

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - DECEMBER 2023

TURN UP IN BLUE DAY

- a meaningful and powerful event that brings together community and service providers to increase wellbeing and safety for all



Over 35 organisations came together during WA Mental Health Week for the annual TURN UP IN BLUE DAY (TUIB) event held on 12th October in Bernard Park in Northam alongside the beautiful Avon River (Gogulgar Bilya). This free event has the overarching aim of increasing awareness of health, safety, and wellbeing strategies, whilst reducing stigma surrounding mental health. The event is also a catalyst for increasing help seeking behaviours, by providing an inclusive, safe, and welcoming space for community members to chat/yarn to service providers, and gain an understanding of the services and supports that are available to them and their community.

This year's TUIB event was another huge success, with an estimated attendance of over 800 community members throughout the day, including excursions by St Joseph's School Northam and Northam Senior High School.

The opening ceremony included a Welcome to Country by Deborah Moody, Welcome Address by Jo Drayton, Holyoake Wheatbelt Suicide Prevention Coordinator & Chair of the MHW TUIB Planning Committee with MC Tendai Makanyanga, WACHS's Wheatbelt Postvention Coordinator, Shire President Chris Antonio and a performance by Dadajaal Dance Company.

Along with information and resources, service providers also hosted interactive activities to engage attendees and promote conversations in relation to health and wellbeing. Interactive activities included fingerprint faces

of our community, a drumbeat circle, traditional healing, origami, face painting, DIY pet rocks, badge making, flower arrangements, a gratitude tree, modified bikes, a fast-track pit stop, a St John CPR challenge, laser tag and a giant inflatable soccer target. A free BBQ lunch was also available.

It is our intention to continue to build on our TUIB Day initiative, which has been held annually for the past 7 years, where services come together with a common goal to enhance knowledge, build and strengthen relationships, and break down the barriers to accessing support, creating safe and connected communities within the Shire of Northam and more broadly across the Wheatbelt region. We are committed to providing community members with the resources and tools, not only to invest in their own mental health and wellbeing, but also have the knowledge and tools to support others within their family and community.

We would like to send a heartfelt thank you to all the organisations that are involved in TUIB Day, especially our financial contributors Holyoake, WA Country Health Service, WA Primary Health Alliance, AVIVO and Rural Aid. Without your commitment and dedication, TUIB would not be possible. TUIB is such a meaningful and impactful event with the scope to improve the lives of individuals residing in the Wheatbelt who are often faced with complex challenges that may never be experienced by those who reside in the metropolitan areas.

editorial

Welcome to the last edition of Yirra Koorl for 2023!

As the rains begin to ease, the warm weather of Birak 'first summer' starts where warm days are cooled by afternoon sea breezes. Easterly winds in the morning, followed by the afternoon sea breeze meant that traditionally, this was the time of year Nyoongar people burnt country. They would burn the country in mosaic patterns to increase grazing pastures for some animals, to aid in seed germination, ease of mobility across the country and fuel reduction.

As for the animals, there are many fledglings now venturing out of nests, though some are still staying close to their parents. Reptiles are looking to shed their old skin for a new one.

With the rising temperatures and the decreasing rainfall, it's also time for the baby frogs to complete their transformation into adulthood.

Holyoake's prevention team has been busy wrapping up another busy year of activities, having physically visited 27 Wheatbelt communities throughout the year, either providing support, delivering training and education, or coordinating and attending events in the suicide prevention and AOD prevention space. In addition, the team has provided ongoing supportive resources and information to all Local Government Authorities across the Wheatbelt.

Throughout the year, the Prevention Team has been recognised for their work in the Mental Health & Wellbeing and AOD sectors, through the following accolades:

- Outstanding Achievement in Collaboration for a Safer WA for AOD Prevention at the Injury Prevention and Safety Promotions Awards, hosted by Injury Matters.
- Highly Commended for Outstanding Contribution to Injury Prevention and Safety Promotion for Suicide Prevention in their work with the Wheatbelt Suicide Prevention Project at the Injury Prevention and Safety Promotions Awards, hosted by Injury Matters.
- Excellence in Health Promotion Practice at the Australian Health Promotion Association (AHPA) AGM & Awards Night.
- Semi-finalist in the Western Australian Community Achievement Awards – Mental Health Promotion category for their work within the Wheatbelt Suicide Prevention Project.
- Finalists in the WA Mental Health Awards Lifeline WA Promotion or Prevention Award category for their work in suicide prevention delivered within the Wheatbelt Suicide Prevention Project.
- Jo Drayton presenting "IF NOT NOW, WHEN? Transforming suicide prevention through collective impact to increase safety for all" at the National Suicide Prevention Conference in Canberra, hosted by Suicide Prevention Australia
- "IF NOT NOW, WHEN? Transforming suicide prevention through collective impact to increase safety for all" presented by Jo Drayton, at the WA Rural & Remote Mental Health Conference in Fremantle.

Seasons greetings from the Holyoake Wheatbelt Prevention Team

The Holyoake Wheatbelt CADS Prevention Team would like to wish stakeholders, communities, and individuals a happy and safe Festive Season! We hope that you get the opportunity to take some time off to spend with your family, friends and loved ones to recharge for a busy year ahead!

We know that this time of year can be a tough time for some individuals, so we have provided some tips below to ensure everyone is kept safe during this period.



Mental Health and Wellbeing:

- Make a list, check it twice – create your own Christmas agenda to make sure that you balance your social commitments and self-care.
- Make sure you have outlined your boundaries and think about what will make you happy this year.
- Don't get hung up on what Christmas is "supposed" to be and how you're "supposed" to feel.
- Accept every family is different and make a decision to not let any disagreements spoil your day. Try to steer clear of risky conversation topics which may provoke arguments.
- At times, especially over the Christmas period we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.
- Remember your 'presence' is more important to your loved ones than your 'presents'.
- Schedule time for 'self care' and 'time out' during the lead up to the festive season. During this busy time of the year, mindfulness, meditation and grounding techniques can be powerful tools to keep your mind clear, calm and healthy during this time.

Alcohol and Other Drugs:

- Know your limits and keep count of how many standard drinks you are consuming. A good idea is to pour your own drinks so you can keep track of how much you are drinking.
- Plan ahead so that you don't drink and drive. If you are planning to have a few drinks, arrange a ride home or somewhere to stay.
- Plan for lunches and gatherings to have non-alcoholic options and normalise gatherings without drinking.

We look forward to continuing our collaborations with you all in 2024 and for those we have yet to professionally collaborate with. Get in touch as we would love to have the opportunity to be involved in any planning or community events or messaging surrounding Mental Health and Wellbeing, Suicide Prevention and Alcohol and Other Drugs, to promote positive help seeking behaviours and raise awareness.

Merry Christmas and a Happy New Year,

Jo, Jess and Jordyn

Face-to-Face Training available in the Wheatbelt

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

Keyworker Plus - Alcohol and other drugs skills training for mental health professionals and paraprofessionals	3 Days	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Trauma Informed Care and Practice	1 Day	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Mental Health First Aid		
☐ Adults	2 Days	https://mhfa.com.au/courses
☐ Youth	2 Days	https://mhfa.com.au/courses
☐ Older Adults	2 Days	https://mhfa.com.au/courses
☐ Aboriginal	2 Days	https://mhfa.com.au/courses
☐ Custom Mental Health Workshop for Teens		Developed and delivered by MIFWA
Blended Online Mental Health First Aid Regional Course	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/
Volatile Substance Use (VSU) and Incident Reporting Program	1 – 2 hours	Presented by the WCADS AOD Prevention Officer. School presentations will be conducted in collaboration with Road Safety & Drug Education (SDERA) Branch representatives. Topics include: what is a volatile substance; effects and harms of VSU; prevalence of use; harm minimization 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/
Distress and Why Mental Health and Wellbeing Matters - delivered by Regional Men's Health Initiative	1 Hour	https://regionalmenshealth.com.au/
Talk to a Mate - delivered by Regional Men's Health Initiative	1 Hour	https://regionalmenshealth.com.au/
Looking after Your Mates - Suicide Awareness - delivered by Regional Men's Health Initiative,	1 Hour	https://regionalmenshealth.com.au/
Deadly Thinking - social and emotional wellbeing training for professionals, paraprofessionals and communities	1 Day	https://www.rrmh.com.au/programs/deadly-thinking/

training & workshops

contd...

Staying SAFE with SOLID yarning – suicide prevention yarning for communities	½ Day	
DV (Domestic Violence) 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	<p>Developed and delivered by Wheatbelt Suicide Prevention Coordinator – select from:</p> <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

Trauma Informed Care and Practice:

Trauma Informed Care and Practice (TICP) is an approach which recognises and acknowledges trauma and its prevalence, alongside awareness and sensitivity to its dynamics, in all aspects of service delivery.

Duration: 1 Day

Date: Coming to the Wheatbelt in 2024, dates to be announced in the new year!

