

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - MAY 2023

INNOVATIVE NEW WELLBEING PROJECT FOR FOOTBALL CLUBS IN THE WHEATBELT



During the 2023 Footy season, Clubs in the Mortlock, Central Wheatbelt and Eastern Districts Football Leagues will be given the opportunity to be involved in an innovative opt-in Country Football Wellbeing Program (CFWP), developed by the Holyoake Wheatbelt Suicide Prevention Project (WSPP) in partnership with the Country Football WA (CFWA) and Healthway.

A confronting statistic is that men account for around 75% of all suicides in Australia, and yet this cohort is often the most challenging to engage with due to self-stigma and levels of unhealthy stoicism.

Acknowledging the strong connection that many men have with their football club, and them identifying their Club as being one of their strongest protective factors, it provided the perfect platform to launch this innovative program.

Coupled with the rising number of men that identify with the connections that football brings, the initiative will also

present multiple opportunities to promote positive healthy messaging, expand their knowledge, develop stigma reducing activities and increase their self-awareness and confidence to support each other. Whether they play, coach, hold an administrative role or an avid supporter or parent, the CFWP will provide opportunities for football clubs to further enhance the support they provide to those involved in their club.

Holyoake CEO Lorraine Keane said; *'Holyoake is honoured to be a key player in this innovative program with Country Football WA (CFWA) and Healthway. Collectively, we can promote mental health awareness throughout the Wheatbelt, encourage impactful conversations around mental health and wellbeing on and off the field and engage the communities to connect with each other on a sporting and social level. Suicide is a wicked problem impacting our most rural communities. Initiatives like this strengthen relationships, providing a safe place for people to discuss any issues, seek help and reduce the stigma.'*

editorial

Welcome to the first edition of Yirra Koorl for 2023! We are currently moving through the Noongar Season 'Djeran', represented by the colour green for the time of year when the cooler weather begins. We are starting to see breaks in the hot weather, cooler nights, and dewy mornings. Djeran is also the time of red flower, especially the red flowering gum and summer flame, with banksias also starting to flower.

As we move into cooler months, many of the communities we visit are preparing for the start of the winter sporting seasons. With work lives becoming more & more hectic, many have reported that staying involved in competitive or social sporting activities can be an effective way to maintain a healthy lifestyle. After long days in the office and socialising with friends and family on the weekend it's a great way to maintain positive mental health. However, if your sporting club or association is not providing a safe, supportive, and inclusive environment, some of these benefits can be lost or members may decide to leave the sport altogether.

The Holyoake WCADS Prevention Team have been heavily involved with the Wheatbelt Suicide Prevention Project (WSPP) and, in consultation with the WSPP Governance Committee and collaboration with Wheatbelt Elders, Aboriginal Community Controlled Organisations, Consumers and Lived & Living Experience, has successfully co-designed the following suicide prevention initiatives and activities, guided by place-based community knowledge and expertise:

- Country Footy Wellbeing Pilot Program (CFWP)
- Zero2hero Wheatbelt 'In Your Head' Conference
- Australian Dads Network Wheatbelt Tour
- Primary Care Audio Visual & Resource Packs for General Practice's & Pharmacies
- Primary Care Older Adults Social Prescribing Project - addressing social dis-connect and isolation
- Wheatbelt Suicide Prevention Project
 - o Safety Cards
 - o Sustainability Project Funding
 - o Targeted Early Intervention Discretionary funding (available to vulnerable priority populations and communities who have experienced grief & loss, natural disasters, or a critical incident)
- Community Champions Wheatbelt localised male campaign
- Cultural Suicide Prevention Collective Impact activity - collaborating with Aboriginal Community Controlled Organisations to embed suicide prevention activity into existing program delivery and to support NAIDOC & Reconciliation Week

- Wheatbelt Community Wellbeing Plans (CWP's) viability and sustainability funding

The Holyoake WCADS Prevention Team is also busy rolling out the 'Within Your Wallet' project that promotes the involvement of young people in active exercise, artistic and cultural activities to reduce alcohol and drug use and improve mental health. During Youth Week, this project involved an interactive 'Treasure Hunt' activity, aimed at young people aged 10-18 years.

Tasked with tracking down different coloured wristbands positioned at strategically placed locations in Narrogin and Pingelly, they were able to see what is available to them in the South Wheatbelt. A Treasure Map led them to the organisations that offer youth services, increasing awareness and building connections with peers and the community. Prizes valued over \$200 were presented to winners of the treasure hunt and interactive quiz, run in conjunction.

For further information about any of these projects or the information included in this edition of Yirra Koorl, please contact the WCADS Prevention Team on wcadsprevention@holyoake.org.au.



STOP PRESS

Holyoake WCADS Prevention Teams are delighted to receive Awards for "Outstanding Achievement in Collaboration for a Safer WA award" for the 'Within Your Wallet' project and a Highly Commended Award for "Outstanding Achievement in Injury Prevention or Safety Promotion" for the 'Wheatbelt Suicide Prevention Project'.

The Awards were presented at the 2023 Injury Prevention Summit Awards Breakfast last week. Read in full:

[Announcements - Holyoake](#)

Although the primary target audience for the Country Football Wellbeing Program (CFWP) is males, there is also a focus on females, children, and young people. Activities and initiatives outlined in the CFWP will further connect community members to their football clubs, with clubs providing a diverse range of activities that can be easily accessed by all. It is envisaged that there will be mutually reinforcing benefits for all involved, with the potential for clubs to increase their membership by providing a safe, respectful, and inclusive club environment.

Clubs will receive a list of positive mental health and club culture activities that they can engage in and will then be rewarded with 'club points' which can be redeemed for an extensive selection of branded merchandise/equipment throughout the year.

The overarching aims of the CFWP are to:

- Increase knowledge/ mental health literacy of participants
- Increase participants' confidence to engage in positive conversations around health and wellbeing
- Increase competency of leadership within the Wheatbelt to enhance local contribution to community health and wellbeing
- Strengthen club environments to ensure they are safe, inclusive and have a positive impact on player/club members' behaviour, health & wellbeing

WA Football Commission's Executive Manager Country Football, Affiliates & Facilities, Tom Bottrell said; *'Country Football WA (CFWA) is proud to partner with Holyoake and Healthway for this important initiative. These Leagues have all been impacted significantly by critical incidents in recent years. The aim of this program is to continue the work being done across the State to reduce stigma and spark some important conversations around mental health and wellbeing. This collaboration provides CFWA with an opportunity to reward clubs that champion mental health awareness at a local level and invest directly back into these Wheatbelt communities. The early uptake from clubs has been significant, and we are hopeful of expanding this pilot program across the State in the near future.'*

Activities that football clubs can earn 'club points' are divided into 4 strategic categories:

Communication (examples below):

- Promotion of resources and communication materials that support mental health and wellbeing through club environment
- Promotion of Think Mental Health Round; Talk to a Mate® BBQ ; Bush Footy Legends Podcast or Regional Men's Health Podcast (club email, social media and poster around the club) ; and R U OK? messaging
- Dissemination of awareness raising messaging and promotional assets developed by the Wheatbelt Suicide Prevention Coordination and the WSPP

Education (examples below):

- Club engages in a mental health awareness session
- Host a presentation by Royal Perth Hospital's P.A.R.T.Y. (Preventing Alcohol & Risk-Related Trauma in Youth) Outreach presentation for young members & parents; a Talk to a Mate® BBQ' and invite all Club and community members to attend;
- Mental health training completed by Club Member (provider must be listed within the CFWP Education and Training Guide)
- Identify a 'Wellbeing Coordinator' to fulfill roles and responsibilities as listed in the position description provided by Healthway

Environment (examples below):

- Club works with Healthway, Sportwest and local services to facilitate the development of a 'Health & Wellbeing Action Plan' that aligns with individual and community wellbeing
- Club engages members in RSA training
- Club becomes an active member of the Good Sports program and provides evidence of contacting their Alcohol and Drug Foundation staff member
- Club achieves 'Silver Accreditation' or 'Gold Accreditation' of the Good Sports program
- Implement a 'Skippers' program or provide free bus transport for patrons after an event.
- Inclusion of an Acknowledgement of Country

during official proceedings within club in line with Reconciliation Australia recommendations or the inclusion of a Welcome to Country prior to football matches across NAIDOC round.

- Acknowledgement of significant events that promote inclusion and diversity

Relationships (examples below):

- Develop partnership with local community group/ service provider to facilitate mental health and wellbeing and alcohol & drug prevention outcomes or program delivery
- Develop partnership with local Aboriginal Community Controlled Organisation (ACCO) and/ or identified Elders to facilitate a cultural awareness activity for the club

Healthway and Lotterywest CEO Ralph Addis said

"Healthway is proud to work with *Country Football WA* to deliver mental health strategies in football clubs across the state." *"Sporting clubs, like football, are places where players and members naturally seek support from their mates," he said. By providing clubs access to the necessary education and support services, we can aim to make a difference to the mental health and wellbeing of not only a football club but the whole community."*

Although the intended primary target audience for the CFWP is football clubs, since promotion of the initiative has commenced, there has been keen interest from other sporting codes (Netball and Hockey) and it is hoped that there is potential to expand the project to, not only other football leagues within the Wheatbelt and other regions, but potentially to other sporting codes, as the concept is easily adaptable to suit any demographic or sporting code.

Holyoake Wheatbelt Suicide Prevention Coordinator Jo Drayton who oversees the WSPP & CFWP advised

"Football Clubs, for us, are an ideal platform to promote health, safety and wellbeing. Through the CFWP we are able to provide comprehensive guidance to Clubs on evidence informed and evidence based activities that are, not only easy to implement, but effective in creating positive behaviour change. This program also provides creative opportunities for Clubs to engage and connect with professionals and para-professionals working in the sector."

Through the Wheatbelt Suicide Prevention Project we are consistently looking at new ways to strengthen our overarching safety networks in the Wheatbelt; and football clubs are obviously an important and pivotal partner for us. We are looking forward to measuring the positive impact of this initiative at the end of the footy season."

Of note and importance, the Holyoake CFWP has also been designed to value-add and enrich other suicide prevention activity that is being delivered through the Wheatbelt Suicide Prevention Project. This ensures that there is always a wide range of multifaceted and co-designed community-led initiatives and opportunities available for all those residing within the Wheatbelt.

Koorda Football Club Captain, Ryan Greaves said;

"Everyone we know is affected by mental health in some way, whether that's yourself personally or someone you hold close to you. It's often the people you least expect that are struggling the most, especially in rural areas. It's often someone you're close with. Seeing teammates in the past really struggle with mental health has helped me personally open up, and the ability of a team environment had in getting me comfortable enough to talk about things you might not be used to, is an amazing thing. Even just mates checking up on each other can go a long way in the scheme of things. Out here especially, it's more than just sport, it's about the whole community. The social side that sport brings to rural communities like ours brings everyone together and makes everyone feel welcomed and able to feel like they're in a safe environment. Sitting down on a Saturday after a game or in the change-rooms after a training having a chat with a mate is half the reason we play sport. If we can do that and have a chat with a mate on how he/she is going we might end up saving someone's life, you never knew needed saving."

