

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - AUGUST 2025



PREVENTION WITH IMPACT, MEANING & PURPOSE ACROSS THE WHEATBELT REGION

Encompassing just under 190,000 sq kilometre, the Wheatbelt region is built on farming and agriculture by strong, resilient and diverse people. Prevention in mental health, suicide, and alcohol and other drug (AOD) harm minimisation needs to be as varied, equitable and different as our Wheatbelt communities themselves, shaped by local decision making, initiatives that meet the specific needs of individuals, families and communities.

Holyoake's Wheatbelt Prevention Team offers several evidence-based prevention initiatives to support communities throughout the region. From Community Wellbeing Plans in Northam, Boddington, Pingelly, Northam or Narembeen, or delivering targeted prevention workshops in schools to having a presence at Field Days, to developing co-designed localised awareness campaigns, and acknowledge two key partnerships, the stakeholders and organisations we work collaboratively with and the communities that we support.

Our team is proud of our strategic approach to co-design, especially with young people. Initiatives such as the Youth Health & Wellbeing Festival, Year 6 Resiliency & Wellbeing Forums, Wheatbelt Youth Voice Survey or the Brookton District High School Co-Design Project, all of which empower young people whilst providing education and information on safety, healthy lifestyles and wellbeing. We allow our young people to have their voice heard and valued.

Through the co-design of many of our initiatives, including the development of the 4ME & MEN EVERYWHERE Campaign with the men living and working in the Wheatbelt, our work further amplifies the power of regional individuals empowering and supporting others.

Equally important is our commitment to the delivery of education and training, in knowledge there is power and safety. Through training like Gatekeeper Suicide

editorial

Welcome to the second edition of Yirra Koorl for 2025!

August brings us into Djilba season (August-September), a transitional time of year where some very cold and clear days combine with warmer, rainy and windy days and the occasional sunny day or two.

As the days start to warm up, we start to see and hear the first of the newborns with their parents out and about providing them with food, teaching them tasks and protecting their family units from much bigger animals and people.

Traditionally, the main food sources included many of the land-based grazing animals including the yongar (kangaroo), waitj (emu) and koomal (possum).

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 (October-November).



Cover Story cont...

Prevention, Mental Health First Aid, Accidental Counsellor, AgriBalance or our youth and older adult focused sessions, Holyoake is building local capacity. Individuals across the Wheatbelt, teachers, parents, workers, sports coaches, professionals, paraprofessionals, and volunteers are learning skills to increase awareness, identify risk and how to safely support one another and importantly connect others to help.

During the first half of 2025, we have trained over 3000 people and delivered education across schools, workplaces and community groups.

While everything we do is guided by national and state evidence and best practice, we also recognise that our delivery must be flexible, relevant and responsive. We understand that what may work well in Merredin might need to look different in Moora, Narrogin or Northam. We also ensure that solution focussed, and strength-based approaches are embedded, we focus on what individuals and communities do well, where their strengths lie, and ensure that the initiatives we deliver value add and support their unique strengths.

But importantly, we know that none of this can be achieved in isolation. We're stronger when we work together. We recognise that no single organisation can meet all the needs across such a broad and diverse region and the Prevention Team are committed to working within strategically aligned networks that undertake mutually reinforcing activities. Through partnerships with Government and Non-Government organisations, schools, Aboriginal Community Controlled Organisations, health providers, LGA's and our local community champions, we're creating a safety network that embeds prevention from many angles. This collective impact approach allows everyone to contribute their strengths, avoids duplication, and ensure that prevention is felt in impactful, meaningful and sustained ways.

To everyone who we have collaborated with or worked alongside, we want to extend a heartfelt thank you. We are proud of the work we do, and will continue to do, and most proud to be doing it in the Wheatbelt.

Face-to-Face Training available in the Wheatbelt

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		
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/
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	1 Day	Facilitated by the Wheatbelt Suicide Prevention Coordinator.
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"> · Mental Health Literacy – Stress, Anxiety, Depression and Situational Crisis · Introduction to Suicide Prevention · De-Briefing · Professional Self Care Tips and Strategies · Language, Communication and De-Escalation Skills · Navigating Change and Uncertainty – with Clients and Organisations · Mentally Healthy Workplace · Burnout / Compassion Fatigue · Emotional Intelligence within the Workplace · Mental Toughness and its impact on Productivity · Development of a Workplace Wellbeing Strategy / Strategic Plan
Valuable Conversations: For reducing the impact of alcohol use during child-bearing years	2 days	Fetal Alcohol Spectrum Disorder (FASD) training (mhc.wa.gov.au)
FASD (Fetal Alcohol Spectrum Disorder) prevention with communities	1 day	Fetal Alcohol Spectrum Disorder (FASD) training (mhc.wa.gov.au)

*Please note this training is subject to facilitator availability and funding.



LGBTQIA+ Small Grants - Pride Foundation

The Small Grants program supports projects proposed by individuals and or organisations and or communities who would otherwise be limited by the constraints of other funding programs.

The maximum grant has been increased to \$1000 in 2022 and there will be more grants awarded (if successful) each round. The project needs to directly or indirectly assist, involve and benefit LGBTQIA+ people and promote positive social outcomes and mental health in the community.

The Pride Foundation welcome applications that are particularly creative and innovative, and those that are put forward by individuals, communities and organisations that have not received small grant funding in the previous 2 years. They also regard favourably projects that work as partnerships between individuals and organisations.

The Small Grants Program is open all year round with specific cut off dates throughout the year for assessment purposes. If an application is received after the cut-off date, they will be assessed in the next round.

- **Third round**

Funding priority to regional and rural communities

Opens 9am AEDT Monday 4 August 2025 and closes on 11:59pm AEDT Monday 17 November 2025.



More information can be accessed via the following link: [Pride Foundation – LGBTQIA+ Small Grants](#)

CBH – Grass Roots Community Grants



The CBH Grass Roots Community Grants program provides funding to support local projects in Western Australia's grain-growing regions.

Grants of up to \$10,000 are available for community events, while small-scale infrastructure projects can receive up to \$20,000. Projects must align with CBH's community values and be completed within 12 months.

Applications open twice a year, in February and August, with eligibility criteria for schools and shires.

More information and applications can be accessed via the following link: [CBH Grass Roots Community Grants](#).



