

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - APRIL 2021

Welcome to the first edition of Yirra Koorl for 2021.

We are now entering *Djeran*, the Noongar Season of Adulthood. This is a season of red flowers - especially from the Flowering Gums, and smaller flowers of the Summer Flames. You may also notice red seed cones on Sheoaks, and flowers on Banksias.

Coming out of COVID-19, the air of uncertainty and disruption can impact our physical and mental health. If any of your clients, colleagues, family members or friends have adopted unhealthy coping behaviours, you can support them to make positive and healthy lifestyle choices. This issue includes useful articles and links to websites and resources to help you.

As the global health/financial situation and local environmental challenges continue, personal connections are even more important. Take the time to engage with nature, participate in physical activities, support community or regional events, and spend time with family and friends. You will find helpful connection tips at these websites: <https://www.actionforhappiness.org/>, <https://www.neighbourday.org/>, <https://www.actbelongcommit.org.au/> and <https://www.thinkmentalhealthwa.com.au/think-mental-health/be-positive-be-connected-be-active-campaign/>

Pay It Forward Day occurs on April 28 - but if we pledge to pay it forward on a weekly basis, we can all contribute to creating a huge ripple of kindness. Remember, small acts multiplied by millions of people can literally change the world for the better.

INVESTING IN PREVENTION INITIATIVES IN THE WHEATBELT FOR BETTER OUTCOMES

Substance misuse and mental illness are listed in the top five conditions causing the highest burden of disease globally. This is calculated using the Disability-Adjusted Life Year (DALY) - a measure that combines 'years of life lost due to premature mortality' with 'years of life lost due to time lived in less than full health'.

The cost of alcohol misuse in Australia is estimated at \$36 million each year. In 2014, the cost of severe mental illness in Australia was an astonishing \$56.7 billion. This includes the direct costs of health and other services, as well as indirect costs due to lost productivity.

On a positive note, it is estimated that for every \$1 invested in health promotion, Australia can save over \$5 in health spending annually. Research also indicates that health promotion activities have the potential to prevent 157,000 Alcohol and Other Drug (AOD) related hospitalisations annually, create 170,000 jobs resulting in \$8 billion in earnings, and save \$2.3 billion in hospital expenditure.

Holyoake's Wheatbelt Community Alcohol and Drug Service (WCADS) is committed to prevention and supporting health promotion in the Wheatbelt. The Prevention Team comprises Jo Drayton (Suicide Prevention Coordinator), Jo Woodruff (AOD Prevention Officer), and Jordyn Drayton (Administration/Project

Support). Jessica Daniels, a graduate Health Promotion Officer, has now joined this team on a 6-month scholarship from Australian Health Promotion funded by Healthway WA.



The Prevention Team aims to provide an evidence-based, evidence-informed Prevention Plan to support Commonwealth and State Government agencies, Local Governments, non-Government organisations and communities with development, implementation and evaluation of promotion and prevention activities. The goal of this Plan is to build upon and/or continue to implement a range of programs that will:

- increase optimal mental health and wellbeing
- reduce the incidence of mental illness, suicide attempts and suicide
- prevent and reduce problematic AOD use

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Promotion and prevention actions aim to improve mental health and wellbeing and to prevent and reduce AOD harm in the general population and at-risk groups. They also address co-occurring mental health and other AOD-related issues. Where appropriate, secondary and/or tertiary prevention strategies are used to support people showing early signs of mental ill-health or AOD-related issues. The Prevention Team coordinates the following activities:

- Development and maintenance of Community Wellbeing Plans
- Joint initiatives between local community groups and service providers to address local health priorities
- Coordination and facilitation of training and educational programs
- Supporting local community and sporting groups in implementing AOD and suicide prevention activities
- Collaborating with health and school education providers to support young people

Jessica will be coordinating an exciting new initiative to develop a social media early intervention program for young people within the Wheatbelt region. It will address a range of health issues such as physical and mental health, and AOD use by collaborating with local health professionals and subject matter experts to provide evidence-informed information via social media. The project will also build strong and positive connections between local health professionals, services, and young people. The social media campaign will become an easily accessible evidence-informed platform to enable young people to make more positive life choices and to improve their short and long-term health and wellbeing.

As we ease out of COVID-19 and other challenges, AOD and Suicide Prevention programs are essential to improve health and wellbeing. The Holyoake WCADS Prevention team will continue to play a collaborative role in achieving positive outcomes.



From left to right: Jo Woodruff, Jessica Daniels, Jo Drayton, Jordyn Drayton

For more information, please contact the Prevention Team:

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Jo Woodruff: JWoodruff@holyoake.org.au or 0475 506 963

Jessica Daniels: jdaniels@holyoake.org.au

Jordyn Drayton: jordyn.drayton@holyoake.org.au

BREAKING NEWS: HOLYOAKE WCADS PREVENTION TEAM WINS AWARD

Congratulations to the Prevention Team for winning the 2021 Injury Matters – Injury Prevention & Safety Promotion Awards on March 25, 2021. The team won this award for 'Outstanding Achievement in Collaboration for a Safer WA'. They were acknowledged for working extensively in the Wheatbelt to support over 100 communities and 30 local governments to prevent suicide and AOD-related harm.

