding/regional/active-regional-communities-guidelines>

### Youth Engagement Grants Program

Grants of up to \$10,000 are available for local governments and community service organisations to implement projects that engage young people 10-18 years in creative ways and to help achieve positive outcomes.

The project should address one or more of the following objectives:

- Develop the knowledge, confidence and skills young people need to be actively involved in community life and to respond to issues impacting on their lives.
- Provide opportunities for young people to learn and develop life skills to help them to achieve their goals.
- Promote and/or create environments and accessible services and programs to keep young people well and promote lifelong healthy lifestyles.

Applications close 30<sup>th</sup> December 2019. Guidelines and Application Form: <https://dlgc.communities.wa.gov.au/GrantsFunding/Pages/Youth-Engagement-Grants-Program.aspx>

### Grants for Women

Grants of up to \$10,000 are available for local governments and community service organisations to implement projects that focus on addressing the unique issues faced by women. Projects should address one or more of the following project priority areas:

- Health and Wellbeing
- Safety and Justice
- Women's Economic Independence
- Women in Leadership

Applications close 31<sup>st</sup> December 2019. Guidelines and Application Form: <https://dlgc.communities.wa.gov.au/GrantsFunding/Pages/Grants-for-Women.aspx>

### KidSport Grants

KidSport enables eligible Western Australian children aged 5-18 years to participate in community sport by offering up to \$150 per calendar year towards club fees.

More information: <https://www.dlgsc.wa.gov.au/funding/sport-and-recreation-funding/kidsport>

### Newly released Supportive Documents

#### State Public Health Plan for WA 2019-24

This plan was developed by the Chief Health Officer of the WA Department of Health in collaboration with the Mental Health Commission and numerous WA public health experts. It supports Local Government Areas in their implementation of Public Health Plans, and can be used as a resource by all agencies with an interest in improving the health and wellbeing of Western Australians.

The Plan provides high level strategic directions focusing on prevention, health promotion and health protection strategies that aim to prevent disease, illness, injury, disability and premature death in WA. It establishes a vision for the best possible health, wellbeing and quality of life for Western Australians. This vision is supported by three objectives:

Objective 1 - Empowering and enabling people to live healthy lives

Objective 2 - Providing health protection for the community

Objective 3 - Improving Aboriginal health and wellbeing

More information: <https://bit.ly/2qxEycY>

#### Working Together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice

The second edition of this book was developed as an information source for health professionals working with Aboriginal and Torres Strait Islander people with social and emotional wellbeing issues. It includes comprehensive and culturally appropriate information to educate and assist health professionals who work with Indigenous clients. The book is divided into six parts:

- History and contexts
- Issues and influences
- Standards, principles and practice
- Assessment and management
- Working with children, families and communities
- Healing models and programs

More details: <https://bit.ly/2POzMy5>

#### Online Drug Classification Model

The Alcohol and Drug Foundation have developed an interactive online drug classification model. The Drug Wheel groups different types of drugs based on the effect they have on the body. It is particularly beneficial for frontline workers to quickly understand different drug types and to provide treatment or prevent incidences.

More details: <https://adf.org.au/drug-facts/#wheel>

#### Family, domestic and sexual violence in Australia

Australian Institute of Health and Welfare continues the national story in 2019. Building on the inaugural *Family, Domestic and Sexual Violence in Australia 2018* report, this report presents new information on vulnerable groups, such as children and young women. It examines elder abuse in the context of family, domestic and sexual violence, and includes new data on telephone and web-based support services, community attitudes, sexual harassment and stalking. It also includes the latest data on homicides, child protection, hospitals and specialist homelessness services.

More information: <https://bit.ly/36fzQ2F>

#### Western Australian Men's Health and Wellbeing Policy

This policy, has been developed in response to the National Male Health Policy. It provides direction for the WA health system and its partners, to provide effective services which will boost physical, mental, social and emotional wellbeing. The policy is underpinned by three goals:

1. Men are empowered to be proactive in managing their health needs.
2. Men have equitable access to services.
3. Men's health and wellbeing needs and outcomes are monitored and evaluated.

More information: <https://bit.ly/341nKJ5>

#### Australian Burden of Diseases Study

The Australian Institute of Health and Welfare has released a summary report on the impact and causes of illness and death in Australia 2015. It provides information on the deaths and burden of disease due to risk factors included in the Australian Burden of Disease Study 2015. 38% of disease burden in Australia in 2015 is preventable and due to the modifiable risk factors (this is discussed in the study).

More information: <https://bit.ly/2qvkgRk>



### Advocacy in Action Toolkit 4th Edition

This toolkit from the Public Health Advocacy Institute of WA is a practical resource that supports and encourages health professionals and interested organisations to engage in advocacy. It demystifies advocacy and includes:

- Examples and case studies demonstrating how advocacy strategies can be applied across different issues.
- Tips to effectively work with the media.
- Practical tools to help individuals and organisations to advocate on issues.

More information: <https://bit.ly/2E5x3wV>

### WA LGBTI Health Strategy 2019-2024

This strategy aims to improve the health and wellbeing of Lesbian, Gay, Bisexual, Transgender, Intersex (LGTBI) populations. It sets clear priorities and outcomes on policy development and service delivery, and provides direction to the WA health system and health services to achieve optimal health and wellbeing outcomes. The priorities are:

1. LGBTI populations' experience of health services is LGBTI inclusive and meets all physical and mental health and wellbeing needs.
2. The WA health system provides leadership and promotes affirmative practices for the health and wellbeing needs of LGBTI populations.
3. The WA health system promotes and strengthens data collection, evaluation and monitoring of the health and wellbeing needs of WA LGBTI populations.
4. The WA health system and health services collaborate with non-government organisations to build research knowledge on the health and wellbeing needs of LGBTI populations living in WA.
5. The WA health system, health services, and health care professionals and support staff are equipped with the knowledge, skills and understanding to meet the health and wellbeing needs of LGBTI populations.
6. Access to LGBTI specific health services.