Location: TBA

<https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-healthtraining/>

Valuable Conversations for reducing the impact of alcohol use during child-bearing years

The Mental Health Commission has announced that **Katanning** will be the first site to receive a one-day training for *Introduction to Valuable Conversations for FASD*

prevention. This one-day workshop is scheduled for delivery on **13th of March, 2024 and is designed to:**

- introduce FASD and FASD prevention for community and regional stakeholders
- provide support for FASD prevention in Alcohol and Other Drug Management Plans
- promote the *Valuable Conversations* training event (a two-day training designed to **increase service provider confidence in delivering FASD prevention** with clients of childbearing age)

This training would be valuable for Midwives, Child Health Nurses, Health Promotion Officers, CRC's looking for grant opportunities, schools and stakeholders that work with women in the child-bearing years.

To register, please contact dionne.aitken@mhc.wa.gov.au

The Within Your Wallet Program is back for the summer holidays and term 1 2024!

THE WITHIN YOUR WALLET PROGRAM IS BACK!

Are you between the ages of 10-18 and live in the Southern Wheatbelt?

Four sample 'Within Your Wallet' cards are shown, each with a QR code and a unique design. The cards are for ages 10-18 and are designed by various artists.

Show your wallet card at participating venues to gain FREE access to activities

Within Your Wallet is a diversionary program that aims to reduce risk and increase safety by improving protective factors for young people. This is achieved through increasing awareness of online and place-based support services and access to sporting, art, and cultural diversionary activities over a 6-month period.

Young people between the ages of 10-18 years who live in the Southern Wheatbelt (Narrogin, Wagin, Boddington, Williams, Wickelpin, Pingelly, Brookton) are eligible to have access to a Within Your Wallet – Wallet Card.

A wallet card provides FREE access to activities at participating venues, listed here: [Within Your Wallet - Pingelly CRC](#)

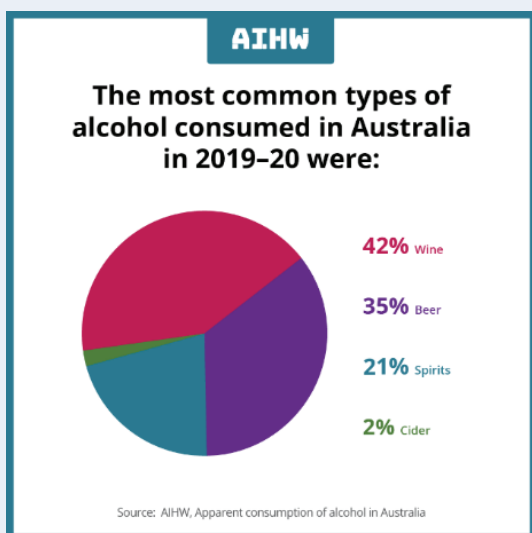
Wallet cards also have a list of free to access support services and crisis lines for young people, so it's a great resource to carry at all times just in case they need someone to chat to.

If you know of someone eligible but has not yet been given a wallet card, ask the local school, pool or youth centre.

If you have any questions regarding the Within Your Wallet initiative, please email jdaniels@holyoake.org.au.

Holyoake and the Pingelly CRC have been successful in gaining funding to continue to roll out Within Your Wallet throughout the summer holidays and in term 1 of 2024.

AIHW: Apparent Consumption of Alcohol in Australia Report



The Apparent Consumption of Alcohol in Australia report uses data from a range of sources, including excise data, import clearance records and financial information, to estimate the total amount of alcohol made available to people living in Australia every financial year. Annual data

is presented for total volumes and volumes per capita at the National level. Estimates are disaggregated into the beverage types of beer, wine, spirits, and cider.

The full report can be accessed via the following link: [AIHW: The Apparent Consumption of Alcohol in Australia Report](#)

ABS report shows alcohol-induced deaths have increased for a fourth consecutive year

The rate of alcohol-induced deaths has increased by 9.1 per cent between 2021 and 2022, with 1,742 alcohol-induced deaths recorded in 2022, up from 1,578 deaths in 2021.

This is the fourth consecutive year that there has been an increase in the rate of deaths from alcohol in Australia and this is the greatest year-on-year increase. This is also the highest rate of deaths in a decade, increasing from 5.4 deaths per 100,000 to 6.0 deaths per 100,000.

More information can be accessed via the following link:

[ABS: Causes of Death, Australia 2022](#)

Development of an Australian FASD Indigenous framework: Aboriginal healing-informed and strengths-based ways of knowing, being and doing

Aboriginal culture intuitively embodies and interconnects the threads of life that are known to be intrinsic to human wellbeing: connection. Therefore, Aboriginal wisdom and practices are inherently strengths-based and healing-informed. Underpinned by an Indigenist research methodology, this article presents findings from a collaboration of Aboriginal and non-Aboriginal peoples to develop an Australian Fetal Alcohol Spectrum Disorder (FASD) Indigenous Framework during 2021 to 2023. The FASD Indigenous Framework unfolds the changes that non-Aboriginal clinicians and Aboriginal peoples each need to make in their respective ways of knowing, being and doing in order to facilitate access to healing-informed, strengths-based and culturally responsive FASD knowledge, assessment, diagnosis and support services among Aboriginal peoples.

The full article can be accessed via the following link: [Development of an Australian FASD Indigenous Framework](#)

The problem with alcohol advertising regulation in Australia

The Alcohol Beverages Advertising Code (ABAC), created by the alcohol industry, regulates alcohol ads in Australia.

It has 'four key standards' for responsible alcohol promotion:

- the content cannot target minors or young people under 25 years of age
- the content cannot encourage heavy or excessive drinking
- the content cannot promote alcohol as a mood enhancer, therapeutic solution, or contributor to success
- the content cannot show alcohol being consumed during an activity that requires safety precautions (such as driving or operating heavy machinery).

These standards are self-regulated and voluntary – this means the alcohol industry is responsible for making sure alcohol ads don't breach these rules.

This has resulted in a system where alcohol companies find loopholes to bypass the rules. And when complaints are made about advertising breaches, they're often dismissed.

In rare cases where alcohol companies are found guilty of breaching the code, there are no consequences.

There are a number of major loopholes in the Australian alcohol regulation, including through sport, streaming services and social media.

In response to an increasing number of complaints, ABAC announced it was reviewing its advertising code. The review was completed earlier this year (2023) and a report released publicly.

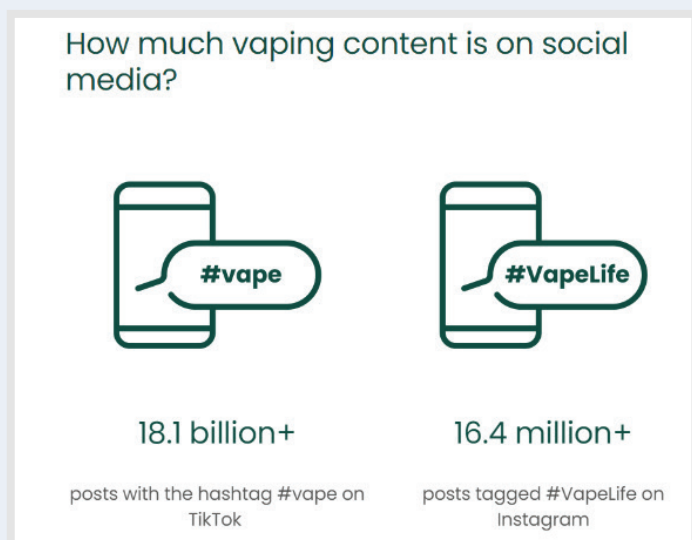
Public health advocates didn't support the review, as it was designed and run by the alcohol industry and alcohol lobbyists.

And it's no surprise that 10 of the 26 submissions received for the review were from the alcohol industry itself.

No amount of 'reviews' will make ABAC prioritise community health and well-being over profits while the alcohol industry is in charge.

The full article can be accessed via the following link: [ADF: Alcohol Advertising Regulation](#)

VicHealth: How vaping advertisers target young people



VicHealth, in partnership with Quit, conducted research revealing the sneaky and unethical ways the vaping industry uses social media to promote and sell dangerous products to young Australians.

Key takeaways

- Over 18 billion posts tagged with vaping-related hashtags.
- Vape retailers are using TikTok and Instagram, exploiting their algorithms to reach more young people.
- There is a trend towards vaping content that appears as non-promotional, but much of it is coming directly from vape retailers.
- Vape retailers promote through influencers popular with young people.
- Vaping social media content encourages young people to explore vape flavours, presenting vaping as normal, sexy, funny or cool.
- Vape stores have created content giving tips to young people on how to hide their vapes at school or at home.

The full article can be accessed via the following link:
[VicHealth: How Vaping Advertisers Target Young People](#)

“These will get you messed up”: An analysis of TikTok content on Hard Solo

FARE analysed content relating to the alcohol product Hard Solo on social media platform, TikTok, where it's estimated almost half the users are aged 13 to 24 years.

The findings show people accessing the platform have been widely exposed to the product, with some of the user-generated videos receiving high levels of engagement.

For young people, exposure to alcohol marketing increases the likelihood of starting to drink alcohol at a younger age and drinking alcohol at higher risk levels later in life. Ensuring that children are not exposed to alcohol marketing is therefore important in preventing harm.

