



YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - OCTOBER 2023

HOLYOAKE'S POSITIVE IMPACT TO COMMUNITY



Our commitment to the Wheatbelt and throughout WA with a new satellite office and statewide support.

It was a double celebration for Holyoake on 17th August as Holyoake celebrated the expansion of WCADS and Community Prevention Services.

The long awaited opening of the new Narrogin office commenced with Holyoake's Regional Manager, Matthew Steffel, welcoming stakeholders with an opening speech, followed by Holyoake's Wheatbelt Suicide Prevention Coordinator, Jo Drayton, speaking on Holyoake's journey including the evolution and expansion of the prevention team.

Holyoake's Narrogin team organised a morning tea and invited stakeholders to network and have a walkthrough of the new office space at 80 Federal Street, Narrogin including individuals from the Shire of Narrogin, Share and Care, Department of Justice, Southwest Aboriginal Medical Service, KEEDAC, WA Country Health Service, WAPOL, Amity Health, Department of Local Government Sporting and Cultural Industries, Avon Community Services and the Narrogin Observer.

In parallel, Prevention Services Manager Steve Papadopoulos and Jo Woodruff were attending the official AOD Community Prevention Launch at Holyoake's Head Office in Victoria Park, Perth Metro. Two massive milestones on the same day!

Earlier this year, Holyoake won a major Mental Health Commission tender to provide AOD Community Prevention Services, supporting five WA regions - Goldfields, Great Southern, Mid-west, Kimberley & Southwest tender.

Steve was appointed Prevention Services Manager to head up the new Prevention business unit, with Jo Woodruff appointed Team Leader - AOD Community Prevention for the new statewide service. The Team is actively recruiting for Community Engagement Officers in Goldfields and the Kimberley. Jess Daniels has been promoted to Wheatbelt AOD Prevention Coordinator role to build capacity with Jo Drayton and Jordyn Drayton.

The Holyoake Community Prevention Service will implement



editorial

As the season progresses and the temperatures continue to rise, the flower stalks of the balgas (Grass Trees) emerge in preparation for the coming Kambarang season.

Kambarang season brings an abundance of colour with flowers exploding all around us... The yellows of many of the Acacias with some of the Banksias and many other smaller delicate flowering plants including the Kangaroo Paw and Orchids. One of the most striking displays of flowers during this season is the "Mooja", or Australian Christmas Tree (Nuytsia). The bright orange/yellow flowers serve to signal the heat is on its way.

October is the most likely time of the year that you'll encounter a snake as the reptiles start to awaken from their hibernation, making the most of the warmer days to give them energy to look for food. It's also a time that many young families of birds will be singing out for their parents to feed them.

Koolbardies (Magpies) will also be out protecting their nests and their babies.

Holyoake Prevention Services Manager Steve Papadopoulos has been appointed to the National Drug Research Institute (NDRI) Advisory Board in a Consumer Representation capacity.

Steve commenced employment in the Alcohol and Other Drug (AOD) sector 10 years ago, having had over 20 years of lived and life experience in both AOD and mental health related trauma.

Following his initial appointment at Holyoake within the Integrated Support team, Steve worked with consumers in Northam and in delivering outreach services across the Wheatbelt before his recent promotion to Prevention Services Manager. Steve's appointment to the NDRI Advisory Board will add a new layer of wisdom and drive to guide NDRI in holistically improving lives.

cover story contd...

grass-roots, evidence-based and community-led alcohol and other drug prevention initiatives within local communities.

Community Engagement Officers will be employed in each region to establish and support dedicated Community Response Committees in developing a program of activities based on feedback from local community members and stakeholders.

The new AOD Community Service is an exciting opportunity for Holyoake to support and leverage knowledge to existing AOD prevention activity in these regions, while also addressing some of the identified gaps in service provision.



Holyoake's Wheatbelt Prevention Team continues to assist and support individuals, families, workplaces, stakeholders and communities with:

- Community Wellbeing Plans
- Training & Workshops
- Community Education
- Community Awareness Campaigns
- Workplace Wellbeing & Professional Self-care
- Postvention Coordination
- Yirra Koort Newsletters
- Collaboration on community events, initiatives and projects

Holyoake looks forward to welcoming you to our new Narrogin Office (next to Narrogin Town Hall).

Face-to-Face Training available in the Wheatbelt

Please email Jordyn Drayton, jordyn.drayton@holyoake.org.au to express your interest in the following training opportunities.

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	2 Days	https://mhfa.com.au/courses
☐ Adults		
☐ 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	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/

training & workshops

contd...

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/
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

Additional FREE Training Opportunities:

Webinar: Understanding and Preventing Fetal Alcohol Spectrum Disorder (FASD)

This webinar explores Fetal Alcohol Spectrum Disorder: How it presents, how it is diagnosed and how it can be prevented.

Fetal Alcohol Spectrum Disorder is the leading preventable cause of non-genetic developmental disability. It occurs across Australia, in all populations where alcohol is consumed, but often goes undiagnosed or is misdiagnosed.

Not only do people living with FASD experience a range of challenges which can affect their quality of life and that of their families, they are also at risk of long-term health issues, including cardiovascular, metabolic, allergy and immune problems.

The Australian guide to the diagnosis of FASD assists in the diagnosis, referral, and management of FASD. Accurate diagnosis allows carers to better understand the challenges faced by individuals and helps with planning appropriate interventions and supports. Early diagnosis of FASD is protective, reducing the likelihood of later secondary conditions, thereby improving life outcomes.

The risk of FASD occurring increases proportionately with the amount and frequency of maternal alcohol consumption. Given the variety of maternal and fetal factors that can influence outcomes from prenatal alcohol exposure, there is no known safe level of alcohol consumption for pregnant women.

This is why it is important for all women who may become pregnant to be asked about the frequency and quantity of their alcohol use with a validated screening tool, such as the Audit-C for use in pregnancy.

This webinar will provide you with:

- Increased awareness of the signs of FASD in infants and children and the impact of FASD on individuals and families.

- Increased knowledge about the process for diagnosing FASD.
- Increased understanding of the risks of alcohol consumption, including at low consumption levels, for women who may become pregnant.
- Increased awareness of the importance of talking to all women who may become pregnant about alcohol consumption.

This course is bought to you by the Foundation for Alcohol Research and Education (FARE) and is part of Every Moment Matters, the National Awareness Campaign for Pregnancy and Breastfeeding Women. This course is endorsed and funded by the Australian Government.

To watch the recorded webinar, click here: <https://medcast.com.au/courses/899>

alcohol and other drug news/updates

Alcohol Think Again! “What’s your poison?” campaign has launched



The ‘What’s your poison?’ campaign prompts people to reconsider the common phrase by showing that when a person drinks alcohol, the body converts it to acetaldehyde, a poison.

It explains that every drink converts to more poison, increasing the damage, and increasing the risk of cancer. The campaign calls for Western Australian adults to reduce their drinking to reduce the damage.

The campaign was developed in consultation with over 130 Western Australian adults, guided by experts in public health, research and social marketing, supported by Healthway.