References:

<https://ruralhealth.org.au/sites/default/files/publications/nrha-factsheet-alcohol.pdf>

https://www.aph.gov.au/About_Parliament/Parliamentary_Departments/Parliamentary_Library/pubs/rp/rp1819/Quick_Guides/MentalHealth

<https://www.healthpromotion.org.au/>

training & workshops

Face-to-Face Training in the Wheatbelt

Training	Duration	Details
Keyworker Plus - AOD skills training for mental health professionals and paraprofessionals	3 Days	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Trauma Informed Care and Practice	1 Day	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Mental Health First Aid		
- Adults	2 Days	https://mhfa.com.au/courses
- Youth	2 Days	https://mhfa.com.au/courses
- Older Adults	2 Days	https://mhfa.com.au/courses
- Aboriginal	2 Days	https://mhfa.com.au/courses
- Custom Mental Health Workshop for Teens		Developed and delivered by MIFWA
Blended Online Mental Health First Aid Regional Course	2x ½ Days	https://www.mifwa.org.au/event/blended-online-mental-health-first-aid/
Gatekeeper Suicide Prevention Training for professionals, first responders and paraprofessionals	2 Days	https://www.mhc.wa.gov.au/training-and-events/suicide-prevention-training/
Applied Suicide Intervention Skills Training (ASIST) for community members and volunteers	2 Days	https://www.livingworks.com.au/programs/asist/
safeTALK Suicide Awareness Training for community members and volunteers	½ Day	https://www.livingworks.com.au/programs/safetalk/
Strong Spirit Strong Minds ways of working with Aboriginal people training	2 Days	https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/
Recognise and Respond to Methamphetamine and Opioid Overdose Training for professionals, first responders and paraprofessionals	1 Day	https://www.mhc.wa.gov.au/media/3473/aodtrainingcal-2021-sem1-a3-mk3.pdf
Volatile Substance Use (VSU) and Incident Reporting Program	1-2 hours	Presented by the Wheatbelt AOD Prevention Officer. School presentations will be conducted in collaboration with Road Safety and Drug Education Branch representatives. Topics include: <ul style="list-style-type: none"> • What is a volatile substance? • Effects and harms of VSU • Prevalence of use • Harm minimisation strategies • Incident Reporting System • Coordination of community response
Rural Minds Training - mental health training with modules on risk and protective factors for rural communities	½ Day	https://www.rrmh.com.au/programs/rural-minds/
Distress and why Mental Health and Wellbeing Matters (delivered by Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Talk to a Mate (delivered by Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/

training & workshops

Face-to-Face Training in the Wheatbelt cont...

Looking after Your Mates - suicide awareness (delivered by Regional Men's Health Initiative)	1 Hour	https://regionalmenshealth.com.au/
Deadly Thinking – social and emotional wellbeing training for professionals, paraprofessionals and communities	1 Day	https://www.rmh.com.au/programs/deadly-thinking/
Staying SAFE with SOLID Yarning - suicide prevention yarning for communities	½ Day	Presented by Elders/Aboriginal and Torres Strait Islander professionals and paraprofessionals through peer support.
DV (Domestic Violence) Alert Training	2 Days	https://www.dvalert.org.au/
Accidental Counsellor Training	½ Day	https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/
Workplace Wellbeing and Professional Selfcare Workshop	½ Day to Full Day	Developed and delivered by Wheatbelt Suicide Prevention Coordinator. Topics include: <ul style="list-style-type: none"> • Mental Health Literacy - stress, anxiety, depression, and situational crisis • Introduction to Suicide Prevention • De-briefing • Professional self-care tips and strategies • Language, communication and de-escalation skills • Navigating change and uncertainty with clients and organisations • Mentally healthy workplace • Burnout/Compassion fatigue • Emotional intelligence within the workplace • Mental toughness and its impact on productivity • Developing a workplace wellbeing strategy/ strategic plan

To express your interest in any of the above training courses, please email Jordyn Drayton at: jordyn.drayton@holyoake.org.au

ONLINE TRAINING

- Basic Counselling Skills - CRANaplus Online Education.
[Click here](#) for more information
- White Ribbon Australia eLearning course. This course provides an understanding of gendered violence, how common it is in Australia, and the significant health impacts on women and children. Topics include:
 - What is violence against women?
 - Types of violence and abuse
 - The drivers of violence against women
 - Understanding the role we can all play
 - Responding to violence against women in the workplacehttps://communicareshopfront.elmotalent.com.au/WhiteRibbon?product_id=74
- Australian Foundations in FASD online course. This free, evidence-based, interactive learning course consists of 7 modules. Each module takes around 20 minutes to complete and includes a downloadable certificate of completion. This course is offered by NOFASD Australia, with permission from CanFASD, and is intended for those who come into contact with individuals with FASD. The course provides the perspective of individuals who have FASD, is culturally sensitive, and is presented in a way that is responsive to learners' needs.
<https://www.nofasd.org.au/blog/fasd-course/>

NEW NATIONAL GUIDELINES FOR REDUCING THE HEALTH RISKS FROM DRINKING ALCOHOL



The National Health and Medical Research Council (NHMRC) has introduced new guidelines following an extensive 4-year review of the evidence on the harms and benefits of drinking alcohol. Replacing the previous version published in 2009, these new guidelines will underpin policy decisions and public health messaging for many years to come.