For further information on the Holyoake WSPP Country Football Wellbeing Program please contact:

Jo Drayton, Wheatbelt Suicide Prevention Coordinator
JDrayton@holyoake.org.au or

Daniel Murphy - Community Development Specialist -
Country Football WA dmurphy@wafc.com.au



Face-to-Face Training available in the Wheatbelt

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	Online & 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	<p>Presented by the WCADS AOD Prevention Co-ordinator. School presentations will be conducted in collaboration with Dept of Education Road Safety & Drug Education Branch representatives.</p> <p>Topics include:</p> <ul style="list-style-type: none"> ☐ What is a volatile substance ☐ Effects and harms of VSU ☐ Prevalence of use ☐ Harm minimisation strategies ☐ Incident Reporting Program and, ☐ Coordination of community responses.
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/

training & workshops

contd...

Distress and Why Mental Health and Wellbeing Matters	1 Hour	Delivered by Regional Men's Health Initiative https://regionalmenshealth.com.au/
Talk to a Mate	1 Hour	Delivered by Regional Men's Health Initiative https://regionalmenshealth.com.au/
Looking after Your Mates – Suicide Awareness	1 Hour	Delivered by Regional Men's Health Initiative https://regionalmenshealth.com.au/
Deadly Thinking – social and emotional wellbeing training for professionals, paraprofessionals and communities	1 Day	https://www.rrmh.com.au/programs/deadly-thinking/
Staying SAFE with SOLID yarning – suicide prevention yarning for communities	½ Day	Culturally safe and secure suicide prevention yarning facilitated by an Aboriginal & Torres Strait Islander Professional or Elder.
Domestic Violence (DV) Alert Training	2 Days	https://www.dvalert.org.au/
Accidental Counsellor	½ Day	https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/
Workplace Wellbeing & Professional Selfcare Workshop	½ Day to Full Day	Developed and delivered by Wheatbelt Suicide Prevention Coordinator - select from: <ul style="list-style-type: none"> <input type="checkbox"/> Mental Health Literacy – Stress, Anxiety, Depression and Situational Crisis <input type="checkbox"/> Introduction to Suicide Prevention <input type="checkbox"/> De-Briefing <input type="checkbox"/> Professional Self Care Tips and Strategies <input type="checkbox"/> Language, Communication and De-Escalation Skills <input type="checkbox"/> Navigating Change and Uncertainty – with Clients and Organisations <input type="checkbox"/> Mentally Healthy Workplace <input type="checkbox"/> Burnout / Compassion Fatigue <input type="checkbox"/> Emotional Intelligence within the Workplace <input type="checkbox"/> Mental Toughness and its impact on Productivity <input type="checkbox"/> Development of a Workplace Wellbeing Strategy / Strategic Plan

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

Upcoming FREE Training/Education

Northam Youth MHFA

Date: 31st May & 1st June 2023

Time: 9.30am to 4.30pm

Venue: Northam Recreation Centre – Meeting Room

Registration Link: <https://www.mifwa.org.au/event/youth-mental-health-first-aid-course-northam-2/>

Moora Conversations about Suicide

Date: 7th June 2023

Time: 10am to 2.00pm

Venue: Moora Recreation Centre – Bar and Carpet Area

Registration Link: <https://www.mifwa.org.au/event/conversations-about-suicide-free-2/>

Gatekeeper Suicide Prevention Training

Date: 7th & 8th June 2023

Time: 8.30am – 4.30pm

Venue: Narrogin District Education Office – Conference Room

Register via: Jordyn Drayton (jordyn.drayton@holyoake.org.au)

Moora Conversations about NSSI

Date: 8th June 2023

Time: 10am to 2.00pm

Venue: Moora Recreation Centre – Bar and Carpet Area

Registration Link: <https://www.mifwa.org.au/event/conversations-about-non-suicidal-self-injury-5/>

Northam Older Person Mental Health First Aid

Date: 13th & 14th June 2023

Time: 9am – 4pm

Venue: Bridgeley Community Centre – Auditorium

Register via: Jordyn Drayton (jordyn.drayton@holyoake.org.au)

Merredin Conversations about Suicide

Date: 27th June 2023

Time: 10.30am to 2.30pm

Venue: Merredin CRC – Conference Room

Registration Link: <https://www.mifwa.org.au/event/conversations-about-suicide-free/>

Merredin Conversations about NSSI

Date: 28th June 2023

Time: 10.30am to 2.30pm

Venue: Merredin CRC – Conference Room

Registration Link: <https://www.mifwa.org.au/event/conversations-about-non-suicidal-self-injury-free/>

Mental Health Commission Training

An Introduction to Coercive Control (webinar) – 30th May 2023

TARGET AUDIENCE – Worker in the alcohol and other drug and mental health specialist sector.

This training aims to increase the confidence and competence of workers in the AOD and mental health specialist sectors to appropriately respond to disclosures of Family and Domestic Violence within a framework of trauma-informed care and practice.

ST338 Working With Clients Who Use Aod

With Co-Occurring Mental Health Issues – 1st June 2023

TARGET AUDIENCE – Clinical and support workers in the specialist AOD sector who have limited experience working with people with co-occurring issues.

This one-day workshop offers knowledge and skills to support AOD treatment service workers to more accurately identify, and where appropriate, address the needs of clients presenting with co-occurring AOD and mental health issues.

Working with young people with co-occurring mental health and alcohol and other drug issues (webinar) – 13th June 2023

TARGET AUDIENCE – Human service providers working with young people who use alcohol and other drugs.

This session explores functional AOD use in the context of co-occurring mental health issues for young people, and considerations when working with young people with co-occurring mental health and AOD use concerns.

ST343 Emotional Regulation – 14th June 2023

TARGET AUDIENCE – Clinical and support Workers in the AOD and mental health specialist sector

This one-day training aims to assist the worker to develop an understanding of emotion and emotion regulation; gain skills to support clients to better identify, understand and manage their strong emotions; and assist clients with strategies to respond to overwhelming emotions in constructive ways.

For more information or to register for any MHC training, please access the following link: <https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/alcohol-and-other-drug-training/>
<https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/>

Online Training



Western Australian Recovery College –

Anyone over the age of 18 is welcome to attend these online courses provided by the Western Australian Recovery College. All courses are free to attend.

Discovering Self-Compassion Through Poetry

23rd, 25th & 30th May 2023

6.30pm – 9.30pm

Harness Self-Compassion

30th May 2023

10am – 12.30pm

Reconnect with Your Inner Child

12th June 2023

9.30am – 12pm

Planning for a Holiday

22nd, 27th & 29th June 2023

6.30pm – 8.30pm

To register for any of the above online courses' participants will need to create a student account via: <https://www.warecoverycollege.org.au/courses>

Seen and Believed: Domestic Violence in LGBTQ+ Communities Webinar

Webinar: Monday 22nd May, 10am to 11am AWST

The right to live a life free from violence and abuse is a person's most basic human right, but for many LGBTQ people, this is not a reality.

Join Injury Matters with guest presenter from LGBTQ Domestic Violence Awareness Foundation to learn more about LGBTQ specific domestic violence impact on overall health and injury, and how we as health professionals can help address barriers and provide support to victims when needed.

More information and registration process can be accessed via the following link: <https://www.injurymatters.org.au/event/seen-and-believed-domestic-violence-in-lgbtq-communities-webinar/>

AIHW Media Release - Four in 5 alcohol-related deaths and 3 in 5 hospitalisations were among males

'Alcohol-related injury: hospitalisations and deaths, 2019-20' shows the leading causes for alcohol-related injury deaths among males were suicide (48%), accidental poisoning (23%) and transport (12%). For females, suicide (43%), accidental poisoning (33%) and falls (9%) were the leading causes.

'Overall, these accounted for 5.7% of all injury hospitalisations and 14% of the 13,400 injury deaths among Australians. However, this is likely an underestimate as previous research has shown the presence of alcohol is often not included in a patient's records.'

While the leading causes of alcohol-related injury hospitalisations were the same for males and females, there were some notable differences. Among males, falls accounted for 43% of injuries, followed by intentional self-harm (17%), assault (14%) and transport (9%). For females,

falls represented 35% of alcohol-related hospitalisations, followed by intentional self-harm (33%), assault (15%), transport (4%).

Of the 1,950 alcohol-related injury deaths and 30,000 hospitalisations in 2019-20, over 1,500 (78%) and almost 18,000 (59%) were among males, according to the Australian Institute of Health and Welfare (AIHW).

The rate of deaths from alcohol-related injuries in Australia more than doubled between 2010-11 and 2019-20, increasing from 4.8 to 9.7 deaths per 100,000 (840 compared to 1,950 deaths). However, alcohol-related injury deaths decreased by 10% between 2018-19 and 2019-20, the period affected by COVID-19 lockdowns.

The media release can be accessed via the following link: <https://www.aihw.gov.au/news-media/media-releases/2023-1/march/four-in-5-alcohol-related-deaths-and-3-in-5-hospit>

ScriptCheckWA Launch

A new electronic system to monitor controlled drugs will help doctors and pharmacists combat 'doctor shopping' for scripts in Western Australia. The ScriptCheckWA system launched on the 28th March 2023.

For the first two months of 2023, the system underwent testing with a select group of WA doctors. ScriptCheckWA has now been released to all general practitioners and community pharmacies throughout WA. It gives approved users access to data on controlled drugs 24/7 and facilitates seamless communication between doctors and pharmacies, and between different doctors.

Drugs reported in ScriptCheckWA include controlled drugs such as:

- ☐ opioids (morphine, oxycodone, fentanyl, methadone) for treatment of severe pain
- ☐ stimulants (dexamphetamine) for treatment of ADHD
- ☐ cannabis based products (such as for symptoms of pain, terminal illness, and movement disorders)
- ☐ other miscellaneous controlled drugs (for pain and anxiety).

Consideration will be given to adding other problematic prescription medicines to the system in the future.

Further information can be accessed via the following link: https://www.health.wa.gov.au/Articles/N_R/Prescription-monitoring-in-Western-Australia/Working-with-ScriptCheckWA

Study shows moderate to high levels of risky alcohol use among young Australians

A new study released in the *Australian and New Zealand Journal of Public Health* (April 2023) on underage (14-17 years) and young Australians (18-24 years) shows concerning alcohol use levels.

Using data from the 2019 National Drug Strategy Household Survey, the study compared drinking across various socio-economic groups. Data shows that people who spoke English as a first language were more likely to drink at risky levels. Risky alcohol use was also reported among young men who lived in regional areas and worked in logistics or labour.