The ‘What’s your poison?’ campaign is a joint initiative by the Mental Health Commission and Cancer Council WA, and part of the WA Government’s state-wide strategy to prevent and reduce harm caused by alcohol.

The campaign’s community tool kit can be accessed via the following link: [Alcohol Think Again: What’s your Poison? Community Toolkit](#)

Alcohol Think Again! “Australian Alcohol Guidelines” Campaign has launched



The National Health and Medical Research Council (NHMRC)’s Australian Alcohol Guidelines provide advice on how adults can reduce health risks from drinking alcohol, based on the current scientific evidence. While there is no safe level of alcohol use, these Guidelines can help Australians to make informed decisions about how much alcohol they drink, if any.

The ‘Australian Alcohol Guidelines’ campaign targets Western Australian adults to increase awareness of the first guideline and what constitutes a standard drink.

The ‘Australian Alcohol Guidelines’ campaign is a joint initiative by the Mental Health Commission and Cancer Council WA, and part of the WA Government’s state-wide strategy to prevent and reduce harm caused by alcohol.

The campaign is running exclusively on digital media as part of the Alcohol. Think Again ‘Alcohol and Health’ stream and accompanies mass media campaigns that aim to raise awareness about how alcohol causes harm to health. The campaign community toolkit can be accessed via the following link: [Alcohol Think Again: Australian Alcohol Guidelines Community Toolkit](#)

Pregnancy Health Warning on Alcohol Products

Pregnancy health warning on alcoholic products



We all want our families to have access to clear information about the health and safety of the products they buy – especially products that may harm our children. However, in Australia, alcoholic products have never been legally required to carry a health warning about the risks alcohol can cause during pregnancy including miscarriage, stillbirth, low birth weight, pre-term birth and Fetal Alcohol Spectrum Disorder (FASD).

From 31 July 2023, alcoholic products sold in Australia are required by law to display a visible pregnancy health warning. The evidence-based label was carefully designed to have high visibility and impact, in order to increase Australians' awareness of the risks of drinking alcohol while pregnant.

Since the decision in July 2020 for these warnings to be mandated, they have been appearing on alcoholic products. In June 2023, FARE commissioned a poll of 1,004 Australians asking whether they recalled seeing the pregnancy health warning on alcoholic products. The findings were encouraging:

- Just over half of Australians (56.4%) reported that they have seen the pregnancy health warning on alcoholic products.
- People were more likely to recall seeing the warning if they had an alcoholic drink in the last 12 months (59.2%), than if they had not (38.2%).
- Recall of the pregnancy health warning was highest among people aged 18-25 years (79.1%) and 26-41 years (72.9%).

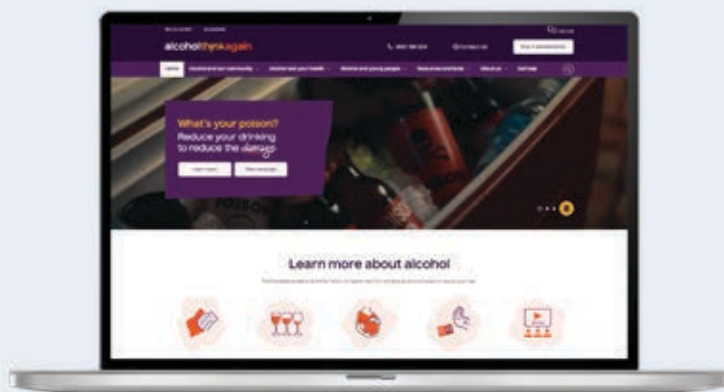
The Alcohol and other drug treatment services in Australia annual report has been released.

In 2021-22, around 131,000 people aged 10 and over received treatment from alcohol and other drug treatment services. The four most common drugs that led

clients to seek treatment were alcohol (42% of episodes), amphetamines (24%), cannabis (19%) and heroin (4.5%). The median age of clients was 37 years.

The Alcohol and Other Drug Treatment Services in Australia Annual Report can be accessed via the following link: [Alcohol and Other Drug Treatment Services in Australia Annual Report](#)

New website for 'Alcohol. Think Again!'



The Alcohol. Think Again website has a brand-new look and feel. It is now easier to access campaign material and order resources. Check out the new online tools:

Interactive Body

- Use the interactive body tool to explore the health risks from drinking alcohol and the short- and long-term effects on the body. <https://alcoholthinkagain.com.au/resources-and-tools/interactive-body-tool>

Standard Drink Tool

- A standard drink is likely to be less than you think. Use the Standard Drink Tool to check how many drinks are in your typical pour. <https://alcoholthinkagain.com.au/resources-and-tools/standard-drink-tool>

Visit <https://alcoholthinkagain.com.au> to find the latest evidence, resources and information on alcohol and health.

WA Police equipped with lifesaving opioid overdose treatment - Naloxone



Western Australian Police Officers are adding a new lifesaving tool to their kit, in the form of a rapid opioid overdose treatment.

Each day, naloxone helps to save 3 lives in Australia.

Naloxone is a quick, easy to administer medication that temporarily reverses the effects of drugs such as prescription medication, heroin, oxycontin and fentanyl, allowing the patient to start breathing within two to five minutes of its use.

There is a misconception that only people who use illicit drugs need naloxone, however this is not true. The highest rate of accidental overdoses is due to prescription medications.

A year-long trial, which ran from 1 July 2021 to 30 June 2022, saw 365 WA Police Officers become the first police in the southern hemisphere to carry Naloxone. During that time, the nasal spray was successfully used to treat 20 drug-affected people in the Perth and Bunbury regions. More than 500 WA Police Officers have now been trained in how to administer the fast-acting medication.

Naloxone also provides additional safety for officers should they encounter highly toxic opioids during the search for, or processing of illicit drug. Some opioid forms, such as fentanyl-derivatives, can be unintentionally inhaled or absorbed through the skin, posing significant risk of accidental exposure.

For more information on naloxone, visit the ADF website: <https://adf.org.au/drug-facts/naloxone/>

Alcohol Change Australia outlines policy priorities



FARE (Foundation for Alcohol Research & Foundation) is working alongside leading public health organisations across the country as part of Alcohol Change Australia (ACA).

Launched on 10 July, ACA is made up of groups including Cancer Council Australia, the Royal Australasian College of Surgeons, Sober in the Country, the Aboriginal Drug and Alcohol Council (SA) and the Alcohol and Drug Foundation.

ACA's aim is to prevent and reduce alcohol harm among Australian individuals, families, and communities by pursuing the following policy priorities:

- Protect the community from alcohol marketing
- Address cheap alcohol that fuels harm
- Empower the community by raising awareness of the harms caused by alcohol
- Support alcohol-free pregnancies
- Create health public policy free of industry influence

The ACA website can be accessed via the following link: [Alcohol Change Australia Website](#)

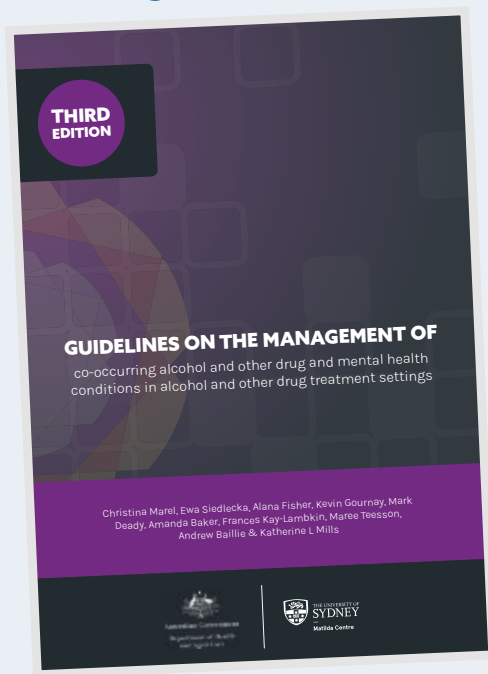
Better regulation needed to protect young people from harmful marketing

Children and young people have a right to grow up without being exposed to marketing of harmful products like alcohol.