Professor Paul Kelly, Australia's Acting Chief Medical Officer, said "We are providing advice about the health risks so that we can all make informed decisions in our daily lives. There are more than 4,000 alcohol-related deaths in Australia every year, and more than 70,000 hospital admissions. Alcohol is linked to more than 40 medical conditions, including many cancers. Following the guidelines keeps the risk of harm from alcohol low, but it does not remove all risk. Healthy adults drinking within

the guideline recommendations have less than a 1 in 100 chance of dying from an alcohol-related condition."

The three guidelines are:

1. To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.
2. To reduce the risk of injury and other harms to health, children and people under 18 years of age should not drink alcohol.
3. To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their babies.

The guidelines are backed up by extensive analysis and reviews which are available on the [NHMRC alcohol health advice page](#). These include systematic reviews on the health effects of drinking alcohol, modelling, data on Australian drinking patterns and best practice guideline development processes.

The guidelines were developed by NHMRC and guided by a group of independent health experts including doctors, medical and public health professionals, researchers and consumer representatives on the [Alcohol Working Committee](#). The guidelines were reviewed and endorsed by the [NHMRC Council](#) which includes the Chief Medical Officers of the Commonwealth and each State and Territory, together with leaders in health, research and ethics.

[Click here](#) to read the full report.

alcohol and other drug news/updates cont...

NATIONAL DRUG STRATEGY HOUSEHOLD SURVEY 2019



Fewer Australians are smoking daily than ever before and more Australians are giving up alcohol, according to the National Drug Strategy Household Survey 2019 results released by the Australian Institute of Health and Welfare (AIHW).

The three-yearly survey of more than 22,000 people aged 14 and over also show that there has been a drop in the non-medical use of pain killers and opioids, but the use of some illicit drugs has increased.

Alcohol

Alcohol remains the most commonly used drug in Australia, with about 3 in 4 Australians reporting they consumed alcohol in the previous 12 months. The proportion of people drinking at risky levels on a single occasion - at least monthly - (25%) or at levels that put them at risk of harm over their lifetime (16.8%) has been stable since 2016.

The proportion of ex-drinkers rose from 7.6% to 8.9% and there was a rise in the number of people cutting back on alcohol, with 31% of people saying they had reduced the number of alcoholic drinks they consumed at any one time.

The data in the report predates the COVID-19 pandemic. Research released in May found that 27% of Australians who consume alcohol reported drinking less since the spread of COVID-19, while 20% reported drinking more.

Smoking

AIHW spokesperson Dr. Gabrielle Phillip said: "Smoking rates have more than halved since 1991 when almost one quarter (24%) of Australians were daily smokers. The daily smoking rate was 12.2% in 2016 and 11% in 2019. More smokers said the cost of smoking was motivating them to quit or cut back - 58% in 2019 compared with 52% in 2016."

Illicit Drugs

The reclassification of medications containing codeine in 2018 to make them available only by prescription appears to be largely responsible for a decline in the non-medical use of pharmaceuticals.

Overall, the use of pharmaceuticals for non-medical purposes in the previous 12 months dropped from 4.8% to 4.2%. The proportion of people who reported recently using some illicit drugs within the past 12 months increased between 2016 and 2019 as follows:

- Marijuana/Cannabis - from 10.4% to 11.6%
- Ecstasy - from 2.2% to 3.0%
- Cocaine - from 2.5% to 4.2%
- Hallucinogens - from 1.0% to 1.6%
- Inhalants - from 1.0% to 1.4%
- Ketamine - from 0.4% to 0.9%

In 2019, more than 43%, or 9 million Australians aged 14 and over had illicitly used a drug at some point in their lifetime, and 3.4 million (or 16.4%) had used one in the past 12 months.

Age Groups

Today's 14–29 year-olds are less likely to smoke, drink alcohol or consume illicit drugs than previous generations.

In 2019, two-thirds of 14–17 year-olds had never consumed a full standard drink - more than double the proportion in 2001. In 2019, 22% of 20–29 year-olds abstained from alcohol, up from 8.9% in 2001.

In 2001, 38% of 14–19 year-olds had used an illicit drug at some point in their lives, but by 2019, this was 22%. People aged in their 40s were the most likely to have used an illicit drug their lifetime (55% in 2019).

Australians in their 40s (15.8%) and 50s (15.9%) were most likely to smoke daily in 2019. Older people were also the most likely to drink alcohol daily in 2019, with the highest proportion seen among people aged over 70 (12.6%).

Aboriginal and Torres Strait Islander Australians

Since 2010, risky alcohol consumption and smoking by Aboriginal and Torres Strait Islander Australians has generally declined while illicit drug use has remained stable.