Get Ready for FASD Awareness Month

September is FASD Awareness Month, and NOFASD Australia is encouraging communities to start planning ways to raise awareness of Fetal Alcohol Spectrum Disorder (FASD). Free resource packs are available, filled with ideas and materials to help educate others about FASD and its impacts.

You don't need to plan a big event to make a difference, simply displaying brochures at your local library or doctor's practice can help spread awareness. Every conversation helps build understanding of the daily challenges faced by people living with FASD.

This September, NOFASD will once again embrace the #RedShoesRock campaign, inviting people to wear red shoes to start conversations about FASD. Now is the time to check if your red shoes are ready or to pick up a pair ahead of September.

Order your free FASD awareness resource pack here:

[NOFASD Resource Pack](#)

Reference: NOFASD Australia, July 2025



Alcohol. Think Again – 'Amazing' Campaign

Launched on March 30, 2025, the 'Amazing' campaign by Alcohol. Think Again aims to raise awareness in Western Australia about the risks of consuming alcohol during pregnancy. It emphasises that there is no safe amount or time to drink alcohol when pregnant, and women who are pregnant or planning a pregnancy should not drink alcohol.

Key Messages:

- "Any alcohol you drink passes directly to your baby and can interrupt their development."
- Challenges the misconception that small amounts of alcohol during pregnancy are safe.

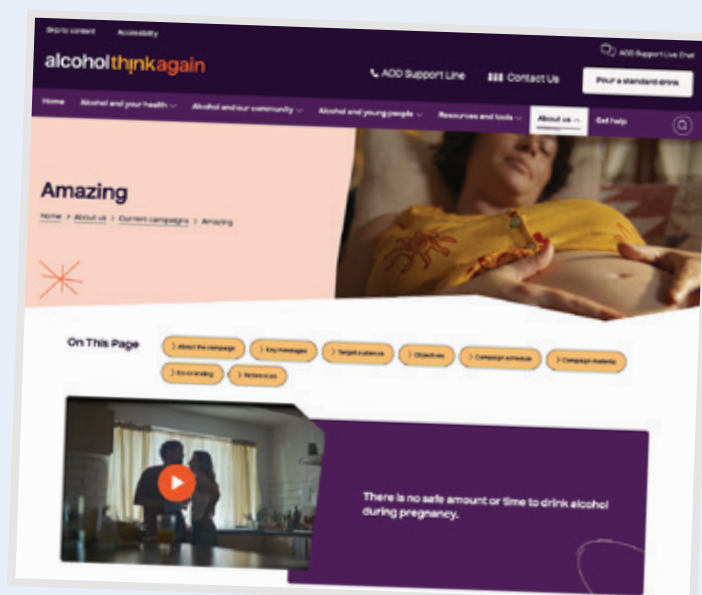
Campaign Objectives:

- Increase awareness that any alcohol use during pregnancy can result in lifelong harm to the baby.
- Decrease the belief that a 'small amount' of alcohol during pregnancy is acceptable.
- Encourage confidence in abstaining from alcohol during all stages of pregnancy and when planning a pregnancy.

Evidence Base:

Research indicates that alcohol use, even at low levels, can impact the development of an unborn baby. The risk of harm increases with the amount and frequency of alcohol consumed.

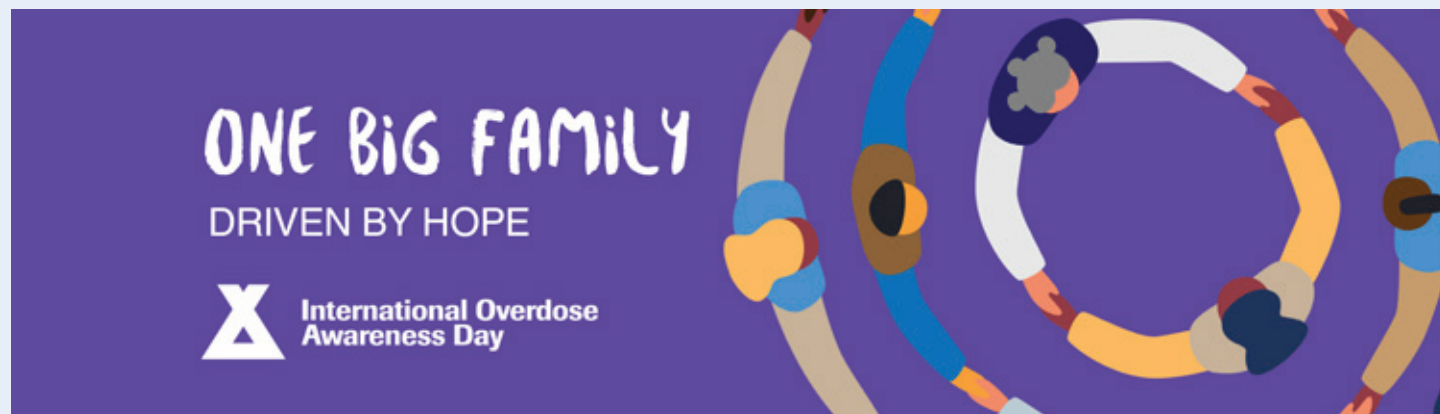
For more information and resources, visit the [Alcohol. Think Again website](#).





One Big Family, driven by hope: 2025 Overdose Awareness Campaign

Resources Available Now



International Overdose Awareness Day (IOAD) is observed annually on August 31 to honour those lost to overdose, support grieving families and promote overdose prevention. The 2025 campaign theme is “One Big Family: Driven by Hope”, emphasising collective action and compassion in addressing the overdose crisis.

Campaign Resources for 2025

The official website offers a comprehensive 2025 Campaign Kit, which includes:

- Social media graphics
- Poster templates
- Advocacy guides
- Letter-writing templates
- Event planning tips

Ways to Get Involved

- Host or attend an event: Organise or participate in local events to commemorate IOAD.
- Light up a landmark: Coordinate with local authorities to illuminate buildings or landmarks in purple, symbolising overdose awareness.
- Share on social media: Utilise the provided graphics and hashtags like #OneBigFamily and #DrivenByHope to spread the message.
- Educate your community: Distribute informational materials and engage in conversations about overdose prevention.

More information can be accessed via the following link:

[IOAD Campaign Resources](#)

Reference: *International Overdose Awareness Day, 2025*

Key Changes to FASD Assessment and Diagnosis Guidelines

The National Health and Medical Research Council has approved updated Australian clinical practice guidelines for the assessment and diagnosis of Fetal Alcohol Spectrum Disorder (FASD).