More information: <https://bit.ly/2YAXHaz>

### WA Women's Health and Wellbeing Policy

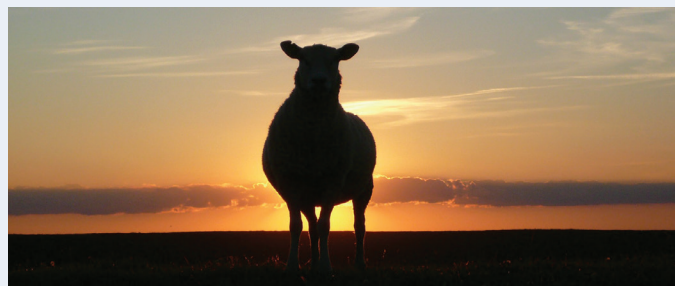
This policy highlights the commitment of WA's health system to the strategic direction of the National Women's Health Strategy 2020-2030, and works alongside the WA Men's Health and Wellbeing Policy. The policy advocates for strengthened partnerships and collaboration in addressing the four priority areas:

1. Chronic conditions and healthy ageing.
2. Health and wellbeing impacts of gender-based violence.
3. Maternal, reproductive and sexual health.
4. Mental health and wellbeing.

More information: <https://bit.ly/2Yt6hYO>

## events & workshops

### Events



#### Wagin Woolorama 2020

6<sup>th</sup> & 7<sup>th</sup> March 2020

<http://www.woolorama.com.au/>

#### Preventive Health Conference 2020

The Public Health Association Australia is organising a conference called 'Can do Prevention: Effective action in a volatile world.'

13<sup>th</sup> - 15<sup>th</sup> May 2020, Perth WA.

<https://www.prevention2020.com/>

### Training & Workshops

#### Social Determinants of Health Webcast Series

The Centre for Healthcare Knowledge and Innovation has developed this webcast series in partnership with Social Futures and Health Justice Australia. To access recordings or to register: [www.thecentrehki.com.au/events/sdoh/](http://www.thecentrehki.com.au/events/sdoh/)

#### Turning Point Webinars

Turning Point host a number of webinars presented by experienced clinicians in the dependency sector. These can be accessed and viewed at: [www.turningpoint.org.au/education/webinars](http://www.turningpoint.org.au/education/webinars)

#### Child Safe Organisations - Free online e-learning modules

The Australian Human Rights Commission has released a series of free online courses for people working or volunteering in organisations to help them understand and implement the National Principles for Child Safe Organisations. The modules include an introductory module which gives an overview of the development and content of the National Principles, and separate modules on each of the ten National Principles.

To register: <https://childsafe.humanrights.gov.au/learning-hub/e-learning-modules>



## Holyoake WCADS afterhours service in Northam

Holyoake WCADS is open for drug and alcohol counselling at 133 Fitzgerald Street in Northam every Sunday from 9am to 1pm. Tel: (08) 9621 1055.

## The Ready2Change Trial

Turning Point and Monash University are currently recruiting participants for a National Health and Medical Research Council funded trial, testing two types of telephone-delivered support programs to reduce alcohol use and related harms. <https://bit.ly/2DY7wWL>



## World-first MyGrief App

The Australian Centre for Grief and Bereavement (ACGB) has launched the world's first app designed to support bereaved individuals and their family and friends. Designed by industry professionals, this free app aims to support bereaved people, as well as those who are supporting them. <https://apps.apple.com/au/app/mygrief/id1485182615>

## Alcohol Action Station e-news

Alcohol Action Station is a fortnightly e-newsletter providing information and tools to take action on harms from alcohol. <https://alcohol.phaiwa.org.au/newsletter>.

## My Services Portal

This portal from the Mental Health Commission aims to help consumers, carers and families to find mental health and alcohol and other drug support services. <https://myservices.org.au/>

## Australian alcohol-attributable harm visualisation tool

Developed by National Drug Research Institute researchers, this new online tool provides an instant, interactive way to identify trends in alcohol-attributable hospitalisations and deaths, create maps of alcohol-attributable harm in Australia, and compare counts and rates in bar charts. More information at: [alcoholharmtool.info](http://alcoholharmtool.info)

## eSafety - Screen Time for your Child

The eSafety Commission have produced a guide for parents to ensure that screen time is age appropriate and safe. <https://bit.ly/2sZmfli>

## AOD Lifecycle Planner

The Alcohol and Drug Foundation have updated this resource. It can be used to guide the development of a Community Action Plan that addresses local AOD issues, by addressing risks and building protective factors using a range of evidence-based toolkits. More details at: <https://community.adf.org.au/plan/key-ldat-resources/>

## Jean Hailes Women's Health Survey - 2019

The fifth annual Women's Health Survey reveals the health needs and behaviours of women across Australia. This year, 9999 women aged 18 years or older responded to the survey. <https://bit.ly/2LzrTxm>



# No alcohol is better for our teenagers.

There is no shame in getting help. The Parent and Family Drug Support Line is a confidential, non-judgemental telephone counselling, information and referral service for anyone concerned about a teenager's alcohol use.

**Call backs are available.**

**Metro 9442 5050 | Country 1800 653 203 | 24 hours a day, 7 days a week**





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## 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.lifeline.org.au](http://www.lifeline.org.au)

Text Service: 0477 13 11 14

**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

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

Phone (08) 9621 1055

Holyoake Community Alcohol & Drug Service

133 Fitzgerald Street, NORTHAM, WA 6401

## YIRRA KOORL SUBSCRIPTION

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