Indigenous Australians are slightly more likely to abstain from alcohol than non-Indigenous Australians, but among those who do consume alcohol, a higher proportion drink at

risky levels. The proportion of Indigenous Australians aged 14 and over who smoked daily fell from 35% in 2010 to 25% in 2019.

Gay, Lesbian and Bisexual Australians

Daily smoking and risky drinking rates by Australians who identify as gay, lesbian and bisexual are down since 2010, but use of an illicit drug in the previous 12 months has remained similar over the past decade.

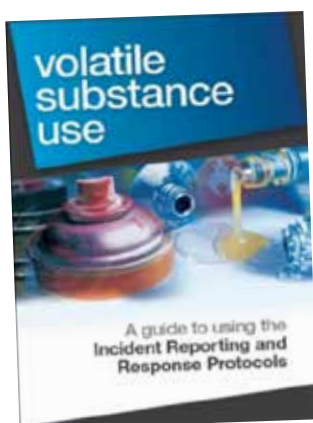
Between 2010 and 2019, the daily smoking rate for gay, lesbian and bisexual Australians decreased from 28% to 16%, and the proportion drinking beyond the recommended guidelines, and consuming more than 4 standard drinks on one occasion at least once a month, fell from 45% to 38%. The use of an illicit drug in the previous 12 months was similar over the same period, 36% in 2010 and 40% in 2019.

The 2019 survey did not capture information on Australians who identify as transgender or intersex, however the AIHW will look to include all LGBTIQ+ people in future research.

[Click here](#) to read the full report.

Note: Most information in this article is for a time period before the 2019-20 summer bushfires and the COVID-19 pandemic.

VOLATILE SUBSTANCE USE – DID YOU KNOW?



Volatile Substance Use (VSU) is a deliberate inhalation of substances that form a gas for the intoxicating effects. The practice can have devastating effects on the user, their families, and communities.

In partnership with the Mental Health Commission, Holyoake WCADS is the Central Coordinating Agency (CCA) of the VSU Incident Reporting and Response System for the Wheatbelt. This system has been developed to assist local service

providers to collect information about VSU incidents and to ensure a timely and coordinated response. Reports can be submitted to the CCA by local service providers, organisations or community members in response to witnessing a VSU by individuals or groups, or finding evidence of previous use, such as discarded nang (N02) canisters or deodorant cans. More information at:

<https://vsu.mhc.wa.gov.au/>

suicide prevention news/articles

Western Australia Suicide Prevention Framework 2021-2025

In October 2020, Jennifer McGrath - Commissioner for Mental Health - announced the release of the Western Australian Suicide Prevention Framework 2021-2025. It provides a coordinated approach to address suicide prevention activity in Western Australia from 2021 to 2025 under four streams:

1. Prevention/Early Intervention
2. Support/Aftercare
3. Postvention
4. Aboriginal people

Each stream is intended to support state and local governments, non-government and private organisations, and the community to help identify their role in suicide prevention and assist with guiding suicide prevention activity in Western Australia.

It has been developed in consultation with the Western Australian community, academic experts, representatives from relevant government and non-government agencies and those with a lived experience of suicide. It considers the most current data, research, evaluation and aligns with several strategic and Commonwealth and State Strategies. [Click here](#) for more details.



The Suicide Prevention Framework 2025 at a glance

Vision

All Western Australians experience optimal mental health and wellbeing and work together to prevent suicide in the community

Goal

To reduce the rate of suicide attempts and death by suicide in Western Australia

Purpose

To provide the framework for a coordinated approach to address suicide prevention activity in Western Australia from 2021 to 2025

Guiding Principles

- Everyone has a role in suicide prevention
- Recognition that lived experience is essential to inform suicide prevention activity
- Community wellbeing and resilience are fundamental
- 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
- Care is culturally appropriate and compassionate
- Communities are empowered to lead local efforts 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

Streams Priority Areas

- Prevention / Early Intervention**
 - Community engagement and awareness to support positive change
 - Mental health and wellbeing education, and suicide prevention training for communities and health professionals
 - Responsible reporting of suicide in the media
- Support / Aftercare**
 - Options for people experiencing suicidal crisis
 - Competent and confident assistance for people who are suicidal
 - Restricting the means of suicide
 - Appropriate aftercare support following a suicide attempt
- Postvention**
 - Support for people and communities affected by a suicide death
 - Streamlined notification processes
 - Build community capacity to respond to the needs of those affected by a suicide death
- Aboriginal People**
 - Facilitate the development of a Western Australian Aboriginal Suicide Prevention Strategy prioritising culturally secure approaches to social and emotional wellbeing and suicide prevention, with dedicated regional plans

Success Factors

- Better use of data, information and evidence to support suicide prevention
- Partnerships, collaboration, and coordination of activities for better outcomes
- Acknowledgment of the role that trauma and the social determinants of health have in suicide prevention

LGBTQI Suicide Statistics



There are significant differences between the mental health and wellbeing of lesbian, gay, bisexual and transgender people, and people with an intersex variation, with social and medical constructions playing an important role in how people feel about their own bodies and intersex variations.