Underage Australians who were not in school reported higher levels of alcohol use compared to children in school, whereas young Australians with a certificate or diploma were more likely to drink more than four standard drinks in a sitting compared to young adults without formal qualifications.

The article can be accessed via the following link: <https://www.sciencedirect.com/science/article/pii/S1326020023000031>

alcohol and other drug news/updates contd...

Tina Trial – World-first trial to investigate new medication for ‘ice’ use

Led by researchers from the National Drug and Alcohol Research Centre (NDARC) at UNSW Sydney, the Tina Trial will investigate if the antidepressant drug, mirtazapine, can help people to stop using ice. Currently there are no medications available to treat methamphetamine dependence.

The Tina Trial is the largest trial of its kind ever attempted in Australia. It is being conducted at frontline clinical services in Wollongong, Geelong, Brisbane, and Perth.

Funded by the Medical Research Future Fund, NDARC is leading the randomised controlled trial in collaboration with Deakin University, Monash University, the University of Wollongong and the University of Sydney.

Mirtazapine (sold as Avanza) is an antidepressant drug that is already available in Australia. Associate Professor Olivia Dean from Deakin University and Barwon Health says reusing existing medications for new applications fast tracks new treatments.

“If proven effective, it would provide a relatively cheap treatment option that could be quickly put into clinical practice,” Associate Professor Dean says.

Addiction psychiatrist and Clinical Director at Turning Point, Associate Professor Shalini Arunogiri says that most people who seek help for methamphetamine use also have mood and sleep problems that can perpetuate the cycle of drug use.

“Having a medication that can address both substance use and these mood and sleep problems will provide a more integrated treatment approach,” Associate Professor Arunogiri says.

More information about the Tina Trial can be accessed via the following link: <https://ndarc.med.unsw.edu.au/tina-trial>

Prison, alcohol and other drug use

Australia has about 43,000 people in prison; with over 65,000 people going through the prison system each year. Many people entering prison have poorer physical and mental health than the general population. A large proportion also have a history of alcohol, drug use and dependence and many also have co-occurring mental illness. People in prison have often also experienced social exclusion, disadvantage, and trauma.

In this article, we talk through the stats around illicit drug use

Consensus Statement – Strengthening injecting-related harm reduction in prisons

The Harm Reduction in Prisons Working Group has released a consensus statement that outlines an evidence-based approach to reducing the spread of blood borne viruses (BBVs) and other injecting-related harms in prisons. The Working Group is a national cohort of health practitioners, researchers, sector representatives and advocates and is convened by the Social Policy Research Centre’s Drug Policy Modelling Program at UNSW Sydney.

Injecting drug use can result in a number of fatal or serious harms including overdose, BBV transmission and injecting-related injuries. However, all three of these harms can be reduced and/or prevented through effective harm reduction programs. Harm reduction involves helping people to improve their health through providing practical and nonjudgmental support. This involves meeting people where they are at and acknowledging that abstinence is not the only way to reduce harms arising from drug use.

Prisons are high-risk environments for the spread of BBVs due to the lack of access to new and sterile injecting equipment, which results in people sharing unsterile equipment. Consequently, people in prisons continue to experience higher rates of hepatitis C and HIV than the general population.

Prison settings also provide an opportunity to engage people who have a history of injecting drug use with health and wellbeing services that they may not have previously been able to access in the community. These interventions not only make prisons safer, they also help to ensure better health outcomes for the communities to which people are returning after their release.

The media release can be accessed via the following link: https://www.unsw.edu.au/content/dam/pdfs/news/2022-09-uploads/2023_03_consensus_statement_media_release_140323.pdf

in prisons, the link between mental health and substance use, the extra risks incarcerated people face when it comes to AOD, and information on post-release care.

The article can be accessed via the following link: <https://adf.org.au/insights/prison-aod-use/>



Cracks In The Ice: Harm reduction for crystal methamphetamine

Harm reduction aims to reduce the risks and adverse effects associated with drug use. Using crystal methamphetamine ('Ice') carries risks to both your physical and mental health. As it is an illicit drug, the manufacturing of crystal methamphetamine is unregulated and there is no way for you to know exactly what is in each batch or what other drugs may be mixed in, further increasing risks of unknown side effects. Risks can be associated with any level of methamphetamine use, even using small amounts may lead to serious effects, dependence, or overdose, but there are strategies you can use to reduce harm and look after your health.

A factsheet containing practical information on strategies that may help you or people you know, to stay as safe as possible while using ice can be accessed via the following link: <https://cracksintheice.org.au/people-who-use-ice/what-is-harm-reduction>

AIHW Completion of alcohol and drug treatment in Australia, 2011-12 to 2020-21: differences by drugs of concern and treatment characteristics



Between 1 July 2013 and 30 June 2021, 228,500 people sought specialist AOD treatment for either alcohol or amphetamines. Of the 648,400 treatment episodes provided to these clients across this 8-year period, 1 in 4 episodes did not end as planned. This report examines how the likelihood of planned completion varies by treatment characteristics such as drug type (alcohol compared to amphetamines), main treatment and client remoteness.

The full web report can be accessed via the following link: <https://www.aihw.gov.au/reports/alcohol-other-drug-treatment-services/completion-drug-treatment-2011-21/>

Advocare: Protecting West Aussies for 25 years

Advocare

For more than 25 years Advocare has supported and protected the rights of older people in WA. Residents in the Wheatbelt now have the opportunity to access aged care advocacy with regular visits made by a new Regional Outreach team.

Advocare is a not-for-profit organisation, completely independent from aged care providers. Support services are free, confidential and unbiased for older Western Australians.

Advocare provide support to people aged 65 years and over and Aboriginal people 50 years and over who may be experiencing difficulty with finding aged care services; understanding the aged care system; or may be experiencing elder abuse.

Advocare can also help resolve issues that people living in the Wheatbelt may have with an aged care provider and can even speak on that person's behalf, whatever makes them feel most comfortable.

The team of Advocates can:

- assist with aged care application processes including My Aged Care
- provide face-to-face, phone and online support
- assist individuals to make informed choices about their aged care needs and,
- provide education sessions, including talks about elder abuse

To discuss how an older person can live their best possible life supported by free, independent information, contact Advocare on 1800 655 566 or email rights@advocare.org.au

"At Advocare, we believe our rights don't diminish with age." For more information, visit the Advocare website: <https://www.advocare.org.au/>

Research

'Cross-sectional survey of a convenience sample of Australians who use alcohol home delivery services', *Drug and Alcohol Review*, Colbert, S, Wilkinson, C, Thornton, L, Feng, X, Campaign, A & Richmond, R. 2023, Online alcohol purchasing and home delivery has increased in recent years, accelerated by the onset of the 2019 pandemic. This article aims to investigate the purchasing and drinking behaviour of Australians who use online alcohol delivery services.

<https://doi.org/10.1111/dar.13627>

'Review of alcohol and drug treatment for Aboriginal and Torres Strait Islander peoples', *Journal of the Australian Indigenous HealthInfoNet*, 4(1), Tracy, M, Freeburn, B, Lee, K, Woods, J & Conigrave, K. 2023,

This review provides an overview of treatments for problem alcohol and other drug (AOD) use for Aboriginal and Torres Strait Islander people. It includes information on the available research and discusses core principles for providing treatment.

The review outlines how effective mainstream treatment approaches can be adapted to be more suitable for Aboriginal and Torres Strait Islander ways of being or worldview. It also highlights that services, such as those offered by Aboriginal community controlled health organisations, are in a unique position to offer culturally secure treatment approaches.

The barriers to accessing treatment are discussed as well as recommendations for future strategic directions in service delivery such as collaboration and two-way learning.

<http://dx.doi.org/10.14221/aihjournal.v4n1.1>

'Health and cancer risks associated with low levels of alcohol consumption', *The Lancet*, Anderson, BO, Berdzuli, N, Ilbawi, A, Kestel, D, Kluge, HP, Krech, R, Mikkelsen, B, Neufeld, M, Poznyak, V, Rekve, D, Slama, S, tello, J & Ferreira-Borges, C. 2023, This study in the EU has found that light-to-moderate use of alcohol (less than 20g of

pure alcohol per day) was linked to 23,000 cancer cases in 2017. This accounted for 13.3% of all alcohol-attributable cancers and 2.3% of all seven alcohol-related cancer types. Almost half of these cancers (approximately 11 000 cases) were female breast cancers. Also, more than a third of the cancer cases attributed to light to moderate drinking (approximately 8500 cases) were associated with a light drinking level (<10 g per day).

[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(22\)00317-6/](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(22)00317-6/)

'Alcohol's harm to others in 2021: who bears the burden?', *Addiction*, Laslett, AM, Room, R, Anderon-Luxford, D, Willoughby, B, Doran, C, Jenkinson, R, Smit, K, Egerton-Warburton, D & Jiang, H 2023,

Almost half of Australian adults are harmed by alcoholic products consumed by another person, according to a new study on alcohol's widespread negative effects. In a 2021 survey of 2,574 adults by the Centre for Alcohol Policy Research (CAPR), participants were asked about the impacts of alcohol use by people they interacted with – friends, housemates, strangers, partners, family members and colleagues – in the previous year.

Nearly half of the respondents (48.1 per cent) said they had experienced harm from another person's drinking, while 7.5 per cent reported having been "harmed substantially". This equates to almost 10 million adults a year being harmed by others' alcohol use and more than 1.5 million experiencing serious harm.

<https://doi.org/10.1111/add.16205>

Suicide Prevention Australia: State of the States in Suicide Prevention Report

Suicide Prevention Australia (SPA) is the national peak body for the Suicide Prevention sector. With over 400 members representing more than 140,000 workers, staff and volunteers across Australia, SPA provides a collective voice for service providers, practitioners, researchers, local collaboratives, and people with lived experience.

In consultation with over 50 of SPA's members and people with lived experience, SPA developed a set of indicators by which to measure progress in suicide prevention reform. Each of the seven key areas in this report provides a stocktake of the States and Territories that have either implemented or committed support towards achieving suicide prevention indicators, together with context and national developments. It also includes an outline of the initiatives at State and Territory level that embodies the actions that Governments have taken against each indicator. The structure of this report is designed to highlight where each jurisdiction is modelling best practice, and to facilitate cross-state/territory learnings.

The State of the States in Suicide Prevention report examines the current landscape of suicide prevention across each state and territory and highlights areas for improvement.