The Hard Solo product closely resembles the well-recognised non-alcoholic soft drink, Solo. Because of the clear similarities between the two, there is concern that it promotes the use of alcoholic products among young people, and that children may confuse the alcoholic version with the soft drink.

Currently in Australia, there isn't federal regulation covering alcohol marketing. Instead, alcohol companies set their own advertising rules through the voluntary, industry-led and funded Alcohol Beverages Advertising Code (ABAC) scheme.

Key findings and recommendations

- The hashtags '#hardsolo' and '#hardsoloalcoholic' respectively had 10.2 million views and 741,700 views, according to the TikTok mobile application on 20 October 2023.
- When analysing the content on TikTok, three key themes consistently emerged:
 - Appeal to young people
 - Speed and ease of intoxication
 - The masked taste of alcohol
- Nine of the TikTok videos referenced in this report alone had a collective total of over 120,000 likes at 10 October 2023.
- In the absence of comprehensive federal government regulation, legislation in some states and territories allows regulators to restrict alcoholic products that are likely to be confused with soft drink – for example, due to a resemblance to soft drink. These jurisdictions can therefore take definitive action now to ensure young people are free from the risks associated with Hard Solo.

The full article can be accessed via the following link:
[FARE: “These will get you messed up”: An analysis of TikTok content on Hard Solo](#)

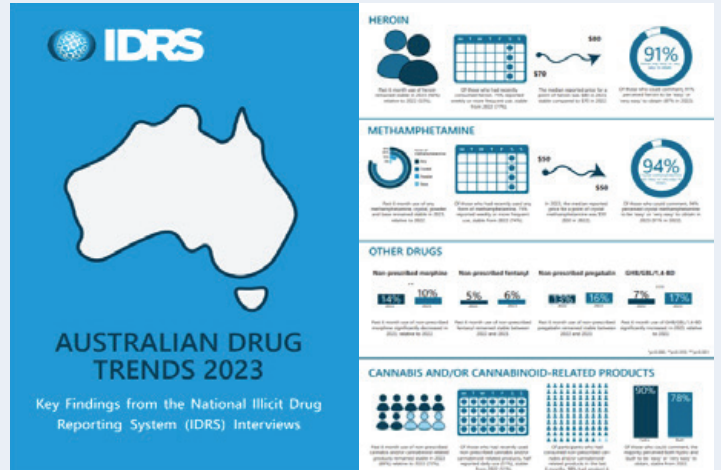
alcohol and other drug news/updates contd...

Australian Drug Trends 2023: Key findings from the National Illicit Drug Reporting System (IDRS) Interviews

The Illicit Drug Reporting System (IDRS) is a national illicit drug monitoring system that has been conducted annually since 2000, and is part of Drug Trends. The IDRS interviews people who inject drugs (PWID) from every capital city of Australia and provides an analysis and examination of indicator data sources related to illicit drugs. It is designed to be sensitive to trends, providing data in a timely manner, rather than describing issues in detail.

The 2023 IDRS report provides the most up-to-date findings of the IDRS interviews from 2000 to 2023 with people who regularly inject illicit drugs.

The full report can be accessed via the following link: [IDRS - Australian Drug Trends 2023](#)

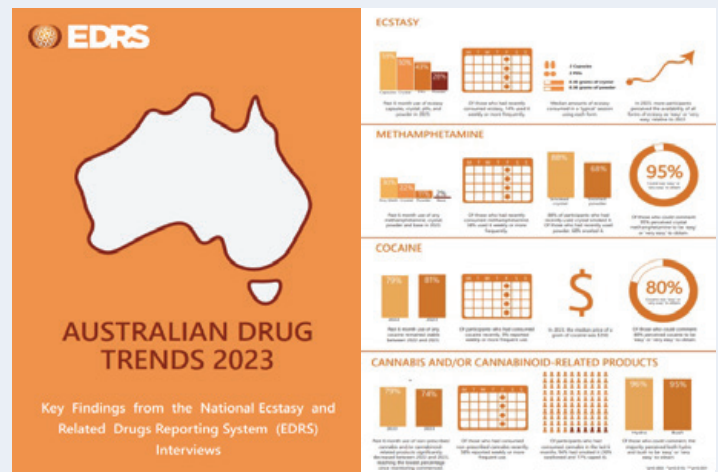


Australian Drug Trends 2023: Key Findings from the National Ecstasy and Related Drugs Reporting System (EDRS) Interviews

The Ecstasy and Related Drugs Reporting System (EDRS) is an illicit drug monitoring system which has been conducted in all states and territories of Australia since 2003, and forms part of Drug Trends.

In 2023, a suite of products was provided with the most up-to-date findings from interviews conducted annually from 2003 to 2023 with a cross-sectional sentinel group of people who regularly use ecstasy and other stimulants recruited from all capital cities of Australia.

The full report can be accessed via the following link: [EDRS - Australian Drug Trends 2023](#)



The cost-of-living crisis and alcohol and other drugs in Australia

“We’re yet to understand the full impact of the cost-of-living crisis on alcohol and other drug use in Australia.

But we do know spending on alcohol and tobacco is changing. National expenditure decreased in March and April, but increased in May 2023. This varies across states and territories.

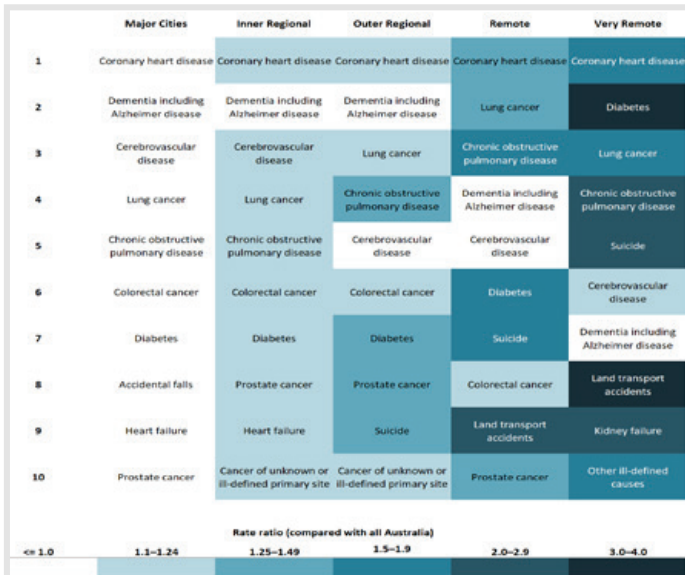
For example, spending on alcohol and tobacco increased by 4.1% in QLD in 2023, but decreased by 4.6% in Victoria.

Australia is also still recovering from the impact of the COVID-19 pandemic, which led to reductions in alcohol and other drug treatment access due to restrictions.

While economic downturn may lead to declines in overall drinking, some vulnerable groups, including young people and those unemployed, are at risk of increased alcohol and other drug harm.”

The full article can be accessed via the following link: [ADF - The Cost-of-Living Crisis and Alcohol and Other Drugs in Australia](#)

Australian Institute of Health and Welfare – Rural and remote health



Around 7 million people – or 28% of the Australian population – live in rural and remote areas, which encompass many diverse locations and communities (ABS 2022). These Australians face unique challenges due to their geographic location and often have poorer health outcomes than people living in metropolitan areas. Data show that people living in rural and remote areas have higher rates of hospitalisations, deaths, injury and also have poorer access to, and use of, primary health care services, than people living in Major cities.

The full article can be accessed via the following link: [Australian Institute of Health and Welfare - Rural and remote health](#)

Australian Institute of Health and Welfare – Health of young people

Figure 1: Leading causes of total burden among people aged 15–24, by sex, 2022

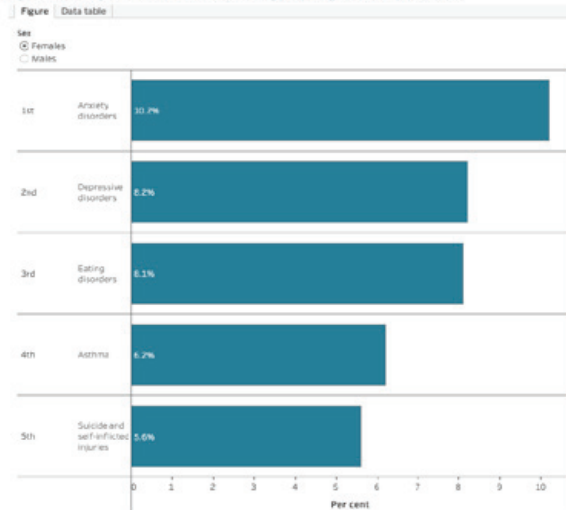
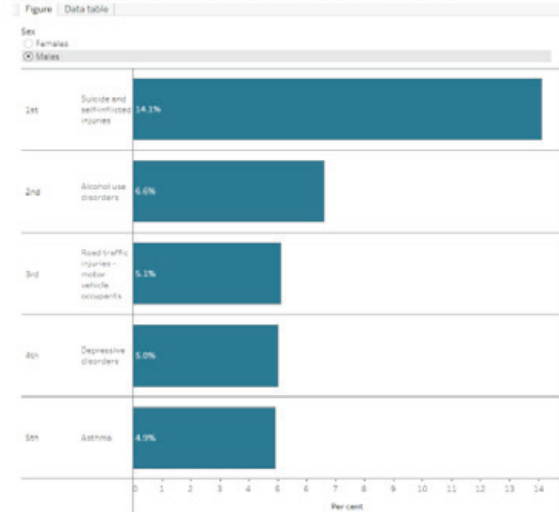


Figure 1: Leading causes of total burden among people aged 15–24, by sex, 2022



This article is part of a series of topic summaries that explores different health experiences across life stages, including children, older Australians, and all adults. It focuses on key health issues that adolescents and young adults face. Precise age ranges used for reporting the health of young people varies between data sources, but generally includes teenagers and young adults up to the age of 24.