Yet when it comes to alcohol products, there is currently no government-led regulation of marketing or advertising, including products and packaging designed in a way that appeals to minors.

This was highlighted when multinational alcohol company Asahi launched an alcoholic version of its popular soft drink, Hard Solo, prompting a complaint to the Alcohol Beverages Advertising Code (ABAC).

The third edition of the Guidelines on co-occurring conditions



The third edition of the Guidelines on co-occurring conditions was officially launched by Dr Christina Marel at the 2023 Australasian Professional Society on Alcohol & other Drugs (APSAD) Symposium on Monday 24 July, and aims to build mental health capacity in the AOD workforce.

Building on the highly utilised first and second editions, in 2020 the Australian Government Department of Health and Aged Care funded researchers from the Matilda Centre 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 Guidelines).

The Guidelines were developed in consultation with people with lived experience, family and carers, clinicians, researchers, and policy makers. In parallel, the existing Guidelines website and online training program were also updated to facilitate the translation of the Guidelines into practice.

The Guidelines, website and online training program can be freely accessed via the following link: <https://comorbidityguidelines.org.au/>

Estimating the impact of the minimum alcohol price on consumers' alcohol expenditure in the Northern Territory, Australia

New research has confirmed that minimum unit pricing of alcoholic products aimed at reducing harm has “virtually zero” impact on moderate drinkers, who on average spent just \$3.07 more per year on alcohol – less than the cost of a takeaway coffee.

The study published in the Australian and New Zealand Journal of Public Health is based on a representative survey of people who consume alcoholic products in the Northern Territory, after minimum unit pricing was introduced in 2019. Alcohol companies had claimed the floor price would unfairly penalise people who use alcohol at low or moderate levels, who were not targeted by the policy.

For more information, you can view the full article here:

[Estimating the impact of the minimum alcohol price on consumers' alcohol expenditure in the Northern Territory, Australia - ScienceDirect](#)

Data tool to probe alcohol and gambling donors

According to Mannifera website, “the root cause for a lack of action on issues like alcohol and gambling harm is the political influence of corporations who work to protect their profits and delay any evidence-based policy that threatens this bottom line”.

FARE and the Alliance for Gambling Reform have been awarded a grant for a project to analyse data about gifts declared by federal parliamentarians, to improve oversight of how corporate vested interests seek to influence politicians.

Alcohol and gambling companies, which donated over \$2 million to political parties in 2021-22, also gift politicians alcoholic products and tickets to events centred around gambling and alcohol, but there is little scrutiny of the overall amounts donated.

This important research has been funded by a \$30,000 grant from civil society philanthropy funder Mannifera.

The new automated data tool will analyse the extent to which alcohol and gambling companies engage in lobbying that influences public policy and will serve as a pilot for use by other civil society organisations working to improve political transparency.

alcohol and other drug news/updates

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Alcohol ads on social media target teens and young people

Young people are exposed to a lot of alcohol advertisements, over 40,000 ads per year on social media platforms alone, such as Instagram and Facebook. This is a real issue with alcohol advertising now linked to young people starting to drink at earlier ages and to binge drinking. These ads often link alcohol with good feelings, friendship, and success.

This can be dangerous as young people may not get the full picture about alcohol risks. Popular social media platforms such as TikTok, Facebook, Snapchat and Instagram have provided alcohol companies with new, cheaper ways to promote alcohol to young people.

Nearly all Australian teenagers (90%) also see regular online ads which provide easy access to buy alcohol through the 'shop now' button, often without requiring age checks.

Companies use social media to advertise to more people in a variety of ways. These include:

- Reach: social media ads can reach more people than traditional media advertising – a 600% return on investment.
- Sponsored ads: these ads 'pop up' in newsfeeds or stories, advertising specific drinks or bottle shop promotions.

- Personal data: social media users' data is collected and used to push ads towards people who look up alcohol content. These ads often encourage impulse buying.
- Engaging fans: alcohol brands create official social profiles to encourage 'fans' to engage with their posts through questions/polls, posting photos and memes, hosting competitions, and sharing videos. This content is highly interactive and easily shared.
- Influencers: alcohol companies pay social media influencers to upload photos or videos of themselves with alcoholic drinks.
- User-generated content: companies encourage social media users to upload content of themselves drinking their alcohol products.

A number of these strategies breach Advertising Codes. However, there are rarely any penalties or consequences.

To reduce exposure to paid ads, here are some strategies that you can implement on various social media platforms:

Channel	Changing settings	Reporting content
Instagram	settings > ads > ad topics > search for 'alcohol' > click 'see less'	report > sale of illegal or regulated goods > drugs, alcohol or tobacco Report > It's inappropriate > I just don't like it OR false information
Tik Tok	profile > settings and privacy > ads> how your ads are personalised > food & beverage > turn off	hold down on video > report > illegal activity and regulated goods > drugs and controlled substances > submit
Snapchat	profile > settings > additional services (manage) > lifestyle & interests > scroll to bottom, turn off 'alcohol' under Ad Topics	hold down on snap and press Report > sale or use of drugs
Facebook	Settings > Ads preferences > Ad Topics > See less - Alcohol	Report > something else > promoting drug use > submit Report > something else > promoting drug use > I believe this goes against FB's community standards
Twitter	Settings>Ads preferences>disable personalized ads http://optout.aboutads.info/#/	Report Tweet>It's abusive or harmful>It's disrespectful or offensive