2020 Snapshot of Mental Health and Suicide Prevention Statistics for LGBTI People:

- 16% of LGBTI young people aged 16 to 27 reported that they had attempted suicide.
- 35% of transgender people aged 18 and over have attempted suicide in their lifetime.
- 19% of people with an Intersex variation aged 16 and over had attempted suicide on the basis of issues related to their intersex status.
- 8% of same gender attracted and gender diverse young people between 14 and 21 years had attempted suicide.
- 71% of LGBTI+ people aged 16 to 27 indicated that they did not use a crisis support service during their most recent personal or mental health crisis, of which 32.6% indicated that their decision was due to anticipated discrimination.

Smiling Mind boost to support rural and regional schools



School children across 600 of Australia's rural and regional primary schools will have access to expanded mental health supports through the Federal Government's \$2.5 million funding for the Smiling Mind evidence-based mindfulness social and emotional learning program. It provides training, resources and support to help implement and sustain meaningful and impactful change through a whole-school approach to nurture positive student and educator mental health and wellbeing,

Primary schools in rural and remote regions across the country (Government, Independent, and Catholic) will be eligible. As places are limited, priority will be given to schools with an ICSEA of 1,000 or below, and/or who are classified as very remote or remote. [Click here](https://www.smilingmind.com.au/regional-and-rural-schools-program) to check your school's eligibility.

More information at: <https://www.smilingmind.com.au/regional-and-rural-schools-program>

R U OK? Day

In September 2020, Holyoake in collaboration with the Upper Great Southern Hockey Association held a R U OK? Day round to promote a positive approach to mental health. Jo Drayton and Jo Woodruff from Holyoake WCADS attended, and Jo Drayton gave a presentation on recognising signs of when someone might be overwhelmed and tips on what to ask if someone says “no”. Packs containing mental health fact sheets and resources were given to coaches and managers.

All junior teams were tasked to create a promotional Flyer outlining what the R U OK? message meant to them and how they could support their teammates, and prizes were awarded.



If your organisation, club or community is interested in hosting an R U OK? event in 2021, please contact Jo Drayton JDrayton@holyoake.org.au

Regional Mental Wellness Program

Lifeline WA has joined forces with Corporative Bulk Handling (CBH) to provide a Regional Mental Wellness Program to empower growers and regional communities to look after their mental health. This includes free phone or video counselling for individuals impacted by separation and/or grief and loss (no referral required). Appointments can be made by calling (08) 9261 4444 or emailing reception@lifelinewa.org.au

This program will see Lifeline WA, Black Dog, MIFWA and Youth Focus provide mental health care for the Western Australian grain-growing regions. More information at: <https://www.lifelinewa.org.au/Get-Help/CBH>



National Suicide Prevention Adviser Interim Advice

Christine Morgan, the National Suicide Prevention Adviser, has provided the Interim Advice to the Prime Minister to inform and complement the Government's Toward Zero initiatives. It consists of three parts:

1. A lived experience informed report called 'Compassion First'
2. The Interim Advice Report containing the 'in-principle' recommendations and priority actions
3. A national suicide prevention model outlining the components for a whole-of-government approach

The Interim Advice builds upon the early findings of the Initial Advice (submitted in November 2019) which emphasised the need for a fundamental shift to achieve a whole-of-government approach to suicide prevention that places the needs of people at its core.

The Interim Advice includes 13 in-principle recommendations to improve the whole-of-government coordination and delivery of suicide prevention activities. These recommendations will form the basis of more intensive and deliberate consultations with jurisdictions and stakeholders in the lead-up to the Final Advice due in 2021. [Click here](#) to read a summary of the report.

Young People's Mental Health and AOD Use: Priorities for Action 2020-2025

The Young People Priorities for Action (YPPA) builds on previous plans, strategies and frameworks developed by government and non-government organisations. It will guide the State Government, the Mental Health Commission and other agencies, the mental health and AOD sector, and other stakeholders across the community, in supporting and responding to the mental health and AOD needs of young people aged 12 to 24 years.

The YPPA, consultation reports, and various supporting documents are available on the Mental Health Commission website at: www.mhc.wa.gov.au/yppa

R U OK? Foundation - Tips for Supporting Someone Online

Since many R U OK? conversations and interactions now take place online, the R U OK? Foundation has introduced a free guide with tips on how to provide support online to someone who might be struggling or going through a tough time. [Click here](#) for more information.



First National Mental Health Action Plan for Emergency Service Workers



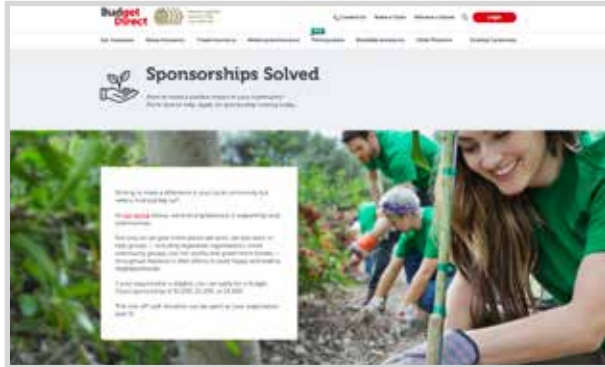
This plan is being developed by the Department of Home Affairs, through Emergency Management Australia's Mental Health Policy Taskforce. It aims to lower suicide rates and improve mental health outcomes

among Australia's current and former Emergency Service Workers (ESWs), including volunteers.