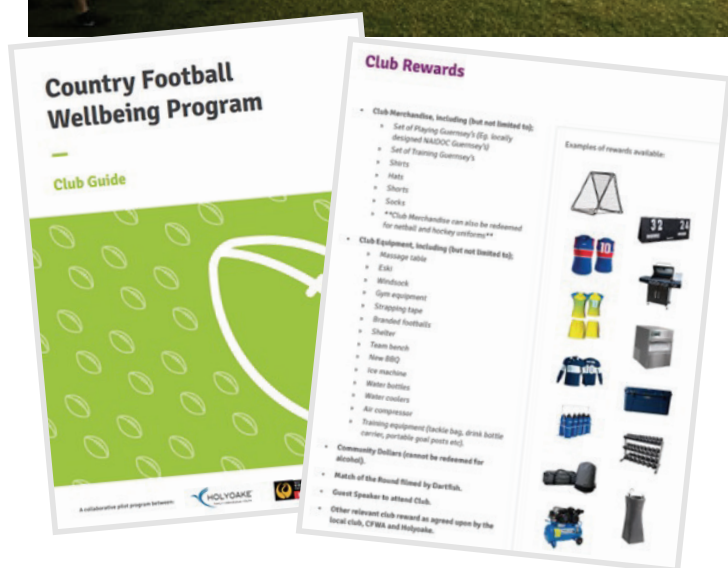
Youth is a key transition period in a person’s life. The health of young people can influence how likely they are to achieve better educational outcomes, make a successful transition

into full-time work, develop healthy adult lifestyles, and experience fewer challenges forming families and parenting (AIHW 2021a). A recent survey of youth found that the environment, equity and discrimination and mental health, were the top 3 most important issues in Australia today identified by young people (Leung et al. 2022).

The full article can be accessed via the following link: [Australian Institute of Health and Welfare - Health of young people](#)

The Wheatbelt Country Football Wellbeing Program

- delivered in partnership between Holyoake, the WA Country Football Commission and Healthways - all wrapped up for the 2023 Footy Season



- Increase participants' knowledge of mental health and wellbeing issues.
- 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, and wellbeing.

Clubs were then rewarded for their engagement in activity within the program by receiving "points", which could then be redeemed for merchandise and products for their Club at the end of the football season.

The engagement from all 20 football clubs engaged with the CFWP pilot was impressive, and winning clubs for each League were:

- Koorda Football Club - **Central Wheatbelt Football League:** with \$4,250 worth of redeemable merchandise/products
- Corrigin Football Club - **Eastern Districts Football League:** with \$4,250 worth of redeemable merchandise/products
- Wongan/Ballidu Football Club - **Mortlock Football League:** with \$3,750 worth of redeemable merchandise/products

Three Wheatbelt Football Leagues were involved in the Wheatbelt Country Football Wellbeing pilot (CFWP) during the 2023 footy season: Mortlock; Central Wheatbelt; and Eastern Districts Football Leagues, encompassing 20 football clubs.

For participating leagues, Clubs were given a comprehensive "Club Guide" that outlined evidence based best practice communication, education, and environmental strategies that clubs could adopt or partake in, with the overarching aims to:

The CFWP pilot has led to interest from other sporting codes with a project now being scoped to include Netball and Hockey clubs and expand the program during the winter sports season 2024 across the entire Wheatbelt region.

If you would like further information on the Country Football Wellbeing Program, please contact Jo Drayton JDrayton@holyoake.org.au

The Luminos Project - a sanctuary for youth experiencing thoughts of suicide



The Luminos Project is a non-medical, short-stay residential service for young people aged 16-24 experiencing thoughts of suicide. Designed to have a home like environment, you will have an opportunity to engage in structured and unstructured therapeutic activities.

The Luminos Project is an innovative service in the suicide prevention space, offering non-medical therapeutic support to young people. The service has been co-designed by leaders in youth suicide support, mental health services and research evaluation. Young people, parents, carers, and stakeholders were also engaged in the co-design process, to ensure the service was fit for purpose.

Eligibility Criteria:

Young people will need to meet the following eligibility criteria to be considered for this service. Eligibility will be assessed through an intake process, which will involve multiple calls with the young person.

Inclusion criteria:

- You are 16 years 0 months to 24 years, 11 months old
- You are currently (i.e. within the last month) experiencing suicidal thoughts
- You are able to engage with the Youth Sanctuary staff member during the intake process

Please note: intake calls will be organised over the phone, though we can discuss reasonable adjustments to this process.

Exclusion criteria:

- You are currently using drugs and/or alcohol as a coping mechanism
- You are currently street-homeless
- You are experiencing psychotic episodes or severe acute mental health issues (Please note: you will not be excluded for having a mental health diagnosis – this will be assessed on a case-by-case basis)
- You are at severe risk of suicide
- You have specific needs that the Sanctuary is unable to meet (e.g. can only attend on weekends)
- You are unable to stay safe during their stay. This will include ability to manage their own medical needs. (Please note: you will not be excluded for having a disability. Through our assessment process, we can discuss potential reasonable adjustments)
- You have accessed the service in the last 12 months

Referring into the service:

Anyone can 'refer' into the service, young parents, their parents, friends, health professionals.

To enquire about the service, you or a young person can phone our enquiry line (08) 6230 3903, currently staffed 9:00 am – 5:00 pm, Monday – Friday.

Further information on the service can be found via the following link: [The Luminos Project](#)

Beyond Blue and Lifeline link up to support more Australians

Lifeline and Beyond Blue are linking up under a new partnership to make it easier and more efficient for people to find the support that best suits them.

As community demand for mental health and crisis support rises and resources become increasingly tight, Lifeline and Beyond Blue have designed their new strategic directions to be complementary.

Lifeline will continue to focus on suicide prevention and supporting people in crisis and Beyond Blue will continue to focus on prevention and earlier intervention, supporting people at the first sign of struggle.

This year, the Victorian Government engaged Lifeline and Beyond Blue to lead the first stage of a sector wide co-design to deliver on a Victorian Royal Commission

recommendation to create better referral pathways across the state's helplines.

Now official, the partnership means Lifeline and Beyond Blue will be better placed to share resources and connect people with the information, advice and support that suits them best, regardless of where their journey begins.

As a tangible example of the partnership, Beyond Blue is planning to transfer to Lifeline ownership of its popular suicide safety planning tool Beyond Now, which has supported hundreds of thousands of people to stay safe during a suicide crisis since its creation in 2016.

The full media release can be accessed via the following link: [Media Release: Beyond Blue and Lifeline link up to support more Australians](#)

National Centre for Farmer Health: Farmer Wellbeing Toolkit



Farmers face unique challenges, including isolation, financial pressures, and the unpredictability of their livelihoods. These factors can contribute to heightened stress and mental health issues. Raising awareness about the importance of mental wellbeing in the farming community, promoting open conversations, and providing accessible support services are essential to ensuring Australian farmers receive the help and support they need.

The toolkit includes:

- Stress Body Tool
- Important Support Services
- Farmer Health Assessment Tool (HAT)
- Steering Straight: My Plan to keep on Track
- Managing Stress on the Farm Booklet
- LYSN Farmer Online Assist Program
- Health and Wellbeing Factsheets
- iFarmWell: Helping Farmers Make Good Decisions

The Farmer Wellbeing Toolkit can be accessed via the following link: [National Centre for Farmer Health: Farmer Wellbeing Toolkit](#)

Rural Agribusiness Wellbeing Plan

This free, practical, online tool was developed to help agribusiness owners reflect on what they currently do to support their wellbeing and help to identify new ways to improve and maintain their mental health.

When compared to medium and large businesses, small businesses in agriculture, forestry and fishing employ the largest proportion of people of all industries in Australia. Small business owners in rural and remote Australia face unique challenges and stressors that can impact their wellbeing. Challenges associated with running a small business in rural and remote Australia that can impact the mental health and wellbeing of agribusiness owners include long hours, the impact of adverse weather events, pest and disease outbreaks, financial pressures, and limited access to mental health services.

Everymind, with the assistance of the New South Wales Government through the State Insurance Regulatory Authority (SIRA), has launched the Rural Agribusiness Wellbeing Plan to help small business owners in rural Australia support their own wellbeing. This free, practical, online tool was developed to help agribusiness owners reflect on what they currently do to support their wellbeing and help to identify new ways to improve and maintain their mental health.