New guide from Emerging Minds - a focus on culturally responsive practices

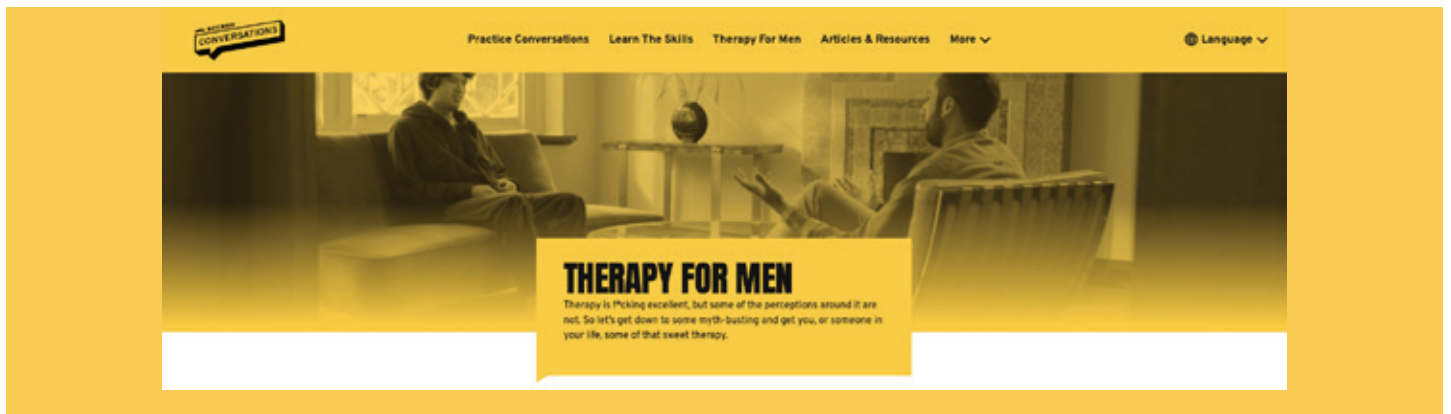


The Australian Institute of Family Studies developed this guide based on Australian research evidence and frameworks to help apply culturally responsive practice to services for children of culturally and linguistically diverse backgrounds. It offers a good first step in understanding the need for inclusive mental health services in culturally diverse Australian communities.

This guide explores the barriers and modes of access to mental health support for children (aged 0-12 years) from culturally and linguistically diverse (CALD) backgrounds and provides a first step in understanding and applying culturally responsive practice. It is based on Australian research evidence and frameworks on culturally responsive practice, along with insights from a mental health practitioner specialised in working with children from CALD communities.

The guide can be accessed via the following link: [Emerging Minds: Creating culturally responsive practice and services to support the mental health of children from culturally and linguistically diverse \(CALD\) backgrounds](#)

November: What is Therapy? Video Series



Men's health charity, Movember, hopes to encourage more men to consider therapy with the launch of a five-part video series titled 'What is Therapy?' which aims to break down common stereotypes about therapy and demystify the treatment process for men.

Think you know therapy? Think again. In this red-hot 5-part video series, we'll answer all your burning questions about therapy: what it is, how it can change your life and most importantly...how to get it.

Results from a recent survey of Australian men show that 45% do not continue with mental health services after seeking help for their mental health concerns. So, kick back, jump in and find out why therapy is fr*cking excellent.

The 5-part video series can be accessed via the following link: <https://conversations.movember.com/en/therapy-for-men/>

Media Release: \$6.2 million to address children body image distress

The Albanese Government is providing \$6.2 million to The Embrace Collective for their Embrace Kids program to help kids tackle body image issues to live happier, healthier lives now and in the future.

Body image is a serious issue for Australians, especially for our kids, and the problem is increasing with the number of young Australians 16 to 25 years reporting Body Image Distress rising 33 per cent since 2009, with 77 per cent self-reporting body image distress in 2015.

Australia's young minds are exposed to harmful body image messages through social media, advertising, their peers, and influence of adults in their lives. These harmful messages are highly pervasive and if left unchecked, exposure can lead to poor body image. This can contribute to the development of eating disorders, depression, anxiety, low self-esteem, increased suicidal intentions and ideation. It must stop.

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

Doing it Tough?: “I found support that worked” Campaign

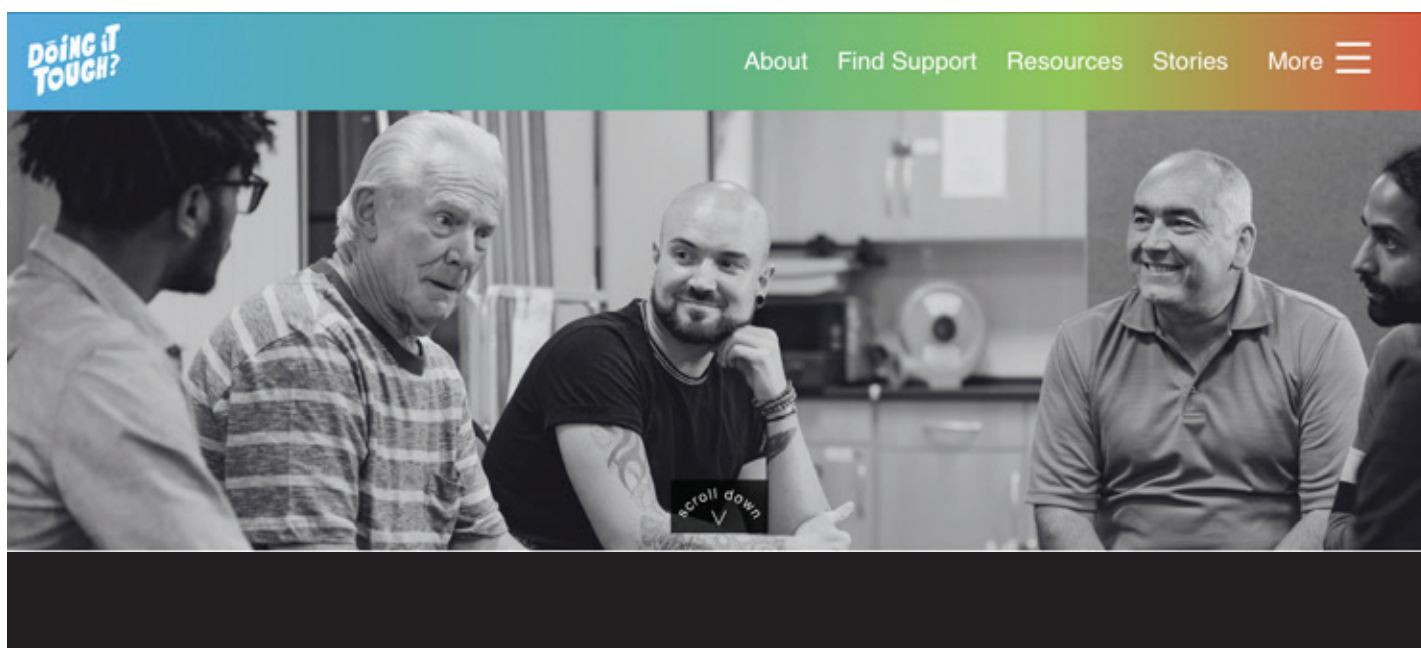
Suicide Prevention Australia in partnership with Australian Men's Health Forum, has launched the “I found support that worked” campaign, designed to inspire men who may be struggling to reach out for support.

The campaign centres around a profound realisation that every man's journey, circumstances, and the support he finds are unique. It showcases the stories of four courageous men who share their own lived experience and how they overcame their darkest moments by finding support that worked for them.

The stories are featured on the Doing It Tough website, a platform that connects men with more than 150 support services in NSW based on where they live, the challenges they face and the type of support they need whether it's clinical, face-to-face, virtual or peer support.

For more information visit the Doing it Tough? website via the following link: [Doing it Tough?](#)

The campaign video can be accessed via: [Doing it Tough? Campaign Video](#)



Country Football WA and UWA: Get Around Me Report



A recent report by Country Football WA and The University of Western Australia has found rates in depression and anxiety are increasing among football players but remain lower than non-players.