The report can be download via the following link:
<https://www.suicidepreventionaustralia.org/wp-content/uploads/2023/03/State-of-the-States-Report-2023.pdf>



Total number of people consulted across all jurisdictions: 73

PHASE ONE CONSULTATIONS: JULY 2022 – SEPTEMBER 2022



10x individual consultations

2x policy roundtables



3x advisory group meetings

(2x Lived Experience Panel meetings, 1x Policy Committee meeting)

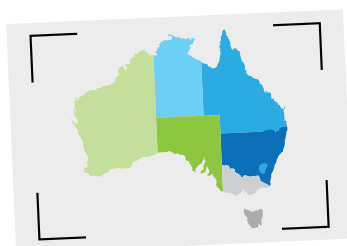
Total Consulted: 51

PHASE TWO CONSULTATIONS: OCTOBER 2022 – DECEMBER 2022

of contacts
with government departments,
sector experts and PHNs: **22**

STATE OF THE STATES IN SUICIDE PREVENTION

A snapshot of suicide prevention reform
in Australian states and territories

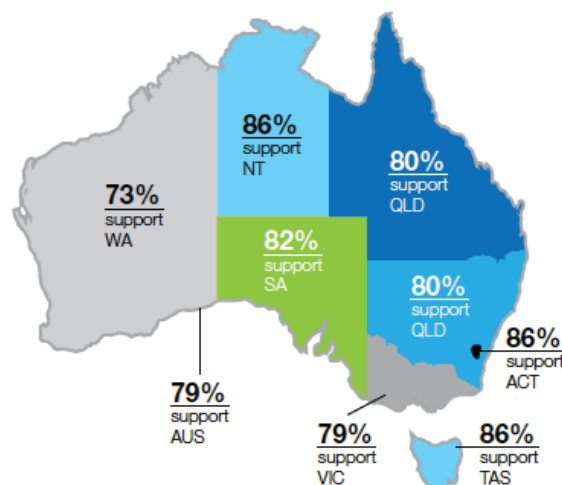


March 2023



SUPPORT FOR SUICIDE PREVENTION LEGISLATION IN AUSTRALIA

Source: YouGov poll August 2022, sample size of 1024 adults asked to what extent they agree or disagree that Australia should introduce a standalone Suicide Prevention Act; figures represent total agree (strongly agree and somewhat agree); ACT/NT/TAS figures collated



ReachOut: Fresh data on health impacts of cost of living

REACHOUT

ReachOut has released the results of a national survey of more than 650 young people aged 16-25 years.

Almost one in three young people in Australia reported the cost of living as one of the issues they are most concerned about, and for 40 per cent of those young people the cost of living is having a major impact on their mental health.

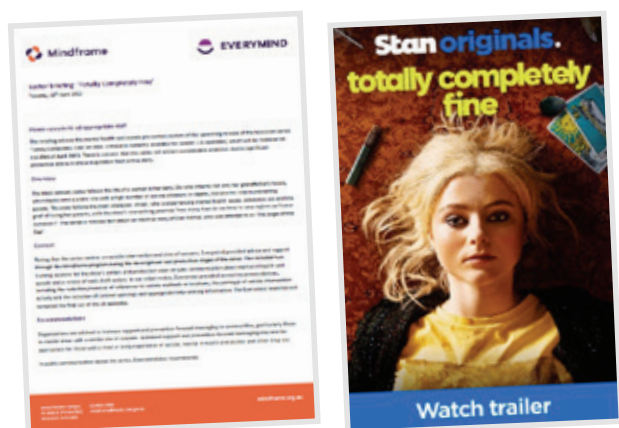
The survey also found high levels of reported mood and behaviour changes because of cost-of-living worries.

Notably, the research also found that young people are not just worried about what's happening right now, but also what their futures will look like.

The full results can be accessed via the following link:

<https://about.au.reachout.com/blog/cost-of-living-having-major-mental-health-impacts-for-young-aussies--including-sleep-issues>

Mindframe Sector Briefing: Totally Completely Fine



This briefing advises the mental health and suicide prevention sectors of the upcoming release of the television series 'Totally Completely Fine' on Stan. A trailer is currently available for season 1 (6 episodes), released on the 20th of April 2023.

There is concern that this series will attract considerable attention due to significant promotion and as it draws inspiration from a true story.

Overview: The black comedy series follows the life of a woman in her early 20s who inherits not only her grandfather's house, which backs onto a public site with a high number of suicide attempts or deaths, but also his role in preventing suicide. The story follows the main character, Vivian, who is experiencing mental health issues, substance use and the grief of losing her parents, with the show's overarching premise 'how many lives do we have to save before we'll save ourselves?'.

The series is fictional but draws on the true story of Don Ritchie, who was referred to as 'The Angel of the Gap'.

Recommendations: Organisations are advised to increase support and prevention-focused messaging to communities, particularly those in coastal areas with a similar site of concern. Increased support and prevention-focused messaging may also be appropriate for those with a lived or living experience of suicide, mental ill-health and alcohol and other drug use.

In public communication about the series, Everymind also recommends:

- The inclusion of at least two 24/hr crisis support services for those who may be experiencing immediate Distress
- The inclusion of information and supports for those bereaved by suicide, such as Stand-by Support After Suicide.

As professionals in the suicide prevention and mental health sectors, you may also be asked to reflect on the impact of these issues. Please refer to the *Mindframe* guidelines and this alert when communicating with the media. The Everymind team is available to provide support to you as needed; please see contact details below.

Themes: A list of the series' themes is provided below to assist your organisation in identifying appropriate levels of support for your communities.

- Suicide, including portrayal or discussion of suicide method and location
- Suicide intervention activities, including conversations or physical interventions with people in distress
- Mental health concerns and mental distress
- Alcohol and other drug use

Warrior Wellbeing Article: We Are Not The Same – Is It Embedded In Our Masculinity?



Quite often, men are told to get in touch with their feminine side. Over time this narrative has been part of the language barrier that has put a 'bloke's' positive approaches to wellbeing issues and help seeking in reverse.

There are three parts to our health: physical, mental, and social/spiritual wellbeing. The latter is where we find our identity, our individuality, our own sense of self, our sense of belonging, our passions and interests and, our emotional context - not a feminine side!

We are the same species but putting it simply men and women have evolved differently. Male and female DNA is 99.6% similar but it is that 0.4% difference that we need to talk about and address because it helps explain why men have a warrior attitude to life and in turn helps explain why they seek help differently.

There are three main areas of difference that the Regional Men's Health Initiative talk about in the work they do:

1. Communication

- On average men will talk one third less than women per day (7,000 words to 21,000 words). This starts from a young age from boys through to adulthood. Women will discuss a number of different issues, recognising that it's the best way to highlight and address any problems. Anyone with a wife, mother, mother-in-law, daughter, or partner will know this.
- It is perfectly normal for blokes to talk in dot points or even just grunt!

2. Risk-taking

As we get older, we get wiser, but we are still hard wired to take risks.

- Men are hard wired to take risks from an early age. Some of this is linked to their brain development.

The brain development stage for a woman is roughly between the ages of 18 to 20 years, whereas for a man, it is between the ages of 25 to 28 years (some may say 45 to 50 years!)

3. Winning ~ an important part of the warrior culture

- The majority (90%) of Aussie men think winning is important, a trait that can be traced back to the true warrior days, hunting for survival
- An alarming statistic is that 50% of men think winning is all that matters. So quite often they don't take a backward step when it comes to finances, relationships and/or business matters.

The importance that men place on winning explains why a loss event and/or a sense of loss becomes problematic and can be hard to deal with. Combine this with the lack of understanding of our emotions and we may see a ticking time bomb develop.

Men need to be more aware of their emotions and that it is alright to show them. We will all experience emotional issues throughout our lives and during these times we should openly express our emotions maybe through a hug or a cry and/or use language that is foreign to us eg. I am sad; I am struggling here.

Talk to a Mate®!! It is beneficial and you will realise that it's not just you that may be struggling, there's a lot of other men out there feeling the same way.

The Regional Men's Health Initiative

P: (08) 9690 2277

E: menshealth@4blokes.com.au

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au

Butterfly launches body image campaign for LGBTQIA+ community



Members of the LGBTQIA+ community can be disproportionately impacted by eating disorders and body image concerns. In recognition, Butterfly has launched a new campaign, Body Pride, addressing and challenging negative conversations around body ideals and appearance that can spike in the lead up to and during LGBTQIA+ events.

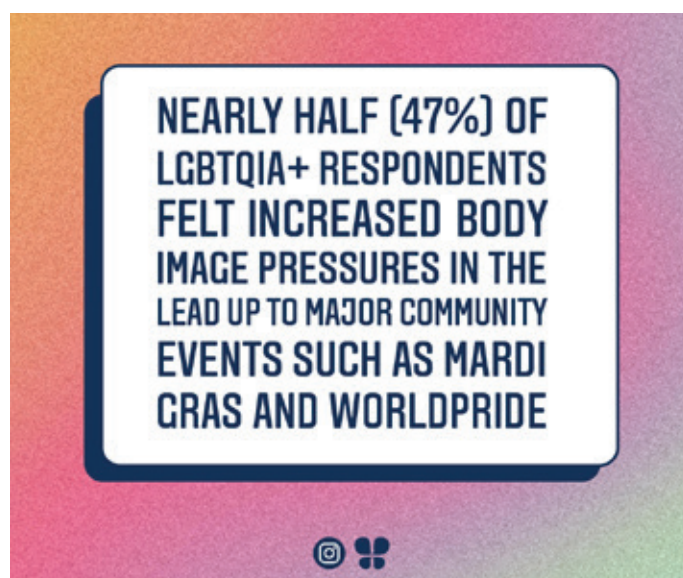
Butterfly's #BodyPride Survey collected the insights of over 1000 LGBTQIA+ individuals. The results revealed:

- Over half (54%) of people identifying as LGBTQIA+ believe there is an expectation to look a certain way in the LGBTQIA+ community
- Nearly two thirds (64%) of gay men believe this.
- Nearly half (47%) of the LGBTQIA+ community say they experience increased body image pressures in the lead up to Mardi Gras
- Well over half (59%) of gay men and queer folk say they have experienced these pressures in the past
- Lesbian individuals are also affected with 54% of respondents feeling the pressures around how they look during Mardi Gras
- In total, over a third (36%) of LGBTQIA+ people engage in restricted eating, fasting, or dieting in the lead up to Mardi Gras.

The #BodyPride resource hub has resources, podcasts, blogs, videos, tips, and advice specifically for LGBTQIA+ individuals experiencing eating disorders and body image concerns.

Butterfly's team counsellors are trained in LGBTQIA+ safety, accessed through the Butterfly Helpline 1800 334 773 to support individuals, loved ones and allies.

The #BodyPride Campaign can be accessed via the following link: https://butterfly.org.au/get-involved/campaigns/bodypride/?_cldee=Cbl-6jOnEBbLOM4JNAftUNXK6rXuBDRcbgmo3MKwme_wsfGCyDeaJ6KumE172jle&recipientid=contact-d5d06861b3aeea11a812000d3a799417-6fad24c56fbf4acab6ea5384a6d6bb1c&esid=228b1d82-35ac-ed11-83fe-00224818ac77



Supporting older men through mental health conversations

Never discount the impact that changes in life or lifestyle can have on a person's mental health. Ageing is a time when changes to the body, mind and lifestyle can have a significant impact. For many older people, and older men in particular, experiences such as retirement and with it, redefining what a meaningful day looks like, can have a profound effect on people's mental health, social connectivity, or feelings of isolation.