The Wellbeing Plan was developed from the findings of the consultation with agribusiness owners showed that:

- The top five stressors identified by agribusiness owners were adverse weather events, financial difficulties, red tape, long hours, and work-life balance.
- Strategies most used to manage mental health and wellbeing by agribusiness owners included making time to see family and friends, physical activity and exercise, and spending time on personal interests.
- 70% of rural agribusiness owners are most likely to look online for mental health support.

The Rural Agribusiness Wellbeing Plan has incorporated the consultation findings into its design and content, as well as conducting user testing with additional rural agribusiness owners to refine the plan and its actions to support the wellbeing of agribusiness owners' wellbeing.

Agribusiness owners complete a series of questions and are provided with suggested actions and strategies to help manage specific work-related factors that may be causing stress and impacting wellbeing. It can help agribusiness owners prioritise things like exercise, interests and spending time with family and friends as important ways to look after their wellbeing. It also directs them to specific resources and support to tackle the specific challenges they are facing at work.

The Rural Agribusiness Wellbeing Plan can be accessed via the following link: [Rural Agribusiness Wellbeing Plan](#)

Supporting the mental health of LGBTIQ+ people - Having a conversation

Addressing the unique challenges and diverse experiences within the LGBTIQ+ community is crucial to fostering environments where individuals can feel safe, welcome, and acknowledged.

Underrepresented communities like the Australian LGBTIQ+ are sadly no stranger to mental health challenges: members of the LGBTIQ+ community are two and a half times more likely to have been diagnosed or treated for a mental health condition in the past 12 months. Additionally, when community statistics reflect that 41.9% of the LGBTIQ+ community have considered suicide in the previous 12 months, and 1 in 5 transgender people have experienced suicidal ideation within the previous fortnight, a compassionate and tailored approach is required.

Despite these increased risks, not everyone who identifies as LGBTIQ+ will experience a mental health crisis – and no two individual experiences are the same. Recognising the diverse pathway to disclosure requires understanding, sensitivity, and inclusivity.

Creating a safe and welcoming space that encourages disclosure and provides support starts with acknowledging the risk factors, using inclusive language, and understanding how to hold a compassionate, supportive, and culturally sensitive mental health conversation.

Here's why a tailored approach is beneficial and how to apply it when supporting the mental health of LGBTIQ+ Australians.

Know the risk factors:

To be queer or identify as LGBTIQ+ does not mean a person is experiencing mental health problems. In fact, being LGBTIQ+ can be a positive and empowering experience for many.

However, certain challenges within the LGBTIQ+ community can heighten the risk factors for mental health issues, including:

- Being part of a marginalised or underrepresented community group
- Discrimination, prejudice, or abuse
- Actual or expected insensitive treatment or violence
- Medical intervention without consent, such as genital surgery on intersex infants
- Treatment that exacerbates feelings of exclusion.

Avoid harmful language:

A huge part of making queer people feel welcome and safe is to focus on inclusive, compassionate language that is not harmful to the LGBTIQ+ community.

Examples of this include:

- Avoiding language or terms that exclude or hurt LGBTIQ+ people. This includes avoiding misgendering, using their preferred terminology in relation to their sexuality or identity, and avoiding out-of-date and offensive terms.
- Avoiding the usage of LGBTIQ+ terms, whether directed to an LGBTIQ+ person or others, as slurs, derogatory terms, as satire and jokes, or to express negative emotions or situations.
- Not placing emotional labour on LGBTIQ+ people to explain their identity or take part in conversations about their speech, person, or private life for others. Examples may include intrusive questions about their relationships, love life or sex life, forcing disclosure with others about sexuality, or questioning their identity based on preconceptions and myths.
- Not making assumptions or focusing excessively on:
 - A person's pronouns or how they'd like to be referenced
 - The nature of their relationships or intimate connections
 - A person's behaviour, dress style or taste in music or art
 - A person's emotional, romantic, or sexual attractions.
- Not focusing on an individual's worldview, mental health, or experiences solely from an LGBTIQ+ lens. It's important that we follow an individual's lead to determine whether their identity as a member of the LGBTIQ+ community is relevant.

Engaging in a compassionate, supportive, and sensitive mental health conversation with an LGBTIQ+ person:

When engaging in a mental health conversation with an LGBTIQ+ person, it is important to focus on the person, and not their identity. Every person has the right to be valued for who they are and what they bring as an individual. This means recognising the individual for their personal qualities or their contribution to their workplace, community, or world around them, and respecting them as an individual.

Supporting the mental health of LGBTIQ+ people - Having a conversation cont...

Applying this approach is to avoid assuming that mental health problems or the need to engage in a mental health conversation are inherently tied to one's LGBTIQ+ experience. Instead, you might choose to ask about the cause of their distress and what may help them during this time, tailoring support to their specific needs.

While you don't need to focus the conversation on the individual's LGBTIQ+ experience, there are some steps to take to ensure you are respectful and inclusive in your interaction. Support can come in many different forms, and respecting an individual's choices regarding their appearance, name and pronouns is one of them – even if you may not fully understand them.

Like it is encouraged in many mental health first aid conversations, you can reflect the meaning of the person's words in the conversation back to them, including how they reference themselves or others. For example, if a person is using "they" to reference a partner or themselves, following their lead and using this language shows that you are actively listening.

This idea of active listening is at the centre of mental health conversations. Actively listening involves creating a space for open and non-judgmental communication without rushing to provide answers or advice. Resist the urge to make comparative references to your own culture or relationships in an effort to relate to them. This is especially true if the conversation centres on a LGBTIQ+ person's intimate relationships or identity, or in relation to their experience of exclusion or belonging within a family, workplace, group, or community.

Check on safety:

Safety is always a factor with mental health conversations. This is especially true when an LGBTIQ+ individual is facing challenges linked to bullying, harassment, or discrimination. If someone you are supporting discloses that they are currently experiencing this, you can provide further support by:

- Reminding them that they can report incidents to authorities, with LGBTIQ+ (or GLLO) Liaison Officers and Region Advocates at the state police, advocacy groups, or company leadership
- Sharing information about available counselling and support from LGBTIQ+ services such as QLife, ACON, or TransHub
- Affirming that they have a right to safety and respect
- Offering your support should they wish to report the incident.

Remember too that to disclose sexuality, gender-identity and the LGBTIQ+ experience is deeply personal. Respecting this means never forcing a person, or deciding for another person, to disclose their sexual identity or share knowledge of their challenges or experiences in such a way that outs them. Even if you believe disclosure is an essential step to creating an inclusive and welcoming environment, respect the person's right to choose when and if they will discuss their sexual identity.

The article can be accessed via Mental Health First Aid Australia website: [MHFA: Supporting the Mental health of LGBTIQ+ People](#)

Telstra Payphones to connect more Australians to national support services

The Australian Government is working with Telstra to boost awareness of national support available to people in need, with information on six major services to be displayed in artwork on Telstra payphones across Australia.

Approximately 15,000 payphones Australia-wide will feature stickers promoting phone numbers and services provided by the helplines, giving people a quick and easy way to connect with support when they need it.

Six national support services have been chosen to be featured, collectively serving the needs of a diverse range of people:

- 1800RESPECT
- Lifeline
- 13YARN
- Kids Helpline
- MensLine Australia
- National Debt Helpline

The rollout of the artworks kicked off in capital cities in November, with the majority of sites to be rolled out by the first half of 2024.

The full media release can be accessed via the following link: [Media Release](#)

National Centre for Farmer Health: Working with farmers to break down barriers and promote wellbeing



The National Centre for Farmer Health has adapted principles of suicide safety planning to develop a wellbeing resource co-designed with farmers.

Steering Straight: My Plan to Keep on Track (Steering Straight) is a resource that guides farmers to put plans in place to ensure their wellbeing is prioritised even when challenging situations arise. The resource has been developed by the National

Centre for Farmer Health and co-designed with farmers as part of Victoria's Great South Coast Suicide Prevention Place-based trial.

Steering Straight has adapted principles of suicide safety planning to develop a resource for preventing and managing risks to mental health. The downloadable resource helps farmers to:

- Know what activities help people stay positive during tough times
- Achieve future goals and break them down into manageable steps
- Know who to call for support when tackling a goal or a challenge.

Rural farming communities experience higher rates of suicide than the general population. While rates of mental distress are similar between rural communities and metropolitan areas, a much smaller proportion of rural people seek professional help. This may be due to a number of factors, including availability and access to appropriate services, concerns about privacy and stigma and cultural norms to manage problems alone.

Steering Straight plays a role in addressing this need by providing a resource for self-management that promotes wellbeing and helps prevent and manage mental health risks.

Researchers from the National Centre for Farmer Health pilot tested Steering Straight with 24 farming community members, with 94% of pilot testers responding that they would recommend the resource to others.

Pilot testers identified five key benefits of the resource. It was viewed as a useful tool that prompts prioritising wellbeing, encourages reflection, planning and concrete steps towards

taking action, helps set and meet personal goals, is simple and practical, and identifies pathways to support.

A digital copy of the resource can be downloaded via the following link: [Steering Straight: My Plan to Keep on Track](#)

For hard copies of any available National Centre for Farmer Health resources, please email kylie.hardy@wdhs.net or phone (03) 5551 8533.