The Get Around Me research for the report, initially conducted in 2020, found 14.5 per cent of those who did not play football say their mental health was “worse than last year” compared to 1.5 per cent of football players.

As part of the report’s key recommendation, CFWA and UWA ran a follow-up ‘health-check’ survey of country players in 2021 resulting in the Get Around Me 2.0 report.

The report, finalised in July this year, found a significant

increase (30%) in depression and anxiety levels among football players in 2021 compared to 2020.

Depression and anxiety levels among females were 44 per cent higher than men, and those aged 18-to-21 years reported the highest scores in comparison to other age brackets.

Aboriginal and Torres Strait Islander anxiety scores were 32 per cent higher than non-Aboriginal or Torres Strait Islanders.

Coinciding with the release of the report is the launch of the CFWA’s WA Footy Wellbeing Hub, which aims to provide information and resources to players on how to maintain mental health and wellbeing and find support when needed.

The Get Around Me Report can be accessed via the following link: [Get Around Me Report](#)

Lotterywest & Healthway: Western Australia Community Impact Hub



The Western Australian Community Impact Hub is a central source of data, knowledge, and insight about the social impact of grants funding and community wellbeing initiatives in WA.

The Hub reflects an era of greater public visibility and transparency, where both funders and not-for-profits are held to a new standard of impact assessment and evaluation. This space is rapidly evolving, and new models for evaluating investment against impact are emerging across Australia and internationally.

The Hub will enable users to:

- Understand their community - by providing accessible data on wellbeing in WA, aligned to our Community Investment Framework.

- Learn from others - by profiling impactful case studies, a grant library, insights articles and reports.
- Share with others - through the active communication and promotion of organisational and stakeholder learnings.
- Plan, measure and evaluate - through the Impact Planner, an interactive toolkit designed to build a custom-made theory of change, logic model and evaluation framework to maximise the social impact of programs and initiatives.

It reflects the idea that our highest purpose is to effect positive social impact and change, and as such, it aligns clearly with our vision and mission.

If you’re a not-for-profit organisation looking for funding to make a big impact in your community, the Hub can help!

The Western Australia Community Impact Hub can be accessed via the following link: [WA Community Impact Hub](#)

The community investment framework can be downloaded via the following link: [Community Investment Framework](#)

R U OK? Foundation: Talking to a mate who is stressed about finances



Life is expensive.

Working, studying, and socialising on a budget can be challenging, and, at times, feel impossible. Your friend might be struggling with managing their finances for the first time, juggling study and work, having an entry-level income, dealing with inconsistent casual hours, paying rent or trying to balance socialising with prioritising their wellbeing. It's

also becoming increasingly difficult to organise and afford stable, safe housing and that can have a big impact on our wellbeing.

If you think your friend might be struggling with money or housing, there are a few things you can do to help.

Spot the signs:

- Frequently talking about how expensive things are
- Hesitant to socialise
- Awkward or argumentative when money is mentioned
- Low mood
- Overusing credit
- Obsessing about making more money
- Housing stress

What to say and do:

- Listen
- Suggest budget friendly hangouts
- Share resources
- Encourage them to seek professional help

Be mindful! Helping a friend struggling with financial stress doesn't mean you need to pay for them or lend them money. Make sure you set boundaries and look after your own financial wellbeing.

The tips can be accessed via the R U OK? Website via the following link: [Talking to a mate who is stressed about finances](#)

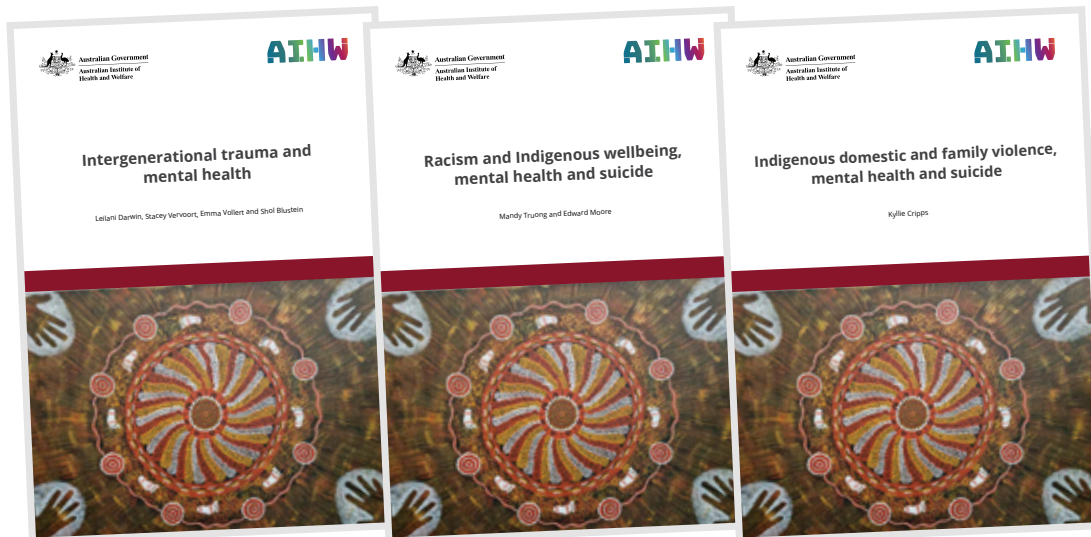
Work-Related Suicide: A Discussion Paper

Prof Anthony LaMontagne and A/Prof Tania King have written a discussion paper on work-related suicide.

This discussion paper views work-related suicide through an occupational health & safety perspective, focusing on the working conditions as potentially modifiable risk and protective factors for suicide in the working population.

The Discussion Paper can be accessed via the following link: [Word-related Suicide: A Discussion Paper](#)

Indigenous Mental Health and Suicide Prevention Clearinghouse – New Papers released!



Clearinghouse have released three new papers including Intergenerational Trauma and Mental Health, Racism and Indigenous Wellbeing, Mental Health, and Suicide & Indigenous Domestic and Family Violence, Mental Health, and Suicide.

These publications, prepared by external authors represent the views of those authors, with an overview of the influences on mental health and suicide rates among Aboriginal and Torres Strait Islander communities and the programs implemented to address these factors. The publications

The papers define the link between intergenerational trauma and Aboriginal and Torres Strait Islander peoples' mental health and to identify current best-practice policies and programs to address this issue. They also provide an overview of how racism affects Indigenous

Australians, their access to care and the policies and programs that address cultural safety in the health system and discuss the complexities regarding FDV and mental health for Indigenous Australians, highlighting relevant policies and programs that demonstrate best practice.

The Clearinghouse is managed by the Australian Institute of Health and Welfare (AIHW) through funding from the Department of Health.

The papers can be accessed via the following links:

[Intergenerational Trauma and Mental Health](#)

[Racism and Indigenous Wellbeing, Mental Health, and Suicide](#)

[Indigenous Domestic and Family Violence, Mental Health, and Suicide](#)

WA Health Promotion Strategic Framework (HPSF)



The WA Health Promotion Strategic Framework (HPSF) provides broad strategic guidance to the WA health system and its partners to help prevent chronic disease and injury. The goal - to empower and enable Western Australians to lead healthier lives by supporting equitable and sustainable improvements in health behaviours and environments.