Distinguished Professor Elizabeth Elliott, Chair of FASD Hub Australia and Board member of NOFASD Australia, explains that these changes aim to improve how FASD is identified and diagnosed across different settings. This is important for parents, educators, clinicians, and people with lived or living experience, ensuring better understanding and support.

For a full summary of what's new, FAQs, and additional resources, visit: [NOFASD Diagnosis & Assessment FAQs](#)

Reference: *NOFASD Australia, July 2025*





Safer Travel: Staying Smart with Alcohol and Drugs Overseas



With international travel back in full swing, the ADF is reminding Australians to be cautious about alcohol and drug use abroad. Risks include methanol poisoning from contaminated or counterfeit spirits—especially in unregulated venues—and severe legal consequences for drug possession, even for small amounts or prescribed medications.

The ADF advises travellers to:

- **Plan ahead:** write down or save your accommodation's address and plan your route back. Check you have enough local cash for a taxi or ride share – cards aren't always accepted.
- **Know emergency contacts:** save local emergency numbers (find on [smart traveller](#) for your destination) and your travel insurance hotline number.
- **Set limits:** set how many drinks you plan to have and stick to it.

And while you're drinking, using drugs or partying:

- **Stick with friends:** alcohol and other drugs can stop you thinking clearly, so stay with trusted friends if they're travelling with you. Keep an eye on each other and have each other's back.
- **Watch for [drink spiking](#):** don't leave your drink unattended. Buy or pour your own drinks and avoid sharing. If someone offers to buy you a drink, go to the bar with them and watch the bartender make it.

- **Stay hydrated and eat beforehand:** you're less likely to be sick or have a bad time if you do.
- **Know the signs of [overdose](#) and how to respond:** call local emergency services if someone might be overdosing.
- **Avoid risky activities:** alcohol and other drugs affect your reflexes, response times and judgement, making activities like driving and swimming dangerous.^{12,13} Remember to also take safety precautions if you're a passenger – always wear a helmet on a bike and use car seatbelts.
- **Practice safe and consensual sex:** it's OK to say no to sex – pressuring someone else into having sex is sexual assault. And remember [alcohol and drugs affect consent](#). If you do decide to have sex, make sure to carry protection like condoms.
- **Be aware of your surroundings:** party venues overseas can have lower building safety standards – leave if the venue seems overcrowded or unsafe. Scams can also be common in tourist areas and might be harder to detect if you've been drinking or using drugs – find out what to look out for on [smart traveller's scam page](#).
- **Keep your valuables safe:** lock your passport securely at your accommodation. Only take essentials and always keep valuables on you. Wear bags in front and avoid using back pockets to reduce theft risk.
- **Trust your gut:** if a place, situation or person doesn't feel right, it's OK to leave.

For more detailed tips and emergency contacts, visit the full article: [adf.org.au/insights/safer-travelling-tips](#)

Reference: Alcohol and Drug Foundation, June 2025





Community Welcomes Rejection of More Alcohol Ads on TV

Community, health, and children's organisations have welcomed the Australian Communications and Media Authority's (ACMA) decision to reject proposed changes to the Commercial TV Industry Code that would have allowed more alcohol advertising on weekends, public holidays, and school holidays.

The proposal from Free TV Australia could have added over 800 hours of alcohol ads each year. ACMA said it was not satisfied the changes would protect the community and will review whether current restrictions on alcohol advertising, including during sports broadcasts, are adequate.

FARE CEO Ayla Chorley commended ACMA for prioritising public health, noting the decision reflects concerns about increased alcohol ads and their impact on families. Survivor advocate Kym Valentine said the decision could be life-changing for women and children affected by alcohol-related harm.



Research shows 90% of Australians were worried about the potential increase in alcohol advertising.

Reference: Foundation for Alcohol Research and Education, July 2025. www.fare.org.au

Understanding Inhalant Use Among Young People



The Alcohol and Drug Foundation (ADF) has published a new article exploring inhalant use among young Australians. Inhalants such as aerosols, solvents, nitrites, and gases are sometimes used by young people to achieve a quick 'high.' These substances are often easily accessible in household or retail products.

Recent data indicates that one in 5 high school students have tried inhalants at least once, with 7% reporting use in the past month. While experimentation is often short-term, young people facing disadvantage or trauma may be at higher risk of ongoing use or dependence.

Health risks associated with inhalant use include breathing problems, cognitive issues, organ damage, and, in severe cases, sudden death. All inhalants reduce oxygen supply to the body, which can lead to serious harm.

The ADF article also provides guidance on how to support young people who may be using inhalants and where to seek help.

Read the full article here: adf.org.au/insights/inhalants-young-people

Reference: Alcohol and Drug Foundation, May 2025



REFERRALS OPEN: Holyoake's Very Young Person Program

Holyoake's Very Young Peoples Program (VYPP) is the first of its kind offering a free comprehensive support system for young people aged 8-13 years living with their own alcohol or drug use.

The program is designed as an early intervention, so referrals do not require evidence of chronic use. Young people who are just beginning to experiment - such as with smoking or vaping - are also eligible. There is no waitlist, and we are actively seeking referrals.

Holyoake's VYPP aims to arm young people and their families with the tools and strategies needed for lasting positive change, all free of charge. The program concurrently provides support to family, offering free, separate counselling for parents or primary caregivers to help them support their child effectively.

The support system features:

- **Individualised Support:** Tailored sessions for the young person with

flexible delivery options including community outreach and telehealth.

- **Family Engagement:** Separate clinicians for the young person and the parent or caregiver to enhance feelings of confidentiality and safety, communication, emotional regulation, and parenting skills that foster a supportive home environment.
- **Holistic Interventions:** Focus areas include building motivation to change, coping with cravings, engagement in pro-social activities and building healthy relationships.
- **Community Integration:** Leveraging partnerships to provide seamless access to additional services and supports.

In-location sessions are delivered from Holyoake's Victoria Park office at 75 Canning Highway, Victoria Park. Free parking is situated at the rear of the building. Alternatively, sessions can be

delivered via telehealth for individuals located in the Wheatbelt.

VYPP - Creating a resilient and supportive community for our youth.