Old age is also associated with greater likelihood of disability or changes in health, which can come with their own physical and psychological impacts. A World Health Organisation study into the Mental Health of Older Adults (2017) found one in five people over the age of 60 have a mental health condition or some kind of neurological disorder.

Society's perception of ageing can also impact confidence. For example, The National Poll on Healthy Aging (2020) identified an increased risk of ageism and social exclusion, while 2020 Cause of Death data released by the Australian Bureau of Statistics highlighting men over 85 have one of the highest suicide rates in Australia. Acknowledging these statistics and risk factors makes broaching the subject of mental health with older men an important skill and one that could potentially save lives.

Know your risk factors

Older men have a unique set of impacts that can increase their risk of poor mental health outcomes, social isolation, and suicidality. These impacts can take the form of:

- Changes in relationship status through separation, divorce and/or death of a partner
- A decline in strength, health, and mobility that de-stabilises self-image and creates emotional fatigue such as a dementia diagnosis or when mobility reduces and pain increases
- Challenges to autonomy and freedom, such as receiving or moving into care
- Changes in financial situation and/or receiving financial assistance
- A loss of dignity and control over body, living arrangements, and care requirements
- Cultural sensitivity surrounding disclosure of health issues, particularly issues related to sexual health, prostate cancer, and bowel cancer
- The presence of male stoicism leading to internalised ableism, late disclosure of health conditions, and/or a reticence to disclose continual stress, trauma, grief, and mental health conditions

- Experiencing ageism and social exclusion.

Understanding these risk factors and their effects on older men can guide the content and direction of a mental health conversation.

Adopting a proactive approach

Any change in life needs some adjustment. Ageing can influence where a person lives, their potential for social connectivity, relationships, employment, health and overall well-being, finances and more. Sometimes everything changes at once, and when people don't have proper time to process the changes, it may cause a great level of disruption and potential for upheaval. It may even involve a period of grieving for life as it was once known, before feeling able to move forward with renewed confidence.

Age-related change can sometimes influence a demeanour negatively for longer or can present as a continued negative state of mind. This calls for our attention and looking for major mental health impacts and signs of abuse may be necessary.

While we may not wish to consider abuse as a potential cause, to ensure safety, it is better to rule it out than assume it may not be present. Unfortunately, ageing can increase the likelihood of abuse in some cases. Elder abuse is a misunderstood topic that requires serious attention. The National Elder Abuse Prevalence Study 2021 found that the most common form of elder abuse was psychological abuse (11.7%). It also highlighted neglect (2.9%), financial abuse (2.1%), physical abuse (1.8%) and sexual abuse (1%) may be present. Some older people (3.5%) experienced more than one type of abuse, with the most common combination being psychological abuse and neglect.

What may present as depression or anxiety could be symptoms of abuse. For example, the existence of unintentional or direct elder abuse can present as hyper-vigilance, changes in mood or eating habits, social isolation, avoidance, and deterioration of overall health, mental health, and physical appearance.

Both abuse and changes in mental health need immediate attention but can have different approaches and solutions. For example, in a situation of abuse, removing a person from their current environment to ensure ongoing safety may be required. However, a man experiencing a change in mental health status or cognitive decline may benefit from familiarity with surroundings and establishing a routine to stabilise and boost their mood.

Understanding where the challenge lies informs what action may need to be taken.

Supporting older men through mental health conversations *cont...*

Tailor your approach

Ageing in men comes with its own sensitivities. Talking to a man about ageing may mean addressing the effects of changes in health and mental health. It might involve addressing the impact of situations that place their own mortality in front of mind, such as the death of a partner or sibling. This is especially true if age-related illness, disease, and disability are a feature of the man's life, or they themselves are facing life-limiting or life-ending diagnosis or encountering an increase of end-of-life scenarios in their social support network.

There may be reluctance to acknowledge a mental health condition or feelings of suicidality through masculine pride or cultural influences. If there is a reluctance to talk about mental health, knowledge about the subject is likely to suffer as well. This may hinder a person's ability to spot changes in themselves or others, or even lead to masking behaviour because of stigma.

Active listening and reflecting meaning can be a powerful tool as it uses the man's own frame of reference to articulate the situation and highlight the potential for changes or relief. Considering personal comfort or cultural expectations may also mean a mental health conversation is better received from another man who reflects their own identity and cultural belief system.

Come prepared

When working through an action plan, try researching the options available ahead of time. Consider contingency plans for any potential access issues encountered. For example, someone on a pension or who is self-funding retirement may not afford private services or ongoing mental health support. But they may also be reluctant to take advantage of free services because of culture or mindset. Arriving at the conversation prepared may help strike the balance necessary to suggest supports.

Researching supports also means considering the barriers a person may face through local availability, personal access requirements, and knowledge of technology.

Understanding local informal supports can also help. Men's health programs like the maker-orientated Men's Shed, community walking group Manwalk, and rural-specific initiatives You Got This, Mate and co-ed low to no alcohol group Sober In the Country, and The Older Men's Network (TOMNET) for retirees and men over 50 all encourage men in different circumstances to meet, talk, and end social isolation on a semi-regular basis.

Telling someone about an activity will change their situation or mood as a cure-all or essential move is likely to be rebuffed. However, making use of phrases like, "Some people find socialising through <activity> helps. Does that hold any interest for you?" encourages curiosity and promotes autonomy and self-direction.

Encourage prevention and management via protective factors

A man's lifestyle that features prevention via protective factors not only aids with mental health management, but it also serves as a great template for a rewarding ageing experience.

These protective factors include:

- Building strong social networks: This can include finding new networks in hybrid online and offline formats, within the general community, via clubs and associations, or through activity-based networking used by Australian retirement communities and care facilities.
- Community participation: Volunteering, advocacy, mentoring, and involvement in grassroots community action can help older men find a great way to reconnect with purpose and meaning.
- Staying active for mind and body: There is a wide variety of 'for the community by the community' style activities that older men can join to stay active in body and mind.
- Learning new skills: There are a variety of free and low-cost workshops and courses to take advantage of, that are run by community centres and at ageing Australians.
- Connecting to culture: Time spent speaking German at a German Club, on country with other Aboriginal or Torres Strait Islanders, in the company of fellow GBTQIA+ men, or in cultural or spiritual observance can help create belonging and connection through community reflection.
- Maintaining a growth mindset: By focussing on abundance, ageing can feel like an opportunity to apply lived experience to what is possible. It can promote a healthy interest in history, family and leaving a legacy to inspire the next generation.

Article provided courtesy of MHFA Australia <https://community.mhfa.com.au/>

Our Words Matter: new guidelines to enact positive language change

Everymind, with the support of the National Mental Health Commission (The Commission), has launched a new set of guidelines aimed at improving the language used when communicating about mental health and wellbeing, mental ill-health, self-harm, suicide, eating disorders and alcohol and other drugs (AOD).

Funded by The Commission and guided by a project advisory group including members with lived experience, Our Words Matter: Guidelines for Language Use, will complement the existing suite of Mindframe resources with a new focus on the use of words and language. The latest guidelines are available for use by those working in the media, mental health, the AOD and suicide prevention sectors, clinicians, service deliverers, and anyone seeking to communicate safely in a personal or professional manner about these themes.

Research has shown the language we use to communicate about mental health and wellbeing, mental ill-health, self-harm, suicide, eating disorders and alcohol and other drugs (AOD) can have either a positive or negative impact. Safer, more informed use of words can reduce stigma while increasing understanding and hope for others. Language can also empower and promote the ability of individuals and communities to live with complex experiences and enact positive change.

Our Words Matter: Guidelines for Language Use is founded on three principles:- firstly, 'do no harm'; secondly, 'aim to do good' and finally, 'stay curious and be open to change'. With these principles in mind, the guidelines will continue to be updated to reflect the changes as language evolves, through the voices of people with lived or living experience and the latest research. The guidelines provide best practice advice for how everyone can apply safe terms and language in our public communication that supports connection, promotes inclusion and acceptance of diverse experiences within our communities, and encourages people to seek help and offer support when it's needed.

Launched on April 26, 2023 via a live webinar, the Our Words Matter: Guidelines for Language Use was developed in consultation with a diverse group of stakeholders in Australia including media and other professional communicators, research experts and diverse community members.

The new guidelines follow the launch of Images Matter: Mindframe Guidelines for Image Use, in October last year.

Mindframe is an Everymind program, supported by funding from the Australian Government under the National Suicide Prevention and Leadership and Support Program.

Media Release: The Australian Government has invested \$1.7 million to extend The Essential Network (TEN) project for healthcare professionals until 30 June 2024

Facilitated by The Black Dog Institute, TEN is a national, blended care mental health support service, available online and in-person.

Developed by healthcare professionals for healthcare professionals, TEN provides tailored mental health and wellbeing support, including clinical interventions, peer support, self-guided check-ups, and digital programs.

The e-health hub gives health professionals access to a network of support including:

- self-guided mental health check-up
- connection to one-on-one clinical care, with up to five free telehealth sessions with a clinical psychologist or

psychiatrist through Black Dog Institute's TEN Clinic

- evidence-based tools and resources
- peer support
- digital mental health programs including TEN's

Navigating Burnout program

The Essential Network (TEN) project can be accessed via the following link: <https://www.blackdoginstitute.org.au/the-essential-network/>

Media Release: Mental health help for emergency services workers

Australia's emergency workers will receive additional mental health support through the establishment of the National Emergency Workers Support Service (NEWSS).

The Government is providing \$4 million to the Black Dog Institute to establish and deliver the NEWSS, which is an expansion of the National Bush Fire Support Service. This service will be extended to all emergency services workers who respond to national disasters such as bushfires, floods, and the COVID-19 pandemic.

- 39% of emergency responders are diagnosed with a mental health condition at some point in their life. They are diagnosed with Post-Traumatic Stress Disorder at a rate two times higher than the general population.

Through the NEWSS, emergency services workers will be able to access an online mental health self-assessment and triage service including access up to 12 free sessions with a clinical psychologist face to face or via telehealth.

This integrated and tailored approach will make it easier for these essential workers to search for, navigate and determine their eligibility for support and appropriate resources. Users with more severe mental health symptoms will be linked directly to either the Black Dog Institute's Depression Clinic or the University of New South Wales Traumatic Stress Clinic.

The service will also provide specialist mental health training to GPs and other health care professionals to help provide appropriate support and referral options to emergency services workers.