The HPSF focuses on:

- Reducing tobacco use and making smoking history
- Healthy eating and active living to halt the rise in obesity
- Reducing harmful alcohol use
- Preventing injury and promoting safer communities.

The health system has a lead role in preventing chronic disease and injury, but many other stakeholders and partners play an essential part in positively influencing the broader causes of health and wellbeing. Stakeholders with an interest in protecting and promoting the health and wellbeing of Western Australians are welcome to use the HPSF to help guide their work.

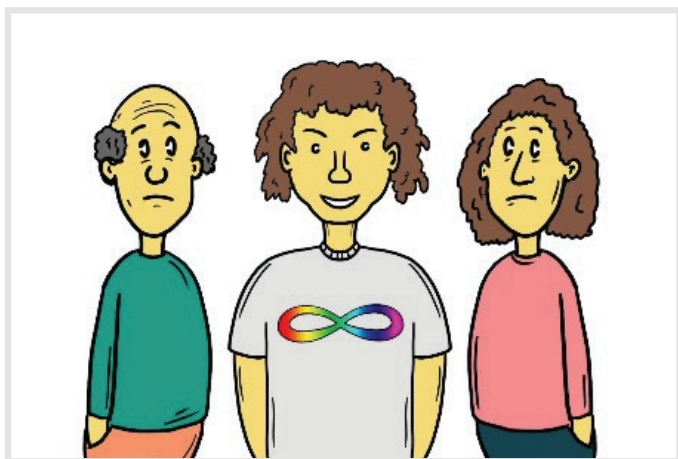
The full framework can be accessed via the following link:

[WA Health Promotion Strategic Framework 2022-2026](#)

The brief framework can be accessed via the following link:

[Brief: WA Health Promotion Strategic Framework 2022-2026](#)

R U OK? Foundation: Tips for supporting Neurodivergent people



Not everyone takes on information in the same way, which is why it's important for all of us to be aware of who we are chatting with and think about the best way for us to make them feel heard and supported.

Research has shown that autistic and neurodivergent people are more likely to experience anxiety and depression and be at risk of self-harm and suicide.

Neurodivergence is a word that describes people whose brain is thought to work differently to typical/neurotypical people. People who are neurodivergent can be autistic, or have other neurodevelopmental conditions such as attention-deficit/hyperactivity disorder (ADHD). Neurodivergent people may or may not also have an intellectual disability.

The Suicide Response Project has designed resources to guide you on how to have an R U OK? conversation with neurodivergent friends, family and colleagues who might be struggling with life's ups and downs.

More information can be accessed via the following link: [R U OK? Foundation - Tips for Supporting Neurodivergent People](#)

State of the Nation Report: Social Connection in Australia 2023

New research shows one in three Australians feel lonely; however, stigma and misconceptions are hindering meaningful conversations about loneliness. Left unaddressed loneliness can negatively impact both physical and mental health. In response Ending Loneliness Together has launched the first ever Loneliness Awareness Week (7th to 13th August) to foster greater community awareness along with the release of a State of the Nation Report.

Insights from over 4000 people aged 18 years and over provide a snapshot of Australia's understanding and experiences of loneliness and social isolation. The report does a deep dive into the knowledge, concealment, community stigma, and shame towards loneliness in Australian society. It also explores the impacts of loneliness on health, wellbeing, and workplace productivity.

The report can be accessed via the following link: [State of the Nation: Social Connection in Australia 2023](#)

Transforming Indigenous Mental Health and Wellbeing: Social and Emotional Wellbeing Fact Sheet

In the Social and Emotional Wellbeing fact sheet, some of the principles, domains, and determinants related to Aboriginal and Torres Strait Islander perspectives of Social and Emotional Wellbeing (SEWB) are presented within a holistic framework. This framework is consistent with Aboriginal and Torres Strait Islander ways of knowing, being, and doing, and it recognises the importance of culture and history as important factors that, inform and guide better health care for Aboriginal and Torres Strait Islander peoples.

The fact sheet can be accessed via the following link: [SEWB Fact Sheet](#)

Strong Born Campaign Resource Implementation Webinars

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.

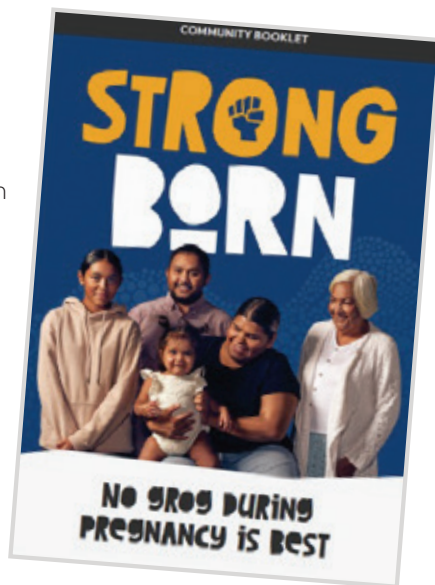
The Strong Born campaign has been developed by NACCHO in collaboration with the National FASD Campaign Working Group which includes multi-disciplinary staff from ACCHOs and ACCOs, and cultural and clinical FASD experts and researchers.

Strong Born is part of the National Information Campaign for Pregnant and Breastfeeding Women and is supported by the Foundation of Alcohol Research and Education (FARE) and the Commonwealth Department of Health and Aged Care.

NACCHO is hosting a series of webinars to support ACCHOs implement the Strong Born campaign with supportive discussion on materials in the toolkit and how to use them, sharing of ideas, and hear what's working in different communities.

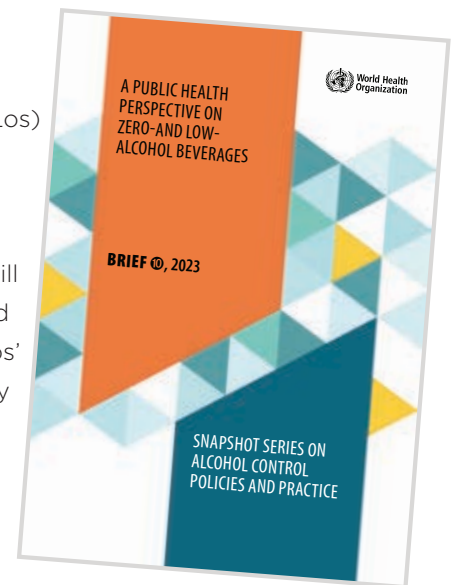
The next implementation webinar is running Wednesday 27th of September 1pm-2pm (AWT). You can register here: [Strong Born Campaign - NACCHO](#)

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



A Public Health Perspective on Zero and Low-alcohol Beverages Report

There is an expanding market of no and low alcohol beverages (NoLos) readily available but their effects on global ethanol consumption and public health are still questioned. Policies and regulations about NoLos' availability, acceptability and affordability are lacking and evidence about their benefits is limited.