Refer Now via 08 9416 4444

or email referrals@holyoake.org.au



New Infographic: Exposing Tobacco and Nicotine Industry Tactics



To mark the 2025 World No Tobacco Day theme, *Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products*, a new infographic has been released.

The resource shares findings from Generation Vape's Wave 7 data, focusing on young adults aged 18-24. It highlights trends in tobacco and nicotine product use, the impact of industry marketing, and young people's experiences with addiction and quitting.

Key findings show that many young adults reported exposure to marketing tactics designed to make vaping and tobacco products seem appealing, despite health risks. The data also revealed that while a significant number had tried quitting, many felt dependent and found it difficult to stop.

View the infographic here: [Generation Vape Wave 7 Infographic](#)

Reference: Cancer Council NSW, May 2025



Nicotine Pouches: What You Need to Know



Nicotine pouches are small, flavoured bags containing nicotine, usually synthetic, placed between the lip and gum. Brands like Zyn® and Velo® are popular, and they're sometimes called "lip pillows" or "nicopods."

In Australia, nicotine pouches are only legal with a prescription for quitting smoking. They are not approved by the Therapeutic Goods Administration (TGA) and cannot be legally sold in stores. However, some are sold illegally online and in shops.

Health risks include short-term effects like increased heart rate, dizziness, nausea, and reduced appetite. Long-term effects on oral health are still unclear. Nicotine is addictive, and withdrawal can cause cravings, mood changes, and concentration difficulties. Accidentally swallowing a pouch can be dangerous.

People use nicotine pouches for relaxation, stress relief, or social reasons. Their use is growing among young people, partly due to appealing flavours and discreet use.

If you're concerned about nicotine use, help is available. You can contact your healthcare provider or call Quitline at 13 7848 (13QUIT) for support.

Reference:

Alcohol and Drug Foundation. (2025). Nicotine pouches in Australia. Retrieved from <https://adf.org.au/insights/nicotine-pouches-australia/>

Change in Patterns: Women and Alcohol and Other Drugs

Recent research shows that while men still use alcohol and other drugs (AOD) more overall, the gap is closing, especially among younger women who now have higher rates of illicit drug use than young men for the first time in decades.

Women often face more severe health impacts from AOD use and can experience unique barriers to getting help, such as stigma, fear of losing custody of children, and lack of services that consider their needs, like childcare or trauma support.

Women are also more likely to be affected by someone else's AOD use, including through family violence or caring for loved ones with AOD issues.

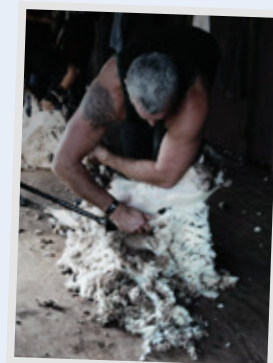
Addressing these challenges requires gender-sensitive approaches, supportive policies, and services designed to meet women's specific needs.

Read more: [Women and Alcohol and Other Drugs – ADF](#)

Reference: *Alcohol and Drug Foundation*, June 2025

Breaking the Drinking Culture in Shearing

A recent blog post from The Sharing Shed highlights growing concerns about the drinking culture within the shearing industry. Alcohol use has become deeply embedded in shearing workplaces, often seen as part of the job and social life. However, this culture can have serious impacts on workers' health, safety, and wellbeing.



There are concerns, particularly for shearers in the Wheatbelt, around mental health and alcohol and other drug use. The article calls for a cultural shift, encouraging leaders and workers to reflect on their habits, start open conversations, and support healthier choices to create a safer and more supportive industry for everyone.

The blog shares real stories from within the industry and emphasises the need for role models and strong leadership to help break the cycle of harmful drinking. It also suggests practical ways to change workplace culture and support workers to look after themselves and each other.

If you would like to read the full article, visit **The Sharing Shed blog: [Booze, Bullshit & Breaking the Cycle](#)**



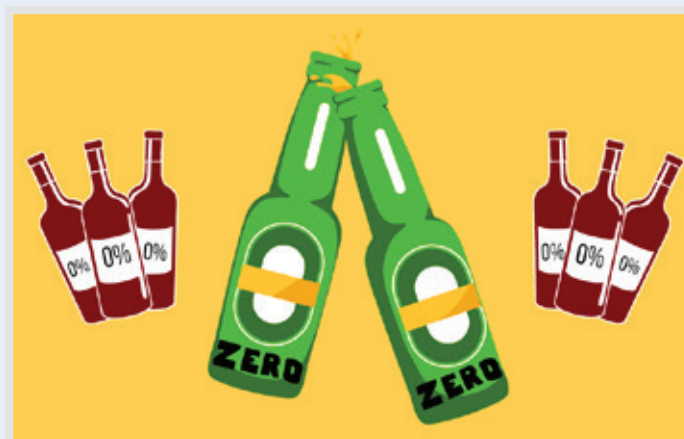
Zero-Alcohol Drinks: Hidden Advertising to Young People

New research has found that zero-alcohol drinks, those that look and taste like alcoholic beverages but contain less than 0.5% alcohol, may be acting as hidden advertisements to young people.

The study looked at how seeing ads for zero-alcohol drinks affects adolescents' views of alcohol brands. It found that when teenagers are exposed to these ads, they are more likely to see alcohol brands as appealing. Some even thought that the drinks were safe for underage consumption, which could normalise drinking behaviours from a younger age.

Researchers warn that because zero-alcohol drinks often share the same branding as alcoholic versions, they can slip through advertising regulations designed to protect young people. This means teenagers might be seeing more alcohol-related ads than we realise.

The study calls for stronger regulations around how zero-alcohol drinks are marketed to ensure young people are not targeted unintentionally.



Reference:

Jongenelis, M. I., & Pettigrew, S. (2025). Alcohol advertising in disguise: Exposure to zero-alcohol beverages and adolescents' perceptions of alcohol brands. *Drug and Alcohol Dependence*, 250, 110000.

Alcohol Industry Misleads with Health Claims, Says FARE Report

A recent report by the Foundation for Alcohol Research & Education (FARE) reveals that numerous alcohol companies in Australia and New Zealand are breaching the Food Standards Code by making prohibited health and nutrition claims in their marketing.

Despite regulations that prohibit such claims on alcoholic products, the report identifies instances where companies have used terms like "low sugar," "low carb," "with electrolytes," and "contains antioxidants" to promote their beverages. These marketing strategies are particularly concerning as they may mislead health-conscious consumers, especially younger individuals, into perceiving these alcoholic products as healthier choices.