The development of a national plan has arisen out of the 2019 national inquiry into mental health of first responders, research conducted by Beyond Blue (Answering the Call) and the 2019-20 bushfires.

The plan is being developed in collaboration with state and territory governments, the not-for-profit sector, and serving and retired ESWs. There will also be consultation with the Prime Minister's National Suicide Prevention Advisor and the National Mental Health Commission. Consultation to inform the development of the plan is being coordinated by the Department of Home Affairs. The plan is due to be released for implementation by 1 July 2021.

Budget Direct Sponsorship Program



Budget Direct responds to sponsorship requests aimed at meaningful improvements to the lives of Australians. Available to non-government, education, health, community groups, sporting clubs, and others.

Amount: \$1,000 to \$5,000

Closing Date: 30 June 2021

More information at: <https://www.budgetdirect.com.au/about-us/sponsorships.html>

Lotterywest COVID-19 Relief Fund



Supports Western Australian non-for-profit community sector organisations and local government authorities to provide crisis and emergency relief services.

Available to government, non-government, community groups, and others. More information at:

<https://www.lotterywest.wa.gov.au/grants/our-role-in-the-community/covid-19-relief-fund>

Ski for Life Grants



Helps communities, groups and individuals undertake projects which raise awareness and promote mental health, wellbeing and suicide prevention. Available to non-government, community groups, education, health, sporting clubs, and others. More information at:

<https://www.skiforlife.com.au/grants/>

Alcohol Think Again Local Campaign Funding



Healthway WA provides funding up to \$20,000 to eligible groups in WA to support the prevention and reduction of alcohol-related harm by developing and implementing local campaigns that reflect state-wide Alcohol Think Again campaign goals, key messages and target groups. Available to non-government, community groups, health, other, sporting clubs, education. More information at:

<https://www.healthway.wa.gov.au/our-funding/>

Mission Australia – Youth Survey Report 2020



In November 2020, Mission Australia released their 19th annual *Youth Survey Report 2020*.

This report details unique insights about the experiences of young people aged 15 to 19 years across Australia. It draws on quantitative and qualitative findings to highlight the strengths, concerns, views and challenges identified by young people. The report reveals that young Australians have significant concerns relating to equity and discrimination, COVID-19, mental health, education and employment. With 25,800 young people surveyed, this landmark report provides invaluable evidence collected during the COVID-19 pandemic about young people's most pressing concerns.

[Click here](#) to read the full report.

National Stigma Report Card

The National Stigma Report Card from SANE Australia is a world-leading project designed to understand how stigma and discrimination affect people living with complex mental health issues.

A national survey, Our Turn to Speak, was launched to understand people's experiences and what needs to change to ensure all Australians live long and fulfilling lives, free from stigma and discrimination. The survey is designed to explore how stigma and discrimination affects people with complex mental health issues across many aspects of their lives.

The National Stigma Report Card draws on the insights of almost 2,000 people who participated in survey. Overall, the findings speak to a pervasive pattern of stigma and discrimination that negatively affects the lives of Australians living with complex mental health issues. [Click here](#) to read the full report.



New recommendations for workplaces to support family wellbeing

Perinatal Anxiety & Depression Australia (PANDA) has partnered with three other leading Australian agencies (Parents at Work, Karitane and UNICEF Australia) to support the business community to understand and respond to the real challenges facing working families through the COVID-19 crisis and beyond.

A key focus of this partnership is on building effective responses to the findings in the National Working Family

Survey which found the competing pressures of working and caring were impacting the wellbeing of Australian families, even before the additional pressures of the pandemic. The Group has published a new set of nine Family Friendly Workplace recommendations designed to guide employers on how best to support their employees at this time. More information at: <https://www.aplen.com.au/familyfriendlyworkplaces>

R U OK? Foundation Annual Report 2019-20



The Foundation's report showcases their work across the last financial year. They thank those who reached out, asked, "are you OK?" and shared their message in schools, workplaces and communities.

As R U OK? look to the future, they encourage all Australians to stay connected. The effects of COVID-19 will be felt for some time, so it's important to stay alert for signs of struggle in those we live, work and study alongside, lend a listening ear and support anyone who is struggling to find ways to manage the load. [Click here](#) to read the annual report.

Free Support Service for Remote and Rural Health Workers



The CRANaplus Bush Support Line is a 24/7 telephone service offering free psychological support for this critical workforce, and their families.

The Bush Support Line is available to any professional providing health care in remote or rural communities, including nurses, doctors, midwives, Aboriginal and Torres Strait Islander health workers and practitioners, paramedics, aged care workers, allied health professionals, interns and students. It is not restricted to dealing with workplace issues. Health workers and their families can discuss feelings of isolation or anxiety, how to adjust to a new community, or personal challenges.