The media release can be accessed via: https://www.health.gov.au/ministers/the-hon-emma-mcbride-mp/media/mental-health-help-for-emergency-services-workers?language=en&_cldee=frzB4qmPSIUnW_abnVar-9gxZ8Spe9o8TGAHS5Z295t4ri3XgFZ9rSysJvrrHKft&recipientid=contact-d5d06861b3aeea11a812000d3a799417-1cdbf49fa37a422ea070ccff4e533189&esid=9686e782-3cc8-ed11-b597-00224818ac77

Media Release: Action plan to address the health and wellbeing of LGBTIQ+ people

On 1 March 2023, the Assistant Minister for Health and Aged Care, Ged Kearney, announced a 10-year national action plan for LGBTIQ+ health and wellbeing at the Sydney World Pride Human Rights Conference.

Kearney emphasised how important it is to fully understand the needs of LGBTIQ+ communities and individuals, stating that the consultation began in earnest during a roundtable discussion on LGBTIQ+ health and wellbeing a day prior.

The plan will be informed by national consultation, lived experiences of LGBTIQ+ people and the organisations that serve them.

Kearney also announced a \$26 million investment in research grants to discover new and improved ways to

provide health care to LGBTIQ+ people, representing the largest investment into LGBTIQ+ research by an Australian Government.

The announcement has been welcomed by many LGBTIQ+ focused organisations, with representatives speaking to the announcement during a press conference:

"Quite simply, this plan, and this funding will save lives." – Anna Brown, CEO, Equality Australia

The media release can be accessed via the following link: <https://lifeinmind.org.au/news/action-plan-to-address-the-health-and-wellbeing-of-lgbtqa-people>

Mindframe National Guidelines: Suicide, Mental-ill Health & AOD



The suite of *Mindframe* national guidelines were developed to support safe and accurate media reporting, portrayal and communication of suicide, mental ill-health and Alcohol and Other Drugs (AOD) to reduce stigma and encourage help-seeking behaviour.

The evidence-based resources were developed in consultation with media professionals and peak media bodies, suicide prevention and mental health organisations,

lived and living experience networks, and *Mindframe* advisory groups.

A range of resources have also been developed to support the implementation of the guidelines including a checklist, online image collection and guidance cards.

The guidelines, checklist, online image collection and guidance cards can be downloaded from the *Mindframe* website via <https://mindframe.org.au>

NACCHO: Strong Born Campaign and Resources

Strong Born is a communications campaign designed to raise awareness of Fetal Alcohol Spectrum Disorder (FASD) and the harms of drinking alcohol while pregnant and breastfeeding, among Aboriginal and Torres Strait Islander peoples in rural and remote communities.

Strong Born is also about supporting people with FASD and their families and carers, by understanding what FASD is, and the services that may be available for individuals and families.

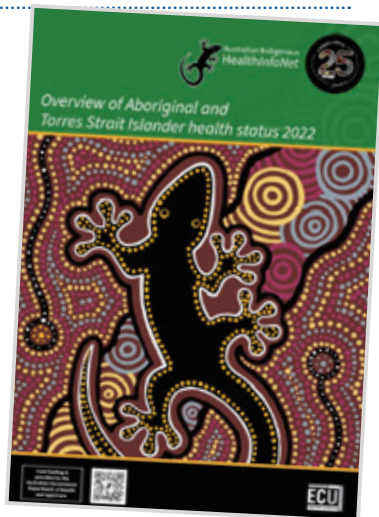
The Strong Born campaign has been developed by NACCHO in collaboration with the National FASD Campaign Working Group which includes multi-disciplinary staff from ACCHOs and ACCOs, and cultural and clinical FASD experts and researchers.

The Strong Born resources can be downloaded via the following link: <https://www.naccho.org.au/fasd/strong-born>



Overview of Aboriginal and Torres Strait Islander Health Status 2022

The Overview of Aboriginal and Torres Strait Islander Health Status 2022, aims to provide a comprehensive profile of the current health status of Aboriginal and Torres Strait Islander people. The early sections of the Overview present information about the social and cultural context of Aboriginal and Torres Strait Islander health, social determinants, the structure of the population, and measures of population health including births, deaths, and hospitalisations.



Social and emotional wellbeing findings –

- In 2018-19, 80% of Aboriginal and Torres Strait Islander males over 18 years of age reported feeling calm and peaceful all/most of the time, 87% felt happy all/most of the time and 79% felt full of life all/most of the time.
- In 2018-19, 78% of Aboriginal and Torres Strait Islander females over 18 years of age reported feeling calm and peaceful all/most of the time, 88% felt happy all/most of the time and 76% felt full of life all/most of the time.
- In 2018-19, 31% of Aboriginal people and 23% of Torres Strait Islander people aged 18 years and over reported high or very high levels of psychological distress.
- In 2018-19, 25% of Aboriginal people and 17% of Torres Strait Islander people, aged two years and over, reported having a mental and/or behavioural condition.
- In 2018-19, anxiety was the most common mental or behavioural condition reported by Aboriginal and Torres Strait Islander people aged two years and over (17%), followed by depression (13%).
- In 2020-21, there were 27,457 hospital separations

with a principal diagnosis of International Classification of Diseases (ICD) 'mental and behavioural disorders' identified as Aboriginal and Torres Strait Islander.

- In 2021, 196 Aboriginal and Torres Strait Islander people living in NSW, Qld, WA, SA, and the NT died from intentional self-harm.
- In 2018, mental and substance use disorders accounted for 23% of total disease burden among Aboriginal and Torres Strait Islander people. Of all disease groups, mental and substance use disorders made the highest contribution to total burden.

The full overview can be downloaded via the following link: <https://healthinonet.ecu.edu.au/healthinonet/getContent>.

Plus Parental: The Talking to Dads Language Guide



Many fathers do not feel meaningfully engaged by the health system from preconception through to parenthood.

That's why the Plus Parental: Talking to Dads Language Guide has been developed.

This tool, featuring practical recommendations for improving communication with fathers and non-birthing parents, should help health professionals to inspire dads to be engaged, confident, committed, and equal parents.

The Talking to Dads Language Guide can be viewed via the following link: <https://www.healthymale.org.au/plus-parental/talking-to-dads>

ANROWS: 2021 National Community Attitudes Survey Results

The 2021 NCAS has shown that Australians attitudes towards violence against women have improved overall, but there is still a long way to go.

Key findings:

- A majority of Australians do not think violence against women occurs in all communities
 - Even though 91% of respondents agreed that violence against women is a problem in Australia
 - Only 47% agreed that it is a problem in their own suburb or town
- 41% of respondents mistakenly believe that domestic violence is equally committed by men and men - a significant increase from 23% of respondents in 2009
- Despite recent ABS Personal Safety Survey evidence which revealed most victim-survivors name a male perpetrator
- Australian's overall rejection of domestic violence plateaued between 2018 and 2021 but there were significant improvements in Australians' understanding and rejection of sexual violence.

Other key findings:

- 37% of respondents thought that women going through custody battles often make up or exaggerate claims of domestic violence to gain tactical advantage in their case
- 34% of respondents believed that it is common for sexual assault accusations to be used a way of getting back at men
- 23% of respondents think that much of what is called domestic violence is just a natural reaction to day-to-day stress
- 1 in 4 respondents believed that when a man is very sexually aroused, he may not even realise that the women doesn't want to have sex.

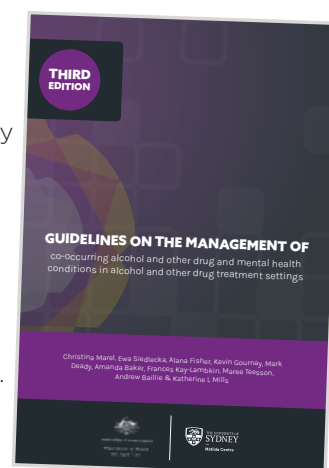


The full summary can be downloaded via the following link: https://irp.cdn-website.com/f0688f0c/files/uploaded/NCAS%2021%20Summary%20Report%20ANROWS%20%C6%92.pdf?utm_campaign=E-newsletter&utm_medium=email&_hsmi=252505616&_hsenc=p2ANqtz--ew7Fx8oaodkgrzEdEwOP8gmax1Tp0ShFKjueDOZzfK4LQNBW6rXyVPS2mB7I09nHjT-8srbWDRNBY4qt9JTW9svufMg&utm_content=252505616&utm_source=hs_email

Matilda Centre: New edition of the Co-morbidity Guidelines released

In 2020, researchers from the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney were funded to develop the third edition of the 'Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings'.

The existing 'Guidelines' website and online training program were updated, to facilitate their translation into practice. The training has been developed for the continuing development of practitioners, as well as those in training, who work in the alcohol and other drug sector.



The guidelines, training and resources can be accessed via the following link: <https://comorbidityguidelines.org.au/>

National Farmer Wellbeing Report 2023



New research released paints a saddening picture of the mental health of Australia's hard-working farmers with close to a third (30%) reporting a decline in their mental health over the past few years.

The National Farmer Wellbeing Report commissioned by Norco (Australia's oldest and largest 100% farmer owned dairy co-operative) in partnership with the National Farmers' Federation has found that, in recent years, nearly half of Australian farmers (45%) have felt depressed, with almost two thirds (64%) experiencing anxiety.

For one in seven (14%), it's a frequent experience.

Even more devastating, close to half of Australian farmers (45%) have had thoughts of self-harm or suicide, while close to a third (30%) have attempted self-harm or suicide.

Shining a spotlight on a national health crisis needing urgent attention, this data adds to existing bodies of research which found that one farmer takes their own life every 10 days and Australian farmers are twice as likely to take their own life when compared to the general population.

According to the Report, the top three factors impacting farmer mental health were natural disasters or weather (47%), financial stress (36%) and inflation/cost pressures (35%).

Potentially contributing to the issue, the Report found that more than three quarters (76%) of Australian farmers believe that the role they play is undervalued by the Australian public. They also believe that rural and remote communities are forgotten about and left behind when it comes to public policies and services, with one in ten (11%) calling for more support and funding from the Government.

The full report can be downloaded via the following link: https://norcofoods.com.au/wp-content/uploads/2023/03/1212_Farmer-wellbeing-report_Navigation_FINAL.pdf?x64161

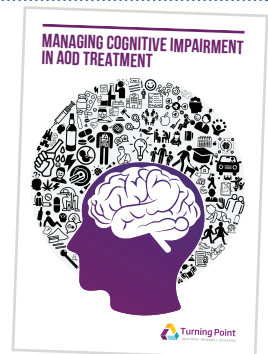
TURNING POINT – Managing Cognitive Impairment In AOD Treatment Guidelines

This resource, developed by Turning Point, provides practical, practice-informed, and evidence-based strategies to assist health workers working in AOD contexts to better understand and manage cognitive impairment. Developed by clinicians, academics, and researchers, they are informed by the latest scientific literature and clinical expertise.

This resource includes common clinical aetiologies, presentations of impairment, real world examples and case discussions. Discussion regarding complex populations, screening and history taking, management strategies and rehabilitation is also provided.