The report also highlights shortcomings in the current regulatory framework, noting that enforcement actions are often delayed, allowing misleading claims to persist in the market. FARE calls for more robust and timely regulatory responses to ensure that alcohol marketing does not undermine public health objectives.

For more information and to read the full report, visit fare.org.au.



National Suicide Prevention Conference 2025



The National Suicide Prevention Conference 2025 (NSPC) at the Perth Convention & Exhibition Centre in May, drew over 900 delegates making it the largest NSPC to date, a 30% increase in attendance from the 2024 Conference.

Centred around the theme 'Together. Towards. Tomorrow', the Conference featured presentations from leading national and international suicide prevention experts, providing valuable opportunities to connect, reflect, collaborate, and celebrate the impactful work being carried out in suicide prevention across Australia.

Holyoake's Wheatbelt Suicide Prevention Coordinator, Jo Drayton, presented a breakout session on Community Wellbeing Plans (CWPs) on Day 2 and the "4ME & MEN Everywhere" campaign was awarded a Highly Commended in the Poster Presentation category, completing a remarkable trifecta following the awards success at the WA LiFE Awards in March, where the work of Jo and the team was recognised in both the "Communities in Action" and "Priority Populations" categories by Suicide Prevention Australia.

Save the Date: 2026 Conference, Sydney. 28 – 30 April.

Suicide Prevention Australia – Community Tracker

The Suicide Prevention Australia Community Tracker is a quarterly survey that sheds light on the prevalence of suicidal behaviours, which social and economic issues are driving distress and the impact of suicide in our community. It is designed to provide real-time, community- wide insights to policy makers, practitioners and the community, and to support suicide prevention activities across Australia.

Top Stressors in Australia:

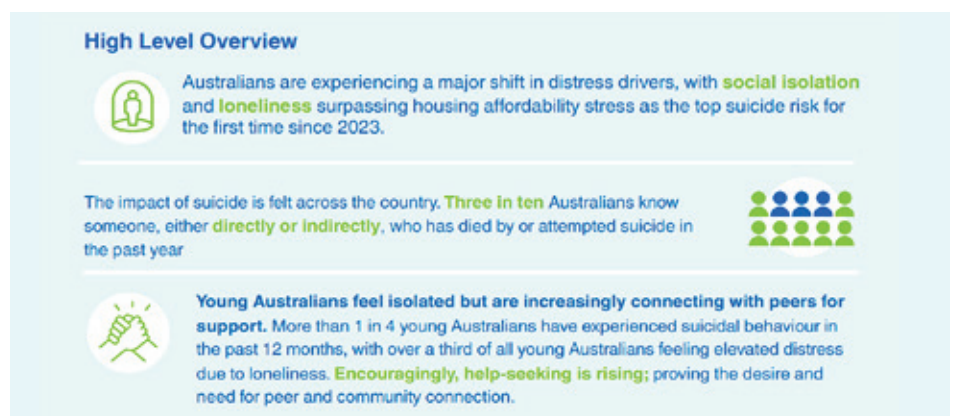
As economic stressors appears to have slightly eased, social factors climb the ranks with family and relationship breakdown, and social isolation and loneliness now the second and third

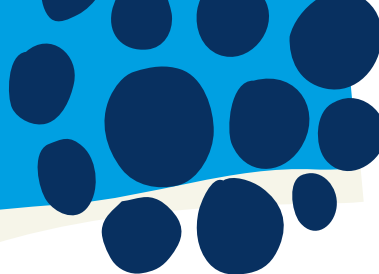
leading stressors - spotlighting a shift towards deeper social challenges impacting the nation. For the first time since 2023, social isolation and loneliness have surpassed housing

affordability as a cause of elevated distress for Australians.

The Community Tracker for June 2025 can be accessed via the following link:

[Community Tracker \(June 2025\)](#)





Emerging Minds: Individual and family factors associated with child mental health and wellbeing



Child mental health encompasses a child's emotional, social and psychological wellbeing (Emerging Minds, n.d.). Understanding what factors are associated with child mental health challenges or promote wellbeing is important for practitioners and services who work with children and families.

This understanding can help practitioners identify children in need of more support by indicating who may be at higher risk of developing mental health challenges or how best to respond to existing mental health challenges (Eriksson, Ghazinour, & Hammarström, 2018).

It can also provide opportunities to intervene early to prevent challenges arising (Eriksson et al., 2018). For example, programs and policies can be designed for children or their families that target these factors and consequently promote child mental health.

Children's mental health and wellbeing can be influenced by a range of factors relating to the characteristics of the individual child, their family and relationships, and the community and society that they live in (Eriksson et al., 2018).

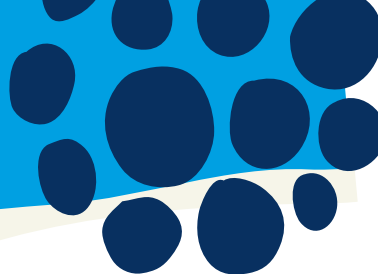
This resource summarises the evidence on the individual and family factors that research reviews have found are associated with child mental health outcomes and outlines related implications for practice. These are the factors that services working with children and families are most likely to influence and are also those that have been most extensively researched.

The article [Individual and family factors associated with child mental health and wellbeing](#) does not provide an exhaustive list of all factors associated with child mental health but instead focuses on those that are the most well researched and where the recent evidence is strongest.

An extract of Table 1 from the full article:

Individual Factors
Behavioural inhibition A personality or traits where a person is shy, fearful and avoids new things and situations.
Biologically male Having biological trait/s that indicate a person is male as opposed to female or other sex (e.g. intersex).
Callous/unemotional characteristics A pattern of behaviour that includes a lack of empathy, a lack of guilt and a manipulative use of others.
Excessive crying Intense, inconsolable crying episodes without any obvious cause during the first three months of life.
Preterm birth Born before 37 weeks' gestation.
Resilience Drawing on internal (e.g. personal strengths) or external (e.g. social support) resources to thrive and/or overcome adversity.
Self-regulation Ability to manage your own thoughts, feelings and behaviours.
Difficulties with sleep Low duration or quality (i.e. percentage of time in bed spent asleep) of sleep, or breathing difficulties during sleep.
Very low birth weight Weighing <1000g at birth.