Report shows an 11% increase in people seeing GPs for mental health concerns



Mental health remains the most prominent emerging health issue causing GPs concern for the future, according to the annual 'Health of the Nation' report by The Royal Australian College of General Practitioners. Psychological issues continue to be one of the top three reasons for patient presentations, increasing from 61% in the last report to 72% in 2023. The number of GPs concerned about their patients receiving mental health care has increased by 2%, making mental health GP's second greatest concern after a lack of access to specialist doctors.

The full report can be accessed via the following link: [The Royal Australian College of General Practitioners Health of the Nation Report](#)

documents & resources

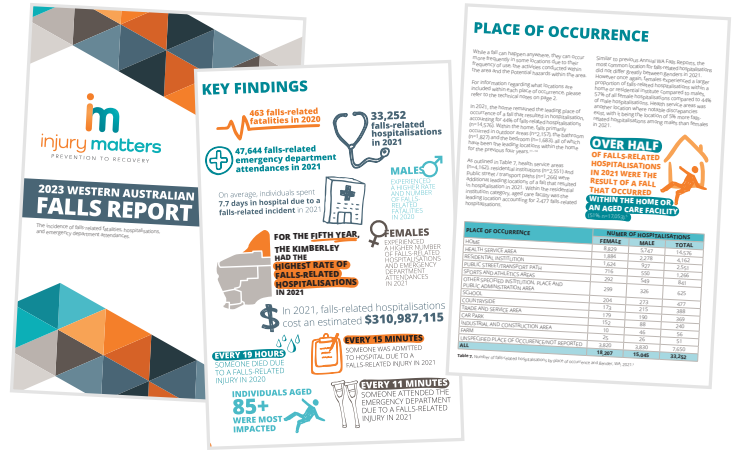
Injury Matters: 2023 Western Australian Falls Report

Highlighting the incidence of falls in WA and the need for additional prevention initiatives, Injury Matters has released the 2023 WA Falls Report.

The Report's findings indicate that on average a Western Australian dies every 19 hours, is admitted to hospital every 15 minutes, and presents to an emergency department every 11 minutes due to a falls-related injury.

Being the fifth edition of this annual publication, the Report highlights the concerning increasing incidence of falls across the state and the need to prioritise for coordinated action to support the safety of the WA community.

The full report can be accessed via the following link: [Injury Matters 2023 Western Australian Falls Report](#)



Emerging Minds: Bullying and Mental Health Resource

Emerging Minds Families

Signs of bullying parents should look out for

Definition

Emerging Minds acknowledges that families come in many forms. For the purposes of easy reading, the term 'parent' encompasses the biological, adoptive, foster and kinship carers of a child, as well as individuals who have chosen to take up primary or shared responsibility in raising that child.

Children who are experiencing bullying don't always tell an adult.

In most cases it's because they feel afraid or ashamed, or because they don't want to worry their parent. Sometimes it's because they're worried about what the adult might do in response, like confronting the child doing the bullying or contacting their parents.

Common signs of bullying

Some of the common signs a child could be involved in bullying (experiencing and/or engaging in) include:

- suddenly drifting or refusing to go to school for their sport training or another activity they used to enjoy
- getting upset or anxious before and/or after school
- not wanting to talk about what's going on at school
- changes to their routine that seem strange or aren't explained - e.g. they used to always take the bus but now want you to drive them to school
- staying in their room for too long or not interacting with family
- scratches, bruises or marks on their skin, or other unexplained injuries
- personal belongings are missing or damaged
- friendship changes or breakups
- not wanting to go to social activities, like a birthday party or a school disco
- being online late or seeming 'jumpy' when they get a message or notification on their phone
- being aggressive towards or picking on their sibling
- often saying they have a headache, stomach-ache or 'feel sick'
- change to eating habits, such as not eating lunch at school, losing no appetite or overeating
- sleeping problems, including bad dreams or trouble getting to sleep
- a dip in their school marks
- feeling stressed, anxious or low, or thinking (and talking) negatively about themselves
- self-harm and/or thoughts about suicide.

Emerging Minds Families

Making a plan with your child to address bullying

Definition

Emerging Minds acknowledges that families come in many forms. For the purposes of easy reading, the term 'parent' encompasses the biological, adoptive, foster and kinship carers of a child, as well as individuals who have chosen to take up primary or shared responsibility in raising that child.

When you feel that your child has been experiencing bullying it's natural to want to protect them and take action immediately to stop it.

However, some actions can be unhelpful and get in the way of your child getting the support they need at the time.

One of the most common children don't tell parents about their bullying experience is because they're worried their parents might do something that might embarrass them or make the situation worse.

Sometimes it's like, "Ah right, we're going to talk to their parent right now", and you're like, "that's not what that's happen right now!" Take it slow and make sure [your] understanding of what it is and the situation that's happening.

What you can do

- Ask your child how they want to respond to the bullying
- Rehearse ways to respond to the bullying
- Agree on how to respond to the bullying

Emerging Minds Families

Protecting your child from bullying harm

Definition

Emerging Minds acknowledges that families come in many forms. For the purposes of easy reading, the term 'parent' encompasses the biological, adoptive, foster and kinship carers of a child, as well as individuals who have chosen to take up primary or shared responsibility in raising that child.

There are many ways you can protect your child from the most harmful impacts of bullying and help them to rebuild their self-worth and confidence.

We know from research and from families who've been through this and now that the following strategies make children cope better and some out of the experience stronger. When making the risk of serious impacts of bullying involving depression or anxiety.

What you can do

- Help your child form their support team
- Encourage and support your child to build positive connections
- Rehearse your child of their strengths and best qualities
- Talk about mental health and things that support it
- Help your child form their support team
- Encourage and support your child to build positive connections
- Rehearse your child of their strengths and best qualities
- Talk about mental health and things that support it

Help your child form their support team

At all ages and stages of life it's important to have people around us who provide support when we need it. There's lots of evidence that feeling connected and supported helps protect children from the harmful effects of bullying.

Help your child build a team around them that includes their peers (friends and siblings around their age) as well as trusted adults. These are the people you can turn to when you need them. They should be someone you trust and who gives them the support they need.

If your child has trouble identifying or choosing people to turn to, try using these:

- Who do you feel safe with when you're not with your family and you know they will help you?
- Who at school can you talk to? (Remember it doesn't have to be their subject teacher - it might be a person outside the school, like a counsellor, a peer coordinator or someone else they feel comfortable talking to.)

A new hub hosting information and practical advice for parents and family members who are concerned about their child experiencing or being involved in bullying.

Fact sheets cover child mental health and bullying, signs to look out for and how to make a plan that addresses bullying. This collection of resources for parents (and other adults caring for children) aims to help you understand childhood bullying, how it can impact children and what you can do to address it.

The resources have been developed with the guidance of families with children who have experienced bullying, health professionals, and Australian research with children who have been involved in bullying and/or their parents.

Further information and resources can be downloaded via the following link: [Emerging Minds: Bullying Hub](#)

Emerging Minds - How to talk to Children about War and Conflict Resource

This fact sheet has been adapted from the National Child Traumatic Stress Network resource, Talking to children about war and the Emerging Minds resource, Talking to kids after terrorism and violent events.

Emerging Minds acknowledges that families come in many forms. For the purposes of easy reading, the term 'parent' encompasses the biological, adoptive, foster and kinship carers of a child, as well as individuals who have chosen to take up primary or shared responsibility in raising that child.

Further information and resource can be downloaded via the following link: [Emerging Minds: How to talk to children about war and conflict](#)



The Healing Foundation's Aboriginal and Torres Strait Islander Healing Portal

The Healing Foundation has committed to a strong and ambitious vision to ensure that Every Australian knows their role in healing.

The Healing Portal is designed to encourage information sharing across sectors. It brings together best practice healing initiatives and information about why healing is needed, and what is working in Aboriginal and/or Torres Strait Islander communities. The Portal includes the latest research, reports, case studies, videos, and tools from around Australia to enable people to bring trauma aware, healing informed practices into their organisations and communities.

The resources informed by survivors and developed in collaboration with The Healing Foundation Board, the Stolen Generations and Youth Reference Groups.

The Healing Foundation's Aboriginal and Torres Strait Islander Healing Portal can be accessed via the following link: [Healing Portal](#)

What's Up? A Mental Health App



What's Up? is a free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading, and easy-to-follow methods, you can get to what helps you the most in seconds!

Features include:

- 12 common negative thinking patterns and simple methods to overcome them
- A comprehensive diary to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10
- A positive and negative habit tracker. Set goals to practice those good habits while ending the bad ones!
- A catastrophe scale. Put your problems into a better perspective when things are too much
- 3 simple breathing techniques for keeping calm and relaxed

The app is free to download from the Apple Store or Google Play Store.

AFL partners with Orygen to launch new mental health guide

Orygen, the National Centre of Excellence for Youth Mental Health, and the AFL have partnered to release the second edition of a world-leading evidence guide for best practice in mental health promotion and early intervention programs for both professional and grassroots sporting groups.