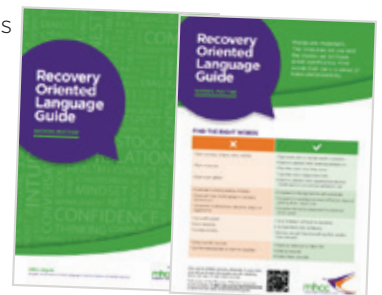
The guidelines can be downloaded via the following link:

<https://www.turningpoint.org.au/treatment/clinicians/Managing-Cognitive-Impairment-in-AOD-Treatment-Guidelines>



MHCC: Recovery Oriented Language Guide – 3rd Edition

This edition includes updates to reflect contemporary language use, introduces diversity inclusive language and incorporates new topics, including talking about grief and loss, and recovery language usage in the written word.



MHCC have also newly released the 'Find the Right Words' poster, based on the Recovery-Oriented Language Guide, the poster provides a useful summary to help you find the rights words when speaking or writing about mental health.

The guide can be downloaded via the following link: <https://mhcc.org.au/wp-content/uploads/2022/10/Recovery-Oriented-Language-Guide-3rd-edition.pdf>

The poster can be downloaded via the following link: https://mhcc.org.au/wp-content/uploads/2022/09/mhcc-ROL-Guide_A3-Poster-Final.pdf

Relationship Indicators 2022 Report



The Relationship Indicators project is a nationally representative survey into the state of relationships in Australia. Relationships are a major part of the human experience. From the moment we are born, we are in relationships with ourselves and others. Relationships can be a source of love, joy, intimacy, connection and belonging. Relationships can also cause anxiety, frustration, disappointment, grief, fear, and pain.

Important and meaningful connections build us up. When our relationships are strong, we can overcome incredible challenges. Equally, relationship breakdown and loss can tear us apart. The re-launch of the Relationship Indicators survey attempts to capture these nuances and help us understand the importance of relationships across the life course.

Based on the findings from this research, Relationships Australia makes the following recommendations:

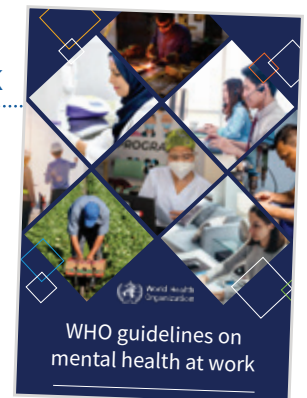
1. Continue to fund services and other supports which promote and enable satisfying and strong relationships
2. Include funding for relationship services as part of the national response to issues such as loneliness, mental health, and suicidality
3. Recognise and acknowledge the impact that the pandemic, successive natural disasters, the rising cost of living and other external pressures, are placing on relationships and do more to relieve these pressures
4. Recognise that some groups are disproportionately affected by relationship pressures, reducing wellbeing, relationship satisfaction and ultimately contributing to relationship breakdown
5. Address growing rates of loneliness, especially social loneliness
6. Fund more research to explore the role that age plays on relationships
7. Empower Australians to create meaningful relationships outside of the partner dynamic

8. Support boys and men to build respectful relationships and create stronger connections with those around them
9. Continue to fund relationship services and other supports to enable people to navigate relationship challenges in productive, respectful, and safe ways
10. Encourage help-seeking and equip Australians to support one another through their relationship struggles.

The full report can be accessed via the following link: <https://relationships.org.au/relationship-indicators/full-report/>

WHO Guidelines on Mental Health at Work

The WHO guidelines on mental health at work provide evidence-based recommendations to promote mental health, prevent mental health conditions, and enable people living with mental health conditions to participate and thrive in work.



These guidelines are the first-ever global guidelines to provide evidence-based recommendations to promote and prevent mental health conditions and enable those living with mental health conditions to participate and thrive in work with the aim of improving the implementation of evidence-based interventions for mental health at work.

The recommendations cover organisational interventions, manager training and worker training, individual interventions, return to work, and gaining employment. The guidelines on mental health at work can be downloaded via the following link:

<https://www.who.int/publications/i/item/9789240053052?cldee=Hcbnj6uPY3JbtZiWi2qz9ycD2K5mHSacdJYjldXKmrYpMVJ6GZE0yOjKeITKnrS&recipientid=contact-d5d06861b3aeea11a812000d3a799417-a3d2993782094910927d87331874698f&esid=5a27896d-4f9c-ed11-aad1-00224818ac77>

Western Australia alcohol home delivery project: Online survey final report

Online alcohol delivery is one of the biggest changes to alcohol availability in recent years with the use of such services markedly increasing in Australia since the COVID-19 pandemic. In February 2022, the Western Australian government introduced new regulations for same day alcohol deliveries: Purchaser identification is required to be verified at point of delivery and alcohol cannot be delivered unattended.

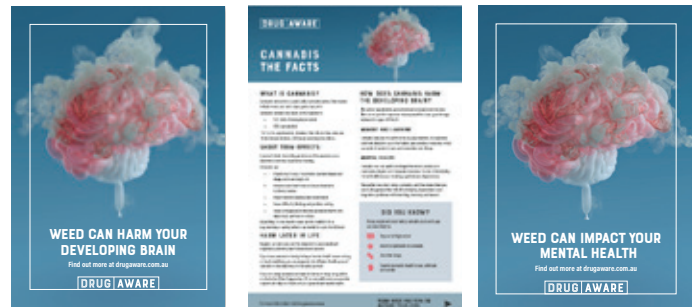
The current study explores the behaviours and experiences of Western Australian adults who have purchased alcohol for home delivery within the previous six months. This study was conducted during August to September 2022 and surveyed a sample of 499 Western Australian participants aged 18 to 85 years ($M = 44.67$) who had used alcohol delivery services within the past six months (after which the new regulations were in place). The sample was recruited through an online panel provider, social media, and snowballing. While not a representative population sample, this study is nonetheless important as it provides insights into the online delivery experiences since the new regulations in Western Australia.

The current report indicates that among our sample of Western Australians who recently made an online alcohol purchase, there was a lack of consistent adherence to the new regulations pertaining to same day and rapid alcohol online delivery. Improved training among drivers and retailers regarding ID checks, unattended delivery requirements, and identification of intoxicated individuals is required. The introduction of policy allowing for police to conduct compliance checks for online delivery of alcohol (i.e., 'mystery shopper') would aid in improving compliance with regulations. Further, expansion of the current regulations to all deliveries, rather than only those made within the same day only, is recommended.

The report can be downloaded via the following link: https://cancerwa.asn.au/wp-content/uploads/2023/03/Deakin-University_WA-alcohol-home-delivery-project_Online-survey_final-report.pdf



Drug Aware: 'The Growing Brain' Campaign



Cannabis is the most used illicit drug in Western Australia. 1 in 5 (19%) people aged between 15 to 24 reported using cannabis in the past 12 months in 2019. Cannabis can impact a young person's developing brain - affecting memory, learning, and mental health. The risk increases the younger a person starts using cannabis, the more they use, and the more often they use.

Research shows people who start using cannabis at an early age are more likely to leave school early, develop dependence on cannabis, and experience mental health issues, including anxiety, depression, self-harm, and suicide.

Young people in WA have said they want factual information about the risks associated with using cannabis.

'The Growing Brain' campaign is part of the **Drug Aware** program that aims to prevent, delay and reduce drug use and related harm by providing evidence-based information to help young people in WA make informed decisions about illicit drugs.

The campaign community toolkit can be downloaded via the following link: https://drugaware.com.au/media/1738/the_growing_brain_campaign_communication_kit_final.pdf

Cracks In The Ice New Factsheet – Crystal Methamphetamine Use During Pregnancy

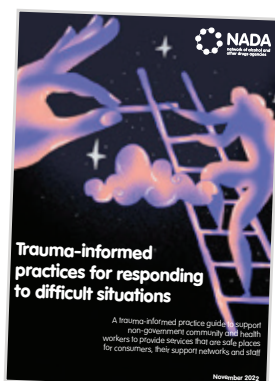
This new factsheet explores the health risks associated with using 'ice' during pregnancy, tips for looking after yourself and your baby through pregnancy, and how and where to get support.



The factsheet can be downloaded via the following link:
https://cracksintheice.org.au/document/library/crystal-methamphetamine-use-during-pregnancy-draft_final.pdf

NADA - Trauma-informed practices for responding to difficult situations

This practice guide contains information and advice for providing safe and inclusive service environments for people accessing support, their networks, and staff. It provides practical tips for preventing and responding to difficult situations using a trauma-informed, person-centred, and strengths-based approach.

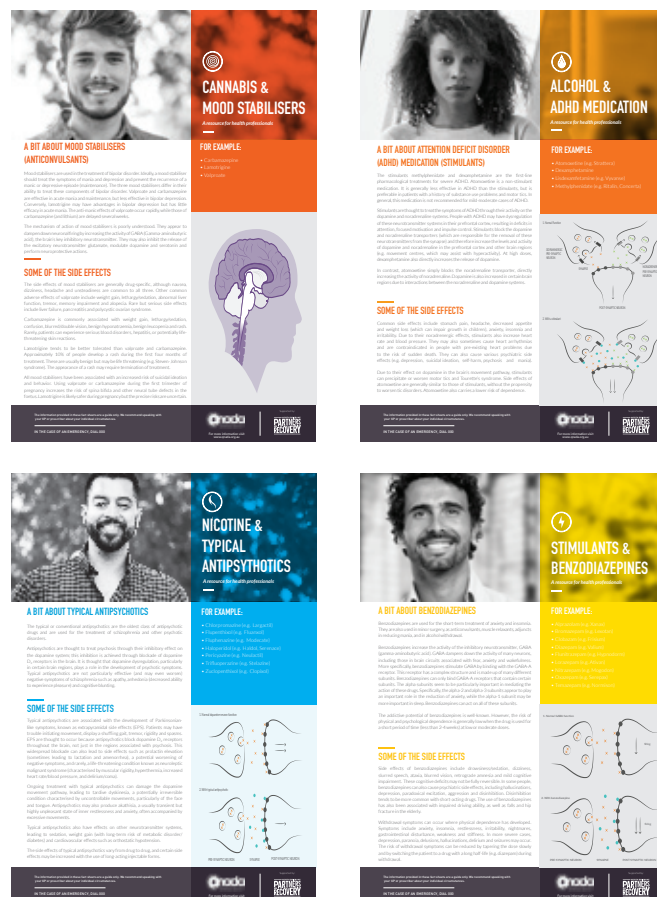


Designed as a practice guide, it comprises sections on:

- understanding trauma and its effects
- core principles of trauma-informed care
- the importance of language
- responding to difficult situations
- worker wellbeing
- links to other resources, information, and support services

The practice guide can be downloaded via the following link:
<https://nada.org.au/wp-content/uploads/2022/12/Trauma-informed-practices.pdf>

QNADA: Harm reduction resources for health professionals



The QNADA resources describe some of the interactions between a range of psychoactive substances and commonly prescribed mental health medications. The information provided in these resources is general only. The resources were developed in collaboration with a psychopharmacologist, an addiction medicine specialist, a social worker and a psychologist. The information included in these resources highlight a range of possible interactions and do not take into consideration biology or individual circumstances.