Some emerging factors, or previously established factors that have not been included in recent reviews of the evidence, may not be covered in this article.



Emerging Minds: Individual and family factors associated with child mental health and wellbeing cont...



Family factors associated with child mental health

The term 'family factors' refers to the characteristics of the child's caregiver, such as their parenting skills, behaviour and health, as well as the family's functioning. This can also include the parent-child relationship and family conflict.

The extract of Table 2 from the full article shows family factors that have been identified in previous evidence reviews and their association with different child mental health outcome. Parenting skills, child maltreatment and childhood exposure to intimate partner violence are examples of factors that were associated with a range of child mental health outcomes in multiple evidence reviews. As a result, there appears to be stronger evidence for these associations.

Individual Factors

Behavioural inhibition

A personality or traits where a person is shy, fearful and avoids new things and situations.

Biologically male

Having biological trait/s that indicate a person is male as opposed to female or other sex (e.g. intersex).

Callous/unemotional characteristics

A pattern of behaviour that includes a lack of empathy, a lack of guilt and a manipulative use of others.

Excessive crying

Intense, inconsolable crying episodes without any obvious cause during the first three months of life.

Preterm birth

Born before 37 weeks' gestation.

Resilience

Drawing on internal (e.g. personal strengths) or external (e.g. social support) resources to thrive and/or overcome adversity.

Self-regulation

Ability to manage your own thoughts, feelings and behaviours.

Difficulties with sleep

Low duration or quality (i.e. percentage of time in bed spent asleep) of sleep, or breathing difficulties during sleep.

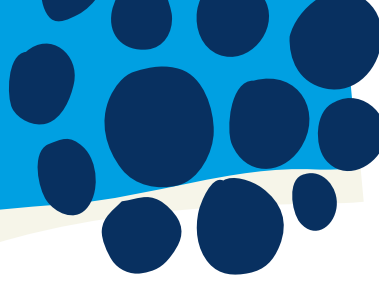
Very low birth weight

Weighing <1000g at birth.

These factors may be useful targets for interventions aiming to reduce child mental health challenges and improve mental wellbeing. They could also help practitioners and services identify which children and families may need additional support. In addition to the factors explored in this article, there are likely other factors that are less well-researched but may influence child mental health.

The full article can be accessed via the following link:

[Individual and family factors associated with child mental health and wellbeing](#)



Butterfly Foundation - The Changing Room - New Campaign for Women



Eating disorders and body dissatisfaction disproportionately affect women across all ages and stages. At the same time, research shows 25% of women find others' stories helpful for their own body image experience. The Butterfly Foundation's new campaign, The Changing Room, highlights these lifetime experiences with resources, tips, kindness and support.

The facts: Women and girls experience body dissatisfaction and eating disorders more than any other group.

- More than 1.1 million Australians are living with an eating disorder; and only a third (1 in 3) seek help
- Almost two thirds (63 per cent) of people with eating disorders in Australia are women and girls.
- Around 15 per cent of women will experience an eating disorder in their lifetime
- Women and girls are two times more likely to experience eating disorders than men and boys
- Women are more than twice as likely as men to have experienced binge eating in their lifetime (7.4 per cent compared with 3.0 per cent).
- Women and girls experience the highest levels of body dissatisfaction compared to males across all age groups
- Women consistently report higher levels of body dissatisfaction across all age groups.
- Among teenagers aged 15-17, nearly 40% of females and 24% of males report significant body dissatisfaction.

Our relationships with our body can often change over time

- While dissatisfaction with our bodies peaks in adolescence, it's a lifelong journey for a lot of women.
- Periods, puberty, pregnancy, breakdowns of relationships, and menopause/perimenopause are the main life events that women report as negatively impacting their relationship with their body.
- Over half of women (51%) said that periods, symptoms such as bloating and cramps, and other menstrual issues such as premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD) impacted how they felt about their body in a negative way
- Nearly 50% of women experience some level of body dissatisfaction during pregnancy
- The percentage of people who felt dissatisfied with their body doubled after giving birth
- Well over half (56%) of women experience some level of body dissatisfaction during perimenopause/menopause
- Nearly 1 in 10 (9%) of women said they avoided romantic relationships or physical closeness with a partner due to feeling negative about their body during menopause.
- The campaign materials and helpful resources can be accessed via the following link: [The Changing Room](#)

The University of Adelaide: Resilient Youth - State of the Nation Report 2024

This report provides a summary of mental, emotional, social and physical health amongst Australian school students in 2024. The Resilience Survey is a student voice instrument, meaning that data is collected directly from students in a manner that ensures their privacy and confidentiality. The survey is anonymous and non-identified, and responses are only reported in the aggregate. In this way, the Resilience Survey aims to elicit honest answers from students, empowering them to share responsibility for developing and enhancing their own resilience, mental health, and wellbeing.

The Resilient Youth: State of the Nation Report for 2024 has revealed that Australia's young people are still struggling from a mental health perspective.

However, for the first time since reporting began in 2019, student wellbeing has stabilised or slightly improved - breaking a worrying trend of year-on-year declines.

The report draws on data from more than 149,000 students

across 800 schools, highlighting the trends shaping mental health, learning engagement, and resilience nationwide.

The report can be accessed via the following link: [Resilient Youth - State of the Nation Report 2024](#)



New App for teens - ClearlyMe - developed by the Black Dog Institute

ClearlyMe® is an App designed for teens aged 12-17 who are experiencing depressive symptoms, psychological distress or in other words, going through a tough time.