Concerns have been raised about the impact of NoLos in reducing alcohol consumption and its associated harm and the possible drawbacks and implications, such as misleading minors, pregnant women, abstainers, or those seeking to stop drinking about their actual ethanol content. Further, there are concerns about the implications of NoLo branded products being displayed close to the brand's main alcoholic beverages and their potential to subtly lead to new occasions of drinking.

There is a need to monitor their consumption and impact on aggregated alcohol consumption to understand the public health implications of NoLos. The alcohol by volume content of NoLos must be defined, harmonised, and clearly labelled. NoLo marketing needs to be regulated to protect children, pregnant women and those seeking to stop drinking. Fiscal and pricing policies to reduce the affordability of products with higher strengths of ethanol may favour a shift towards lower alcohol strength beverages.

The Public Health Perspective on Zero and Low-alcohol Beverages Report can be accessed via the following link: [WHO: Public Health Perspective on Zero and Low-alcohol Beverages Report](#)

Resource for General Practitioners on AOD and mental health in young people

Developed in collaboration with the Royal College of General Practitioners Victoria, with funding from the Victorian Department of Health, this publication contains a 'snapshot' of relevant, evidence-based information for general practitioners, and covers:

- having age-appropriate and non-stigmatising conversations about alcohol and other
- drugs (AOD) with young people and/or their parents/carers
- understanding the function of AOD use in young people
- recognising when a young person might have co-occurring mental health and AOD needs
- what AOD-specific and dual diagnosis services are available for young people
- resource options for young people/parents and carers who are seeking more information about AOD.

The resource package can be accessed via the following link: [Alcohol, Other Drugs and Mental Health in Young People Resource Package](#)

The supporting poster for GP offices can be accessed via the following link: [GP Supporting Poster](#)



Transcend: A Guide for Schools – Supporting information to affirm their gender

Even at supportive schools Trans, Gender, Diverse or Non Binary (TGDNB) students can still have traumatic experiences. It is important to understand that things you might not consider significant can cause a TGDNB student a great deal of distress but, if done properly can be lifesaving.

The Transcend: A Guide for Schools is here to help. It covers the basics and provides guidance on how you can best support this student and their family.

The new school guide can be accessed via the following link: [Transcend: A guide for Schools](#)



Blue Knot: Understanding Trauma and Abuse

An online resource from Blue Knot that explores complex trauma, childhood trauma and child abuse is now available, with fact sheets, videos, and publications available for those with experiences of trauma to further their understanding and to help friends and family to become trauma informed.

The resource can be accessed via the following link: [Blue Knot: Understanding Trauma and Abuse](#)

grants

Healthy Communities: Aboriginal Health Project Funding

The aim of the Healthway Aboriginal Health Project Funding is to support small health promotion projects which specifically target Aboriginal and Torres Strait Islander peoples or communities. Funds are available for up to \$10,000 and projects should aim to:

- increase individual knowledge and skills and change behaviour
- create community and organisational policies and environments to improve health.

Healthway's strategic priorities are in the following health areas:

- increasing healthy eating

- increasing physical activity
- improving mental health
- preventing harm from alcohol
- creating a smoke-free WA.

There are no submission closing dates with applications accepted all year. Applications must be received no less than five calendar months prior to the commencement of the project.

For more information contact: Healthway Health Promotion Team healthway@healthwaywa.gov.au

community engagement/ collaborations

Cunderdin Agricultural School Cultural Appreciation & Wellbeing Day



In May, Holyoake's Suicide Prevention team attended Cunderdin Ag School's Wellbeing and Cultural Appreciation Day, with keynote speakers Shane Wynne presenting on 200 years of Indigenous and European Family History, and Lily Gesele on her Mental Health Journey, Professional Gymnast and being a Lifeline Ambassador, - Mental Health Journey.

Six consecutive breakout workshops were run simultaneously, across 8 different activities:

- Regional Men's Health Initiative - 'Pit Stop'
- Lily Gesele - Self-love and Beauty Standards
- Community Health (Health Dept.) - What are you eating?
- Dept of Health - WQSP - Co-design Vape Workshop with Students.
- Aboriginal Elder Frank Davis - Stories & Digeridoo
- Holyoake - Competitive Mental health & Wellbeing Quiz
- Follow the Dream -NAIDOC T-Shirts
- Stitch in Time - Large Rural Mental Health themed Mural on Cunderdin Campus building.
- Chillax Station - Yoga and Meditation.

At the end of the day, students all left with a greater knowledge of aboriginal culture and the challenges faced by elders and the impact on their peers who identify as Aboriginal and/or Torres strait Islander. There were also provided with tips and resources on how to look after their mental health and wellbeing, and how to identify and support their peers who may be going through a tough time or struggling with their mental health. To complete the day, all students and staff received an RUOK? handball, wrist band, hacky sack, and crisis wallet card.



Shire of Victoria Plains – Seniors Christmas in July Luncheon



Holyoake’s Prevention team funded and attended the Shire of Victoria Plains’ Healthy Bodies, Healthy Minds Seniors Christmas in July Luncheon in Calingiri.

The roast lunch, provided and cooked by the Calingiri Netball Club, attracted approximately 70 individuals with attendees travelling from surrounding towns such as Bindoon, Bolgart, New Norcia, Perth, Gingin, Wongan Hills, Northam, Toodyay, and Chittering.

The day kicked off with an opening speech from the Shire of Victoria Plains’ CEO, Sean Fletcher, followed by activities facilitated by Jo Drayton, Holyoake’s Wheatbelt Suicide Prevention Coordinator, including:

- 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 Kim Stripe for organising the day, providing a great opportunity for older adults to come together to connect, decrease feelings of loneliness and isolation, enabling the chance for Holyoake’s Prevention team 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.

Events/Awareness Dates

DATE:	EVENT:
Borderline Personality Disorder Awareness Week	1 st – 7 th October 2023
World Smile Day	6 th October 2023
World Mental Health Day	10 th October 2023
WA Mental Health Week	7 th – 14 th October 2023
National Carers Week	15 th – 21 st October 2023
Movember	November
International Men’s Day	19 th November 2023
International Day of Persons with Disabilities	3 rd December 2023
Human Rights Day	10 th December 2023

community engagement/ collaborations

Out & About ...

Prevention Team attends Wheatbelt Agricultural and Machinery Field Days



Holyoake's Prevention Team has recently concluded their roadshow attending both the Dowerin and Newdegate Field Days on 30-31 August and 6-7 September respectively.

A wonderful opportunity for Holyoake's Prevention Team to engage with of the community and stakeholders to promote health, wellbeing, safety and harm minimisation.

It was also great to have Stuart and Shirley, members of Holyoake's Clinical Team attend the Dowerin Field Days -the Prevention Team always welcomes the opportunity to collaborate with our clinicians. Special thanks to both of you.



notice board

Pulse of the Wheatbelt Survey

The purpose of this survey is to gather feedback from a broad range of Wheatbelt community members about the strengths, issues, and information they need regarding health and wellbeing services that will help inform authentic co-designed service improvements and service planning. It will align with the collaborative; collective impact work currently being undertaken by the Wheatbelt Human Services Managers Forum and the Wheatbelt District Leadership Group.