The resources can be downloaded via the following link:
<https://qnada.org.au/harm-reduction-information-health-professionals/>

community engagement/ collaborations

Prevention Team attend Wagin Woolorama and run Community Insight Survey



Holyoake's Alcohol and Other Drug (AOD) Prevention Coordinators attended the Wagin Woolorama, featuring an interactive stall over the 2-day event in March.

The stall had a wide variety of resources available for collection on topics such as AOD and mental health support services, Strong Spirit Strong Mind resources, talking to your teenager about alcohol, R U OK booklets and how to support alcohol-free pregnancies. Interactive activities on standard drink sizes for different alcoholic drink concentrations were also on display that provided valuable opportunities for conversations with community members around the National Health & Medical Research Council's Australian Alcohol Guidelines for reducing risk.

The Prevention Team conducted a Community Insight Survey and Raffle for 2 gift baskets worth over \$200 each with approximately 67 responses collected across the 2 days from people residing in Wagin and surrounds.

The purpose of the survey was to help identify emerging AOD and/or mental health concerns within Wagin and surrounding areas. The results of this survey will be used to implement evidence-informed prevention activities within the community that target the areas of concerns identified in the survey.

The raffle was drawn on the day and won by two local residents. Together with Jo & Jess, one of Holyoake's AOD Counsellors, James Gibson, assisted with the Holyoake's stall.

Over 150 community members and stakeholders attended the stall, discussing AOD prevention and the services provided by the Holyoake Prevention Team. Details on the support services and programs available in the Wheatbelt, together with ways that Holyoake can continue to grow collaborations between stakeholders was also a focus for the AOD Prevention Team.

Shooting Stars Netball Carnival



The Prevention Team attended the Shooting Stars Netball Carnival in Collie recently, which celebrated the end of the Deadly Minds Matter Program. Girls from Narrogin, Collie, Merredin, and Kiara College spent the day playing netball, participating in team building activities and interacting with local community services. The Prevention Team's stall featured resources on social and emotional wellbeing and AOD guides, interactive activities such as connect four

and a social and emotional wellbeing themed tic-tac-toe competition.

Voice pops were taken throughout the day by the girls to capture what #deadlygirlsmatter means to them. These voice pops will be turned into a voice recording and poster including artwork designed by Clover McBrydie from Merredin. The girls who participated in the voice pops were given a 'participation gift' which included a pot, soil, paint, and biodegradable cards embedded with native seeds that they can decorate and plant.

Bucket Hats, designed in collaboration between Holyoake and the Shooting Stars girls featuring the artwork of Clover McBrydie will be presented to the Carnival participants in the coming weeks along with the voice pop posters and voice recording.

Suicide Prevention Australia: Perth Think Tank and Networking Event

Holyoake hosted Suicide Prevention Australia's (SPA) visit to Western Australia and their Think Tank and Networking event recently.

The Think Tank workshop brought together an array of professionals working in the suicide prevention, mental health, and broader health ecosystem to share collective wisdom of what is working within the sector, improvements for consideration and tabled new ways to work more impactfully and effectively in the sector.

Director, Memberships & Engagement for Suicide Prevention Australia, **Toby Dawson**, provided an overview of the work currently being undertaken by SPA at a national level and ways they specifically support states and jurisdictions. Toby also spoke to the recent release of the State of the States report and where Western Australia as a State was positioned in relation to suicide prevention across the domains of Lived Experience; Whole-of-Community, Whole-of-Government; Data; Quality and Accreditation; Service Provision; Workforce and Community Capacity; Populations and Looking to the Future of Suicide Prevention.

Anne Leslie, Policy Advisor - Suicide Prevention Australia, showcased the (in-development) Social and Economic Determinants of Suicide and invited those in attendance to

contribute to the already extensive considerations.

Jo Drayton, Suicide Prevention Coordinator - Holyoake presented on the value of collective impact and the regional benefits of the WAPHA funded Wheatbelt Suicide Prevention Project with an overview and highlights of some of the key partnerships and initiatives that have been delivered over the past 12 months and those that will be delivered in 2023.

The event concluded with attendees being invited to join Suicide Prevention Australia for canapes, refreshments, and the opportunity to network and build relationships with other like-minded leaders from across the sector.

Holyoake are looking forward to receiving the Think Tank feedback from Suicide Prevention Australia.



notice board

National Suicide Prevention Conference 2023

Hosted by Suicide Prevention Australia annually, the 2023 National Suicide Prevention Conference 1-3rd May explored the theme of Reconnect, Reform, Reshape as we emerge from the pandemic.

The 2023 Conference was the first face-to-face national conference in several years with over 600 delegates attending. It presented a unique opportunity to bring the brightest minds together and the latest thinking to promote excellence in suicide prevention.

Holyoake Suicide Prevention Coordinator, Jo Drayton, presented "IF NOT NOW, WHEN? Transforming suicide prevention through collective impact to increase safety for all" on Day 3 in the Sutherland Theatre.

The National Suicide Prevention Conference 2023 provided a gateway to unite suicide prevention experts to showcase evidence-based solutions and robust discussion, focused on solutions for saving lives, enabling delegates to hear from leading keynote speakers, participate in workshops and collaborate with their peers.



Taking Stock – a free online wellbeing and suicide prevention tool designed by and for Australia's farmers

Taking Stock, a free online wellbeing and suicide prevention tool designed by and for Australia's farmers, hosts resources including films, interviews and podcasts, and information on establishing local suicide prevention groups and connecting with communities for early approaches to suicide prevention.

The tool is the final stage of a three-year research project led by the University of South Australia in partnership with grassroots community groups in three different states.

The taking stock website can be accessed via the following link: <https://takingstockcommunity/>

TAKING STOCK

2023 Injury Prevention Summit

The Injury Prevention Summit is a one-day event held biennially by Injury Matters, via the Know Injury program, with funding from the Western Australian Department of Health.

The event, held in May, brought together injury prevention 2023 and safety promotion practitioners, policymakers, and Local Governments from across Western Australia to share knowledge and build capacity to integrate injury prevention and safety promotion practices into their work.

Holyoake AOD Prevention Coordinator, Jo Woodruff, was guest speaker within the Preventing Harm from Alcohol session.



Minds Together (Everymind) - Research Trials EOI's

Minds Together is an Everymind program developed in collaboration with Australians supporting family and friends experiencing mental ill-health or suicidal distress and are currently seeking individuals to take part in two of their research trials.

The program (via the research trial) offers free, self-paced online support featuring interactive activities, multimedia content, peer support and personal stories of supporting family or friends. Minds Together provides practical ways to assist individuals to:

- Find out more about mental ill-health and suicidal distress
- Learn new strategies for supporting your family member or friend
- Strengthen your coping and communication skills
- Reduce your stress and worry

Connect with other people supporting a family member or friend. Minds Together (research trails) offer support to:

- [Family and friends supporting someone who has attempted suicide](#)
- [Family and friends supporting the mental health of paramedics](#)

For further information on Minds Together please visit: <https://mindstogether.org.au/>

notice board

R U OK? releases Are They Triple OK? Podcast

R U OK? has launched a new podcast series to encourage life changing conversations, early intervention and supportive behaviour amongst the peers, family and friends of those who work and volunteer in the police and emergency services.

The 'Are They Triple OK? podcast' features personal stories and practical tools to increase social support for emergency services personnel and how to build a mentally healthy workplace. It also includes tips on how to ask, 'Are you OK?' and navigate a conversation if someone is not OK.

The 'Are They Triple OK? podcast' is hosted by Matt Newlands, R U OK? Community Ambassador and former police officer and is one of a suite of free resources available from R U OK? for those who work in the police and emergency services, and their families and friends.

The podcast and resources including a conversation guide and personal stories that demonstrate the life changing impact of an R U OK? conversation can be found here.

The 'Are They Triple OK? podcast' is available for download on a range of streaming services, including Apple Podcasts, Spotify, Google Play and Audible.



R U OK? #FriendBetter

Some things are just better together. That's why R U OK? have launched #FriendBetter.

#FriendBetter is a collection of free resources dedicated to young Australians that encourages them to check in and support each other.

Research conducted by R U OK? found that young people's top life stressors include financial stress, uncertainty around the future, mental health, and academic pressure. The #FriendBetter resources contain practical tips for young people to support their mates struggling with these and other challenges.



INROADS Program

Researchers from the University of Sydney have developed and launched the Inroads program (5 weeks program) for young adults with concerns about their anxiety and drinking.

Over five online modules, the program will help young adults develop new skills to encourage them to think about their use of alcohol and overcome anxiety. They will be encouraged to set goals and stick to their choices. The modules are completed weekly, and the young adults will also receive weekly email support.

Further information can be accessed via <https://inroads.org.au/register>

APSAD Scientific Drug & Alcohol Conference 2023

The **Australasian Professional Society on Alcohol and other Drugs 2023 Conference** will take place in Adelaide from 12th - 15th November 2023. This conference provides an opportunity for networking & ideas sharing among alcohol & other drug workers, practitioners, researchers, peer workers, consumers, & policymakers.

More information on the conference can be accessed via the following link: <https://www.apsadconference.com.au/>

The Journey to ending Family, Domestic & Sexual Violence Conference 2023

Stopping Family Violence and the Centre for Women's Safety & Wellbeing are excited to announce their 2023 Conference - The Journey to Ending Family, Domestic, and Sexual Violence, 12th & 13th of September at Optus Stadium.

This Conference will explore the relationships across primary prevention, early intervention, response, and recovery, and how each plays an important role in ending family, domestic, and sexual violence. With a focus on a 'whole of systems approach' across government and non-government services, exploring key research and policy work, interventions, and new initiatives across the sector will be addressing:

- Children and young peoples' needs and voices as a priority
- Recognising and responding to the perpetrator as the cause of harm
- Adult and child victim-survivor led practices that are family, domestic & sexual violence informed, trauma informed, and strengths-based
- Culturally safe practices and services that prioritise diversity and inclusion
- Embedding high quality, evidence-based services that are family, domestic and sexual violence informed.

More information on the conference can be accessed via the following link: www.fdvconference.com.au



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.lifelinewa.org.au

Text Service: 0477 13 11 14
Grief, Loss & Separation Free Counselling – 9261 4444

Lifeline Text Service:
Text Service: 0477 13 11 14
Free Counselling – 9261 4444 (grief, loss and separation)

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

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

Wheatbelt Domestic Violence Helpline: 1800 353 122

AOD Support Line: 1800 198 024

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

Here for You Helpline: 1800 437 348

13 YARN: 13 92 76



subscription, queries and submission information

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Midland: 9274 7055

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