The Bush Support Line offers free and confidential support (callers can remain anonymous if they choose). For more information call 1800 805 391 or visit: <https://crana.org.au/workforce-support/bushsupport-services>

Flexible Working Resources

In November 2020, the Centre for Transformative Work Design launched a set of flexible working resources. This project, funded by the Western Australian State Government, aims to provide evidence-based and practical resources to inform and enhance the experience of flexible working. The resources provide strategies for employees, teams, and managers to maximise the benefits and reduce the risks of flexible work, and thereby help to support businesses, government, and not-for-profit agencies. The following three guides are available:

1. How to Lead Flexible Work Policy and Practice:
A Guide for Managers
2. How to Manage Virtual Teams for Success:
A Guide for Managers
3. How to Make My Flexible Work SMART:
A Guide for Workers

The project is part of the Centre for Transformative Work Design's research program and supports the Thrive at Work initiative; both of which are part of Curtin University's Future of Work Institute. The resources can be downloaded at:

<https://www.transformativeworkdesign.com/flexible-work>

Cracks in the Ice

This online toolkit provides trusted, evidence-based, and up-to-date information and resources about crystal methamphetamine (ice) for the Australian community. Newly developed resources have been produced for Aboriginal Torres Strait Islander people. More information at: <https://cracksintheice.org.au/>

EVENT	DATE
Harmony Week	15 th – 21 st March 2021
National Close the Gap Day	18 th March 2021
National Day of Action Against Bullying and Violence	19 th March 2021
International Day of Happiness	20 th March 2021
National Drug & Alcohol Facts Week	22 nd – 28 th March 2021
World Bipolar Day	30 th March 2021
Neighbour Day	31 st March 2021
World Health Day	7 th April 2021
WA Youth Week	9 th – 16 th April 2021
National Suicide Prevention Symposium	19 th to 22 nd April 2021
World Day for Safety & Health at Work	28 th April 2021
Pay it Forward Day	28 th April 2021
Rail R U OK? Day	29 th April 2021
International Day Against Homophobia, Biphobia and Transphobia	17 th May 2021
Schizophrenia Awareness Week	23 rd – 29 th May 2021
National Sorry Day	26 th May 2021
Australia's Biggest Morning Tea	27 th May 2021
National Reconciliation Week	27 th May – 3 rd June 2021
Wear White to Work Day	29 th May 2021
World No Tobacco Day	31 st May 2021
Pride Month	June
Reconciliation Day	7 th June 2021
Men's Health Week	14 th June – 20 th June 2021
World Drug Day	26 th June 2021
Dry July	July
NAIDOC Week	4 th – 11 th July 2021
Stress Down Day	24 th July 2021
World Hepatitis Day	28 th July 2021
Daffodil Day	27 th August 2021
Wear It Purple Day	27 th August 2021
Women's Health Week	6 th – 10 th September 2021
R U OK? Day	9 th September 2021
World Suicide Prevention Day	10 th September 2021
World Smile Day	1 st October 2021
Borderline Personality Disorder Awareness Week	1 st – 7 th October 2021
World Mental Health Day	10 th October 2021
WA Mental Health Week	10 th – 17 th October 2021
National Carers Week	10 th – 16 th October 2021
Sock it to Suicide Week	17 th – 23 rd October 2021
Movember	November
International Drug Users Day	1 st November 2021
World Kindness Day	13 th November 2021
International Men's Day	19 th November 2021
16 Days in WA	25 th November – 10 th December 2021
White Ribbon Day	26 th November 2021
World AIDS Day	1 st December 2021
International Day of People with a Disability	3 rd December 2021
International Volunteer Day	5 th December 2021
International Migrants Day	18 th December 2021

New Men's Health and Wellbeing Podcast

WORKING WITH WARRIORS® PODCAST



The Regional Men's Health Initiative (RMHI) is a team of people who are passionate about raising awareness of men's health and wellbeing throughout regional, rural, and remote WA. They achieve this by delivering community awareness programs with a holistic approach. The team created the Working with Warriors® Podcast to complement their existing community education programs.

Launched in June 2020, the podcast is based on conversations around men's wellbeing from their "Warrior Education Sessions". There are now 10 short podcast episodes available where the team tackle issues around blokes physical, mental, and social/spiritual wellbeing.

[Click here](#) to listen to the podcast or search "Working with Warriors Podcast" in your favourite podcast client.

'Spread' Campaign to reduce alcohol use

The 'Spread' campaign aims to reduce alcohol use by increasing awareness of alcohol-caused cancer. The campaign focuses on the theme that alcohol causes cancer, including in the breast, liver, mouth, throat and bowel; and every drink increases a person's risk of developing alcohol-caused cancer. [Click here](#) for more information.



Save the Date: R U OK? Day - 9th September 2021



R U OK? Day is a national day of action and a reminder that every day of the year is a day to stay connected and ask 'Are you OK?' of anyone in your world who may be struggling. R U OK? Day is Thursday, 9th September 2021, so mark the date in your calendar now. More information at:

<https://www.ruok.org.au/join-r-u-ok-day>

Think Mental Health Community Toolkit



A new Think Mental Health campaign has been developed to meet community need in response to the COVID-19 pandemic. The campaign, titled 'Be positive. Be connected. Be active.' focuses on self-care and wellbeing strategies; provides normalisation messages about fear and anxiety; and ways people can support others and seek professional support during the COVID-19 pandemic. The key message of the campaign is: Be positive, connected and active to protect your mental health and wellbeing. [Click here](#) for more information.