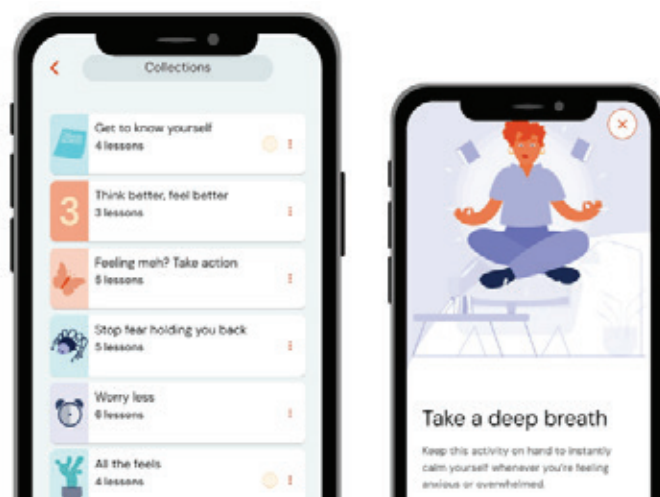
Based on Cognitive Behavioural Therapy (CBT), **ClearlyMe** gives coping strategies and tools to overcome negative thinking, low mood, difficulties relaxing and maintaining motivation. It has been created by teens - for teens and has brought together the best coping strategies and activities backed by science. Young people can complete the **ClearlyMe** collections or activities in any order, by themselves, or with the help of friends, parents/carers or mental health professionals

ClearlyMe can help young people to:

- Think and feel better when going through a tough time.
- Be the best version of themselves and get the most out of school and life.
- Get to know themselves through thoughts, feelings and actions.
- Feel less alone and know help is available.

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

More information can be accessed via the following link: [ClearlyMe® for Teens - Black Dog Institute | Better Mental Health](#)



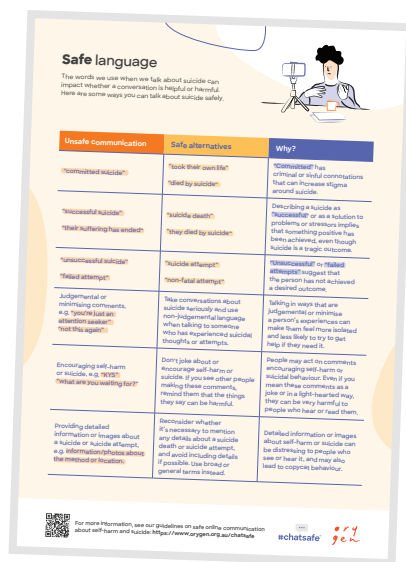
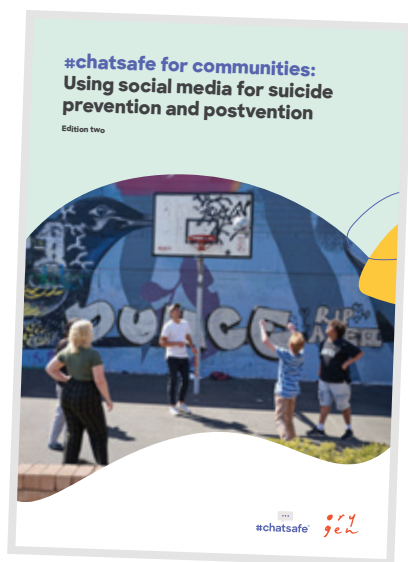
Beyond Blue Media Release: New data reveals people are highly distressed when seeking support



One in 5 people in Australia are experiencing significant impacts from mental health issues and a growing number are turning to people they know for support. A new report from Beyond Blue's landmark Australia's Mental Health and Wellbeing Check reveals the functional impacts of mental health issues in Australia. Trends in Mental Health and Support Seeking shows that almost one in three Australian adults are experiencing a social and emotional issue that is negatively impacting their daily activities.

The report can be accessed via the following link: [Beyond Blue - Australia's Mental Health and Wellbeing Check](#)

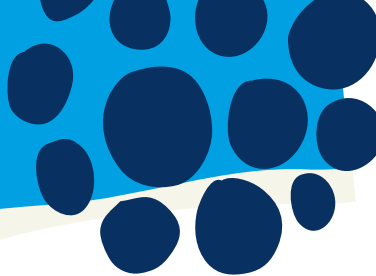
Oxygen: #chatsafe for communities - using social media for suicide prevention and postvention (edition two)



The Guide (developed specifically for professionals and volunteers) has been created from evidence utilising the #chatsafe guidelines, alongside consultation with suicide prevention and postvention experts across the country. It's geared to support mental health and suicide prevention services, Primary Health Networks and the wider community to plan prevention initiatives and navigate social media following a suicide in their community.

Additional resources will be available in different languages and dialects after consultation with relevant communities.

The Guide, as well as supporting posters, handouts, and social media posts can be accessed via the following link: [#chatsafe for Communities](#)



Vaping and mental health are closely linked. That can make quitting even harder



o ARTICLE (unedited) IS PROVIDED COURTESY OF
GENERATION NEXT – compiled by Joshua Trigg, *Flinders University*; Anthony Venning, *Flinders University*; and Lavender Otieno, *Flinders University*

Vaping is in your news feed for its regulation, impact on public health and effects on young people.

So with growing awareness of the effects of vaping on health plus recent reforms to limit availability of vapes to pharmacies in Australia, many people will be thinking about quitting. They will also need support to do so.

That's partly because so many vapes contain nicotine. Some 73% of Australians who currently vape said their last vape contained nicotine. This tends to be high-strength nicotine.

Mental health is another factor closely linked to vaping – whether people with mental health symptoms are likely to start vaping in the first place, how they fare when vaping, and whether they need additional support when trying to quit.

Here's what we know about how mental health is connected to vaping and where to go for support to quit.

How are mental health and vaping linked?

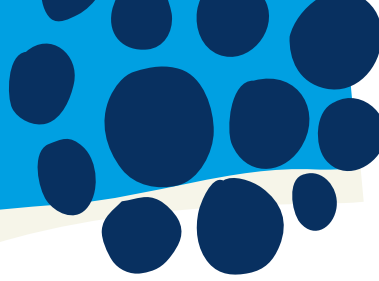
An estimated 4.3 million Australians reported a mental health problem in the past 12 months. This includes anxiety and mood disorders (such as depression), which typically begin in adolescence to early adulthood.

We know vaping and mental health (including anxiety and depression) are linked. People who vape frequently are twice as likely to have a depression diagnosis compared with people who have never vaped.

Australia's National Drug Strategy Household Survey also shows people with more mental distress related to anxiety and depression were four times as likely to have vaped than were those with low distress.

And for those already with a mental health problem, vaping is related to worse depression symptoms and physical health.

The relationship between nicotine-containing vapes and mental health is complicated. People in mental distress can be more likely to start vaping and people who vape are more likely to have mental health problems. What this doesn't tell us is which comes first. So we need longer-term studies to find out more.



Vaping and mental health are closely linked. That can make quitting even harder cont...

What about self-medicating with vapes?