All respondents will go into the draw to win a \$300 RedBallon voucher. Information on how to enter is included at the completion of the survey.

Your responses will be completely anonymous and there is no personally identifying information asked for in the survey.

The survey can be accessed via the following link:
[Pulse of the Wheatbelt Survey](#)



Mental Health Week 2023

In 2023, Mental Health Week in WA will be held over 7-14 October with the theme:

'Mind. Body. Environment.'

Now more than ever we know it's important to look after ourselves and are focusing on our body, mind, and environment.

In the face of the ongoing cost of living crisis, it is crucial to recognise and prioritise the importance of taking care of our mental health. As financial pressures, rising expenses, and economic uncertainties weigh heavily on individuals and communities, the toll on mental well-being becomes increasingly significant. Investing time and effort in maintaining our mental health equips us with the resilience, clarity, and emotional stability needed to navigate these challenging times. It allows us to effectively manage stress, anxiety, and overwhelm, enabling us to make sound decisions, seek support, and explore potential solutions. By prioritizing our mental well-being, we foster a sense of self-care and self-compassion, enabling us to face the cost-of-living crisis with a stronger and more resilient mindset.

Ultimately, recognising the importance of mental health in times of financial strain is a powerful step towards cultivating resilience, maintaining well-being, and navigating the cost-of-living crisis with strength and determination.

Mental Health Week is a national week celebrated each year in October scheduled around World Mental Health Day on 10 October.

Coordinated by the Western Australian Association for Mental Health, with support from the WA Mental Health Commission, Mental Health Week (MHW) provides a prime opportunity to address and highlight the important connection between social determinants and mental health; and promote effective prevention strategies to keep people mentally healthy.

More information can be accessed via the following link:
[Mental Health Week Website](#)



Introducing Legal Yarn – a new Aboriginal and Torres Strait Islander telephone legal information service

Legal Yarn is a culturally safe telephone information service for Aboriginal and Torres Strait Islander People. Staffed by mob for mob, Legal Yarn can help with all types of legal issues. Pick up the phone and yarn with mob for help with how to deal with all sorts of worries including unpaid fines, family law issues, child protection matters, and any criminal law matters.

Legal Yarn opened on 1 June 2023, providing free and confidential advice over the phone. Calls can be made from any phone anywhere in Australia, for information, help to get legal advice, or refer people to the best place to get help.

Available Mondays - Fridays from 9.00 am to 4.00 pm (WST), except public holidays, call Legal Yarn on 1800 319 803



R U OK Foundation: Be a mate – its worth it!

R U OK? has launched, 'Be a mate, it's worth it', a new campaign for trainees and apprentices. We're calling on them to be a mate, because when we're going through tough times, it's our mates who are best placed to understand and lend support.

The FREE resources encourage trainees and apprentices to regularly check in with each other and pay attention to life events and any signs that might indicate a mate is struggling.

The suite of resources can be accessed via the following link: [Be a mate – its worth it! Resources](#)



notice board

World Suicide Prevention Day - 10th September

World Suicide Prevention Day, September 10th is a powerful day of global observance that brings together over 60 countries to unite us in our shared mission to promote stigma reduction, advocate for policy change, encourage help seeking, and honour the memories of those lost to suicide, those who have survived suicide attempts, and those who bear the weight of grief.

This year, throughout September, Holyoake will continue the theme "We all have a role to play," echoing the International Association for Suicide Prevention's (IASP) overarching theme of "Creating hope through action." In this spirit, we stand united in our commitment to reduce suicide, empowering individuals with the confidence to take action.

Together, let's embrace our collective responsibility, champion hope and take meaningful action to save lives.

**We all have
a role to play.**

10 September 2023



Injury Prevention Summit and Awards Breakfast

In May, Holyoake's Prevention team attended the Injury Prevention Summit and Injury Prevention and Safety Promotion Awards hosted by Injury Matters at the Perth Convention and Exhibition Centre.

The Summit included keynote presentations from experts Denise Sullivan, Director of Chronic Disease Prevention at the Department of Health; Lucy Saunders, Director and Founder of Healthy Streets; Professor Tanya Chikritzhs, lead of the Alcohol Policy Research team at the National Drug Research Institute.

Holyoake's Jo Woodruff, prior to her promotion to Team Leader AOD Community Prevention Services, was invited to deliver 'Preventing Harm from Alcohol' session as a guest speaker, in the AOD Prevention Coordinator role.

The Summit brings together injury prevention and safety promotion practitioners, facilitating collaboration within the sector by exploring the cross-cutting factors contributing to injury. The day provides a space to exchange knowledge, ideas, and information across WA.

Holyoake's Prevention team were presented with two awards as part of the event - the AOD Prevention Team winning Outstanding Achievement in Collaboration for a Safer WA, with the Suicide Prevention team awarded Highly Commended for Outstanding Contribution to Injury Prevention and Safety Promotion.



Australian Defence Force: All-hours Support Line 1800 628 036

The All-hours Support Line (ASL) is a confidential telephone service for ADF members and their families that is available 24 hours a day, seven days a week. Designed as a triage line, the ASL is there to help you access ADF or civilian mental health services more easily and directly, including psychology, medical, social work, and chaplain services.

The ASL is provided by a very experienced outside agency that has been contracted by the ADF to provide this service. The company employs health professionals, predominantly nurses, psychologists, and social workers, as their operators and provides this type of service to a number of other government agencies and private companies in Australia and overseas.

The company's personnel have been trained on the issues that ADF members and their families face, and what services are most appropriate to assist them. When calling the ASL, you can expect a qualified, mental health professional, who has a good understanding of what is available to you.

To access the ASL, phone 1800 628 036

Australian Health Promotion Association (AHPA) AGM & Awards Night

Holyoake CEO Lorraine Keane accompanied the Prevention Team to the AHPA AGM and Awards Night, to receive their award for "Excellence in Health Promotion Practice", held at Curtin University.

The award recognising the work of the Prevention Team throughout the Wheatbelt region of Western Australia, including the Wheatbelt Suicide Prevention Project, the Wallet Card Project, Within REACH, "I Know What I Would Rather Be Doing" Don't Drink and Drive Sporting Round and many other projects coordinated and rolled out by Holyoake's Prevention Team.

Pictured L to R: Jo Woodruff, AOD Prevention; Lorraine Keane, Holyoake CEO; Jess Daniels, AOD Prevention; Jo Drayton; and Jordyn Drayton, Suicide Prevention.



campaigns

Your body
converts
alcohol to
a poison.

alcohol**thinkagain**



COMMUNITY
ALCOHOL & DRUG
SERVICE
WHEATBELT

YIRRA KOORL

looking forward

support services

Emergency: 000

Rural Link: 1800 552 002 (24 hours)

Grief, Loss & Separation Free Counselling – 9261 4444

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

QLife: 1800 184 527

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

LifeLine: 13 11 14 (24 hours)
www.lifeline.org.au
Text Service: 0477 13 11 14

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

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

Northam: 9621 1055

Victoria Park: 9416 4444

Narrogin: 9881 1999

Midland: 9274 7055

Merredin: 9081 3396

Freecall: 1800 447 172

YIRRA KOORL SUBSCRIPTION

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