National Study of Mental Health and Wellbeing

The National Mental Health Commission welcomes the start of the National Study of Mental Health and Wellbeing (NSMHW) by the Australian Bureau of Statistics (ABS). This is the first phase of the Australian Government's \$89 million Intergenerational Health and Mental Health Study.

Data and new research into mental health and wellbeing challenges experienced by Australians due to the pandemic was used to inform governments' decision making throughout 2020. This was vital to informing quick and coordinated policy responses to increase services and supports where and when needed. Up to 17,000 Australians aged 16 to 85 will take part in the study, with the first results expected by the end of 2021. [Click here](#) for more information.

Strong Spirit Strong Mind - Updated Resources

Strong Spirit Strong Mind promotes the uniqueness of Aboriginal culture as a central strength in guiding efforts to manage and reduce mental health and AOD related harms in Aboriginal communities.

The website provides culturally safe information on mental health, AOD use, health and young people, training and education opportunities and resources.

[Click here](#) to download digital copies of the following culturally secure resources:

- Strong Babies
- What Our Women Need to Know About Alcohol
- What our Men Need to Know About Alcohol
- Methamphetamine
- Mixing Drugs is Dangerous
- Reducing Risk
- Gunja
- Making Changes
- How Risky is My Drinking
- AUDIT-C Feedback Tool

Wheatbelt Professionals Wellbeing Portal

This portal provides a convenient way for professionals across the Wheatbelt region to engage with each other, to offer peer support and to host information about self-care and wellbeing. New articles and information have recently been uploaded to the Portal. [Click here](#) for more details.

'Party Smarter' Campaign



The 'Party Smarter' campaign from Drug Aware utilises a combination of a highly targeted digital and social media strategy, out of home, and in-venue messaging to increase awareness of the potential harms of drug use at events and music venues. It includes information about what individuals can do to reduce the potential of harm occurring and what signs they should look out for to know if they need help and to seek help urgently. [Click here](#) for more details.

Baby Coming You Ready?



**Baby Coming
You Ready?**

This initiative has been developed by Murdoch University, Ngangk Yira, and other Aboriginal and health organisations. It aims to support the social and emotional wellbeing of Aboriginal and Torres Strait Islander parents -to-be and new parents. The website provides an engaging and culturally safe digital program to support screening and primary prevention in the perinatal setting. More details at: <https://babycomingyouready.org.au/>



One drink for you,
is one drink for your baby.

Women who are pregnant or planning
a pregnancy should not drink alcohol.

alcohol**thinkagain**

YIRRA KOORL

looking forward

support services

Emergency: 000

Rural Link: 1800 552 002 (24 hours)

Grief, Loss & Separation Free Counselling – 9261 4444

Mental Health Emergency Response Line: 1300 555 788
www.mentalhealth.wa.gov.au

QLife: 1800 184 527

Suicide Call Back Line: 1300 659 467
www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours)
www.lifeline.org.au

Text Service: 0477 13 11 14

Lifeline Text Service: 0477 13 11 14
(6pm - 10pm EST)

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

Headspace (9am – 1am EST):
1800 650 890

Samaritans Crisis Line: 135 247

The Salvation Army: 1300 363 622

Reachout: www.reachout.com

Crisis Care (Child Protection & Family Support): 1800 199 008

Mensline: 1300 789 978 (24 hours)
www.mensline.org.au

Grief Line (midday - 3am EST):
1300 845 745

Alcohol & Drug Support Line:
1800 198 024

National Alcohol and Other Drug Hotline: 1800 250 015

PANDA
(Perinatal Anxiety & Depression
Australia National Helpline:
1300 726 306
Mon-Fri – 9.00am - 7.30pm (AEST)

SANE Helpline: 1800 18 SANE (7263)

Elder Abuse Helpline WA:
1300 724 679

Parent & Family Drug Support Line:
1800 653 203

Narrogin & Upper Great Southern Domestic Violence Helpline:
1800 007 570

Wheatbelt Domestic Violence Helpline: 1800 353 122

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline:
1800 000 599

Kids Helpline: 1800 551 800

1800 RESPECT: 1800 737 732

Elder Abuse Helpline WA:
1300 724 679

Suicide Bereavement Service:
0474 076 849

Sexual Assault Referral Centre:
1800 199 888

HealthDirect: 1800 022 222

WACHS Wheatbelt Mental Health Service: 9621 0999

Butterfly Foundation: 1800 334 673
(Eating Disorders & Body Image)

1800RESPECT: 1800 737 732

Gambling Help: 1800 858 858

subscription, queries and submission information



Northam: 9621 1055

Narrogin: 9881 1999

Merredin: 9081 3396

Victoria Park: 9416 4444

Midland: 9274 7055

Freecall: 1800 447 172

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