What Works For Mental Health In Sporting Teams? is designed to equip sporting teams and bodies with expert insight into the evidence base behind mental health programs. The guide is now freely available to all community and professional sporting clubs and associations.

The second edition comes following the proliferation of mental health awareness programs offered to sporting clubs since the 2020 release of the groundbreaking first edition, which has been used by sporting organisations around the world and remains the only resource of its kind.

The new edition provides updated evaluations of pre-existing mental health programs, as well as evaluations of an additional eight new programs.

The guide can be downloaded via the following link: [What Works For Mental Health In Sporting Teams? Guide](#)

New Framework to support West Australians with an eating disorder

The Cook Government will develop a new Eating Disorders Framework that will address all areas of eating disorders prevention, early intervention, treatment, and support services across Western Australia.

The Framework builds on the State Government's commitment to implement new community-based treatment services including \$31.7 million to expand State-wide eating disorder treatment programs. This includes the delivery of two specialist multidisciplinary services.

Group support services through the Women's Health and Family Services Body Esteem Program are also being expanded.

Two new Eating Disorder Specialist Services, for those aged 16 years and over, have been developed across the North and South Metropolitan health service areas.

Additionally, the State Government has secured an additional \$8.56 million from the Commonwealth for a third State-wide multidisciplinary Eating Disorders Specialist Service to be based in the East Metropolitan Health Service area.

The Framework will determine immediate priority areas and will focus on any additional services that are required in WA and will align with the National Eating Disorder Strategy.

The full media release can be accessed via the following link: [Media Release](#)

New Suicide Prevention Australia - Closing the Loop Edition



Closing the Loop

Understanding LGBTQA+SB suicidal behaviour and improving support: insight from intersectional lived experience

Suicide Prevention Australia have released our latest Closing the Loop edition, 'Understanding LGBTQA+SB suicidal behaviour and improving support'.

This series is designed to 'close the loop' between research and policy by translating research evidence into policy directions and advice. These papers review key findings from National Suicide Prevention Research Fund projects and identifies evidence-based policy recommendations.

This edition focuses on understanding LGBTQA+SB suicidal behaviour with insight from intersectional lived experience with recommendations for suicide prevention for these communities.

The latest Closing the Loop edition can be accessed via the following link: [Suicide Prevention Australia: Closing the Loop](#)

New tools for lawyers to help clients with trauma and mental ill-health

The Trauma Informed Organisational Toolkit will build skills in lawyers to support clients with trauma and mental ill-health with consultations finding many seeking free legal help found the system re-traumatising.

With You is a training package for trauma-informed, rights-based legal services to people experiencing distress, poor mental health and/or suicidality.

With You training has been developed through a review of domestic and international literature; analysis of existing best practice in the legal assistance sector; and national consultations with 534 people across Australia.

With You training will be offered to Aboriginal and Torres Strait Islander Legal Services, Community Legal Centres, Family Violence Prevention Legal Services, and Legal Aid Commissions. With You training will be available nationally in early 2024.

Further information can be accessed via the following link: [With You - National Legal Aid](#)

A guide to the alcohol industry in Australia: Major alcohol producers and distributors

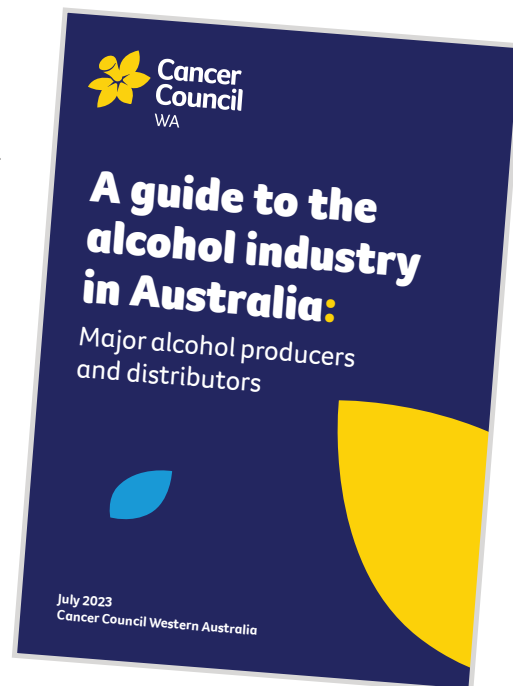
The Alcohol Programs Team at Cancer Council Western Australia has released a guide to the alcohol industry in Australia: Major alcohol producers & distributors.

This is a brief guide to the major alcohol companies in Australia and how they fit into the global alcohol industry. It outlines the companies and the alcohol products they produce, own, distribute or market.

Evidence indicates that the alcohol industry actively works to influence alcohol policy in Australia. It is important for researchers, practitioners, and decision-makers working in alcohol policy to understand the nature of the alcohol industry and how companies seek to influence governments. A key part of this is knowing who produces, distributes, and promotes the major alcohol brands in Australia, and recognising the extent to which the Australian alcohol industry is owned and controlled by multinational companies headquartered overseas.

The report can be accessed via the following link:

[Cancer Council A Guide to the Alcohol Industry in Australia](#)

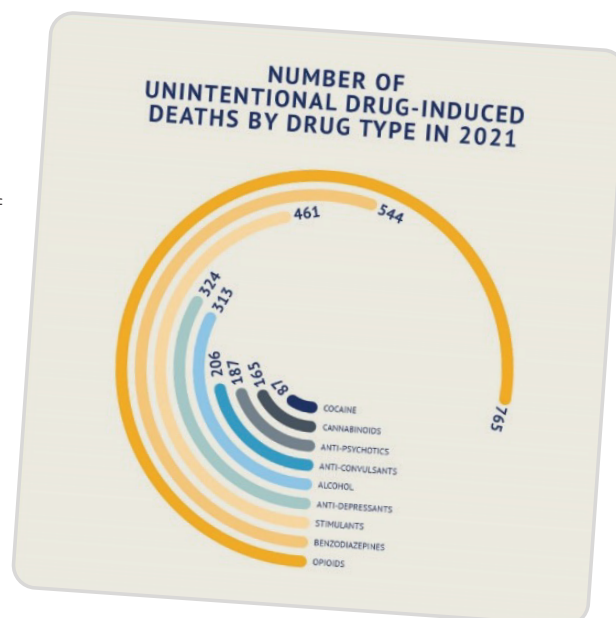


Penington Institute: Australia's Annual Overdose Report – Opioids the leading cause of unintentional drug-induced deaths

Penington Institute's Annual Overdose Report was released in October. The report, which looks at unintentional and intentional overdoses in Australia, found:

- Drug overdose is a leading cause of death for Australians
- There were 2,231 drug-induced deaths reported in Australia in 2021. Of those, 1,675 were unintentional
- Over the five years to 2021, more than two thirds of all unintentional drug induced deaths involved two or more types of drugs
- In 2021, opioids were the most common drug type detected in unintentional drug-induced deaths, followed by benzodiazepines, stimulants, anti-depressants and alcohol
- Indigenous Australians are more than 3 times likely to experience unintentional drug-induced deaths, compared to non-Indigenous Australians.
- Men, people living in rural and regional areas, and those living in low socio-economic areas are also more likely to die from unintentional overdose.
- Western Australia has the highest rate of overdose deaths in the nation. Unintentional drug-induced deaths are increasing in WA across almost all categories. Particularly heroin, oxycodone/morphine/codeine, fentanyl, benzodiazepines, stimulants, anti-depressants, alcohol, anti-convulsants, antipsychotics and cannabinoids.

The full report can be accessed via the following link: [Penington Institute: Australia's Annual Overdose Report](#)



community engagement/ collaborations

Holyoake Suicide Prevention Team awarded finalist at the 2023 Western Australian Association for Mental Health Awards

On the 23rd of November, Holyoake's Suicide Prevention Team were awarded finalists at the 2023 Western Australian Association for Mental Health Award, hosted by WAAMH at the Hyatt Regency in Perth.

The night consisted of a Welcome to Country by Freda Ogilvie, comedy show by Emo Majok and the awards ceremony followed by a cocktail-style function with refreshments and gourmet food.

The Holyoake Suicide Prevention Team were finalists in the Lifeline WA Promotion or Prevention Award category which recognised outstanding contribution to prevention and/or promotion in mental health across WA, other finalists in this category were zero2hero, Boyup Brook Community Mental Health Action Team and ALIVE & Kicking Goals.

ALIVE & Kicking Goals (AKG) were announced as the category winners for their work focussing on early intervention and youth suicide prevention through peer led workshops and mentoring primarily in the West Kimberley. AKG is making a significant impact, empowering indigenous



youth through storytelling, reducing stigma and improving understanding about mental health.

Thank you to WAAMH, the award sponsors and event partners for a great evening celebrating and recognising the exceptional individuals, groups, and organisations that have made an outstanding contribution to improved mental health outcomes in WA.

WSPP Presentation at the WA Rural and Remote Conference

On Thursday the 2nd of November, Holyoake's Wheatbelt Suicide Prevention Coordinator, Jo Drayton, presented on the Wheatbelt Suicide Prevention Project (WSPP) at the 2023 WA Rural and Remote Mental Health Conference. The conference ran from the 31st of October to the 3rd of November at The Esplanade Hotel Fremantle by Rydges, with this year's theme being **Looking Beyond: People, Resilience, and Innovation**.

Jo's presentation *'Transforming suicide prevention through Collective Impact, to increase safety for all'* focused on the innovative, impactful, and integrated suicide prevention activities that have been undertaken by the Wheatbelt Suicide Prevention Program (WSPP) and its 4 pillars of service delivery: primary care, training and education, grants, and community champions. The main projects discussed included the WA Country Football Wellbeing Program (CFWP), Wheatbelt Mental Health Male Campaign and WSPP's partnerships with Aboriginal Community Controlled Organisations.

This year's conference celebrated what the sector has collectively achieved since the COVID-19 pandemic changed how we think about and deliver healthcare, particularly mental health and drug and alcohol services.



Holyoake partners with the Stephen Michaels Foundation to deliver a wellbeing module to students at Brookton DHS

Holyoake's Wheatbelt Prevention Team partnered with the Stephen Michaels Foundation Rising Leaders program to deliver 3 weeks of mental health and wellbeing literacy to secondary students at Brookton District High School.

Embedded within the module was a wellbeing co-design project in which students were asked to design a pair of football shorts. The three winning designs were transformed into football shorts that were then presented to staff and students at the school.

There has been overwhelming positive feedback from the school, students, and broader community for this co-design initiative.



R U Triple OK? Presentation to Northam WAPOL Staff

On Thursday 21st September, Jo Drayton, Holyoake Wheatbelt Suicide Prevention Coordinator, was invited by WAPOL Northam to present to staff on 'R U Triple OK?', highlighting the importance of self-care and outlying strategies and tips to reduce the risk of experiencing burnout, compassion fatigue or vicarious trauma in the role of Policing. Jo's presentation was followed by an R U OK? morning tea.



community engagement/ collaborations

contd...

Narembeen Older Adults Social Prescribing Luncheon



On the 16th of November, Holyoake's Prevention team funded and attended Narembeen's Seniors Luncheon at the Narembeen Recreational Centre.

The Senior's luncheon attracted approximately 60 individuals with Bruce Rock also bringing over a bus of older adults to attend and make new connections.

The day kicked off with activities facilitated by Jo Drayton, Wheatbelt Suicide Prevention Coordinator and Jess Daniels Wheatbelt AOD Prevention Coordinator from Holyoake. Nicola Granich, Mental Health Clinician at Amity Health, gave an overview on the services that Amity Health can provide whilst also presenting on grief and loss. The seniors were provided a beautiful lunch organised by the Narembeen CRC.

Activities included:

- When was this item invented?
- Heads or Hips Coin Toss Game
- Wellbeing Advice to Someone you Love
- Box Breathing Exercises
- Chair Meditation

A big thank you to Kellie Mortimore for organising the day, providing a great opportunity for older adults to come together to connect, decrease feelings of loneliness and isolation and allowing the chance for Holyoake and Amity Health to educate and provide tips on how to maintain positive mental health and wellbeing, how to stay safe, and things to consider with alcohol and prescription medication.

Representatives from the Commonwealth Department of Health & Ageing were also in attendance, taking interest in the older adults social prescribing initiatives being rolled out throughout the Wheatbelt to address isolation and loneliness felt within our ageing community members.

events & awareness dates

DATE:	EVENT:
Febfast	February
International Family Drug Support Day	24 th February 2024
International Women's Day	8 th March 2024
National Day of Women Living with HIV	10 th March 2024
Harmony Week	18 th - 24 th March 2024
National Drug & Alcohol Facts Week	18 th - 24 th March 2024
International Day of Happiness	20 th March 2024
National Close the Gap Day	21 st March 2024
World Bipolar Day	30 th March 2024
Neighbour Day	31 st March 2024
World Health Day	7 th April 2024
WA Youth Week	5 th - 12 th April 2024
Rail R U OK? Day	18 th April 2024
World Day for Safety & Health at Work	28 th April 2024
Pay it Forward Day	28 th April 2024
Schizophrenia Awareness Week	15 th - 21 st May 2024
International Day Against Homophobia, Biphobia and Transphobia	17 th May 2024
Australia's Biggest Morning Tea	TBA
National Sorry Day	26 th May 2024
National Reconciliation Week	27 th May - 3 rd June 2024
Reconciliation Day	27 th May 2024
Wear White to Work Day	29 th May 2024
World No Tobacco Day	31 st May 2024
Pride Month	June
Men's Health Week	10 th June - 16 th June 2024
World Drug Day	26 th June 2024
Dry July	July
NAIDOC Week	7 th - 14 th July 2024
World Hepatitis Day	28 th July 2024
International Youth Day	12 th August 2024
National Day of Action Against Bullying and Violence	18 th August 2024
Daffodil Day	28 th August 2024
Wear It Purple Day	30 th August 2024
Women's Health Week	TBA
R U OK? Day	12 th September 2024
International FASD Awareness Day	9 th September 2024
World Suicide Prevention Day	10 th September 2024
Borderline Personality Disorder Awareness Week	1 st - 7 th October 2023
World Smile Day	4 th October 2024
World Mental Health Day	10 th October 2024
WA Mental Health Week	7 th - 14 th October 2024
National Carers Week	13 th - 19 th October 2024
Movember	November
International Men's Day	19 th November 2024
International Day of Persons with Disabilities	3 rd December 2024
Human Rights Day	10 th December 2024



notice board

Beating the Blues before Birth (BBB) - A study for depression during pregnancy

If you have a client who is experiencing depression during pregnancy, we encourage you to refer them to the BBB study. By taking part in the study, your patient will receive free cognitive behavioural therapy (CBT) delivered by a psychologist via telehealth. CBT is a proven effective treatment for depression, and it can help your patient to feel better and improve their quality of life.



To refer a patient to the BBB study, simply complete the clinician referral form on our website. We will then contact the patient to book in a telephone assessment with the study psychologist to determine whether the study is suitable for them.

Your referral will make a real difference in the life of your patient and their baby.

The BBB Clinical Referral Form can be accessed via the following link: [BBB Clinical Referral Form](#)

New counselling service to support Northam young people

A new youth counselling service to support children and young people in Northam will help disrupt the cycle of family and domestic violence.

Yorgum Healing Services has been contracted to deliver the Northam Youth Counselling Service, a \$1.2 million, three-year program to support children and young people impacted by family and domestic violence. Importantly, the program recognises the flow-on impacts that domestic violence has on children and young people who grow up in homes where there is family and domestic violence.

Yorgum will deliver the service in a way that offers support and services to young people where they feel safe, including through outreach to schools and community centres. Yorgum's programs aim to support social connection, healing and recovery through programs tailored to the young person's age and cultural background.

The full media release can be accessed via the following link: [Media Release](#)



Mental Health Commission - Youth Campaign - Find Your Way to Okay

Target Audience - Young adults aged 18-24 years, living in Western Australia.

Campaign objectives

Increase the proportion of young adults who:

- Trial new actions to protect their mental health and wellbeing.
- Undertake actions regularly to protect and promote their mental wellbeing.
- Feel confident in their ability to maintain their mental health and wellbeing.



The Community Toolkit can be accessed via the following link: Link to Community Toolkit: [Find Your Way to Okay Campaign Toolkit](#)

PODCAST: #30 Australian FASD Indigenous Framework with Nicole Hewlett

NOFASD Australia has a podcast called *Pregnancy, Alcohol and FASD: The Surprising Reality*. On the podcast Kurt Lewis (producer) is joined by Nicole Hewlett, a proud Palawa woman and researcher with the University of Queensland. Nicole is currently undertaking a PhD focusing on the development and implementation of Australia's first FASD Indigenous Framework. They talk about this framework; improving medical care for people with FASD; the importance of a strengths-based approach in terms of FASD and creating equal partnerships between medical professionals and people with FASD.

You can listen to the podcast via the following link or on Spotify: [NOFASD Australia: #30 Australian FASD Indigenous Framework with Nicole Hewlett](#)



Pulse of the Wheatbelt Survey - RedBalloon Voucher Winner announced!

We would like to congratulate Kelly Callope on being drawn as the Pulse of the Wheatbelt RedBalloon Voucher winner for 2023! Kelly completed the Pulse of the Wheatbelt survey at the Newdegate Field Days. We hope you enjoy the voucher, Kelly!



We would also like to thank all the individuals who completed the Pulse of the Wheatbelt Survey, we received 364 responses with representation from 74 towns across the Wheatbelt.

The 2023 Pulse of the Wheatbelt Report and Infographic will be released in the coming weeks, if you would like a copy please contact either Jo Drayton (JDrayton@holyoake.org.au) or Jordyn Drayton (Jordyn.drayton@holyoake.org.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

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

**Wheatbelt Domestic Violence
Helpline:** 1800 353 122

Women's Domestic Violence

Helpline: 1800 007 339

Men's Domestic Violence Helpline:
1800 000 599

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

Northam: 9621 1055

Victoria Park: 9416 4444

Narrogin: 9881 1999

Midland: 9274 7055

Merredin: 9081 3396

Freecall: 1800 447 172

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