Some people link using nicotine-containing vapes with managing mental health or stress. For instance, in an Australian survey including questions about the expected benefits of vaping:

- 61% of young adults who vaped feel it helps people calm down when tense or stressed
- 57% said it cheers people up when in a bad mood
- 50% said it helps people feel better if they've been feeling down.

In other studies, people who vape say it can be a way to address anxiety, depression or stress.

But rather than addressing these symptoms, vaping can increase them.

For instance, a study in the United States found vaping dependence was linked with increased symptoms of depression. We also know from smoking research that quitting can improve mental health.

Does mental health affect quitting?

The evidence related to mental health outcomes from vaping is in its early stages. And if people have a mental health condition, what this means for quitting is under-researched.

But we know stigma plays a role in both experiences of mental health and addiction, which may make asking for help to quit even more difficult.

We also know having a mental health condition can increase the odds of relapsing after trying to quit vaping.

So what works to quit?

We have little evidence and guidance for the best way to support people who vape to quit, generally. There's even less evidence on how to support people with mental health conditions to quit.

There are quit vaping programs for people with mental health conditions. And as receiving mental health support does boost the odds of success in quitting tobacco smoking, this may also hold promise for quitting vaping.

Although the evidence is still growing, experts recommend quit plans consider someone's severity of mental illness, the impact of nicotine use and withdrawal, and whether medications for their mental illness interact with ones used to help them quit vaping.

Cognitive behavioural therapy is a type of psychological therapy that looks at how thoughts, behaviours and emotions are connected. This is an effective approach to support people to quit smoking and its principles can be combined with quit medications to help people quit vaping. People with a mental health condition who vape can be offered cognitive behavioural therapy to help them quit, though specific evidence is still needed to show how well this works.

Psychologists and counsellors can also use motivational interviewing to highlight discrepancies between someone's actions and values. For instance, this might be used to highlight the discrepancy between someone who wants to be healthy for their family (their value) but who vapes regularly (their action). This, combined with education, may motivate people to act and see a future without vaping.

Health providers and counsellors can offer brief advice on how to quit, extrapolating from what works for quitting smoking. Services such as Quitline can also help mental health providers deliver quit support.

How do I find out more?

If you or someone you know wants to quit vaping, whether there are mental health concerns or not, resources include:

- My QuitBuddy app
- Quitline or 13 7848
- Kids Helpline or 1800 55 1800
- 13YARN or 13 92 76
- Headspace or 1800 650 890
- ReachOut
- Beyond Blue or 1300 22 4636
- Head to Health or 1800 595 212.

Preventing Suicides of First Nations people – A new report

The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention has partnered with the Australian Institute of Health and Welfare to publish the paper, [Preventing suicides of First Nations people](#). The release of this paper is significant as Aboriginal and Torres Strait Islander people have had a suicide rate more than double that of non-Indigenous Australians since 2019.¹ Suicide is also the fifth leading cause of death among Aboriginal and Torres Strait Islander peoples in Australia across all age groups, and the leading cause of death in children and young people.

The new paper, [Preventing suicides of First Nations people](#), provides examples of SEWB programs that use the principles described in the ATSIPEP report. For example,

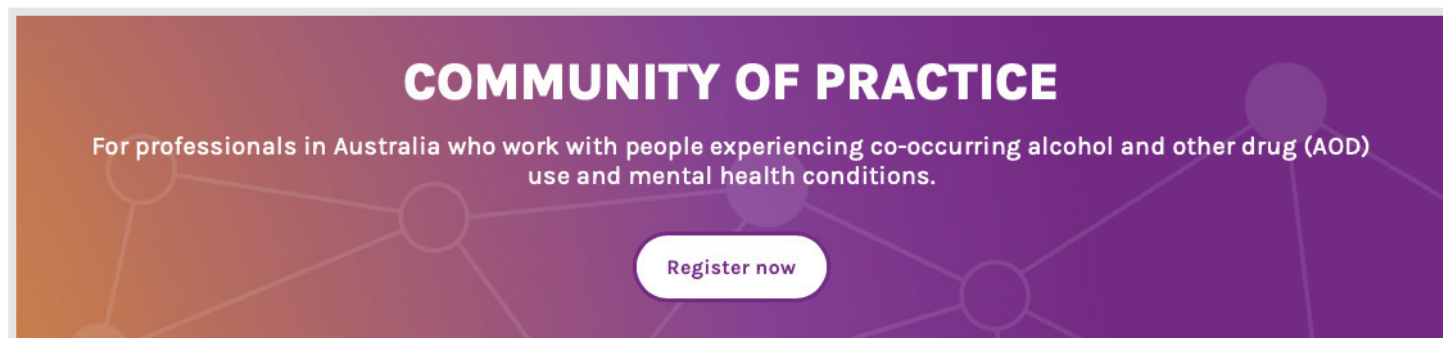
the Culture Care Connect aftercare program developed and delivered by the National Aboriginal Community Controlled Health Organisation. The report also identifies vulnerable groups at higher risk of suicide, including First Nations young people, people in detention, and people who identify as LGBTQIA+, emphasising the need to develop specialised suicide prevention interventions to meet their specific needs.

The report can be accessed via [Prevention suicides of First Nations people](#) and a full list of publications/resources can be sourced via <https://www.indigenoussmhspc.gov.au/publications>





New Online Hub for AOD & Mental Health Professionals



The Guidelines team have launched a new online Community of Practice; designed for professionals in Australia who work with people experiencing co-occurring alcohol and other drug (AOD) use and mental health conditions. The Community of Practice serves as a platform where members can make connections, access valuable

evidence-based resources and engage and collaborate with other professionals to enhance their practice, and ultimately positively impact the health outcomes of people who experience these co-occurring conditions.

The hub can be accessed via the following link:
[Community of Practice](#)

Butterfly: BodyKind Youth Survey 2024 Findings

Butterfly Foundation's BodyKind Youth Survey 2024 findings have been released providing a nationwide snapshot of body image of young people in Australia aged 12 to 18 years.

Body dissatisfaction is shaping young people's everyday lives, particularly in school environments, where over three-quarters of students report being subject to appearance-based teasing.

For many, body image issues interfere with their education: from hesitating to raise their hand in class or focusing on schoolwork, to avoiding school altogether. Alarmingly, one in 5 say body dissatisfaction frequently impacts their school attendance. Body dissatisfaction is also a leading risk factor in the development of eating disorders.

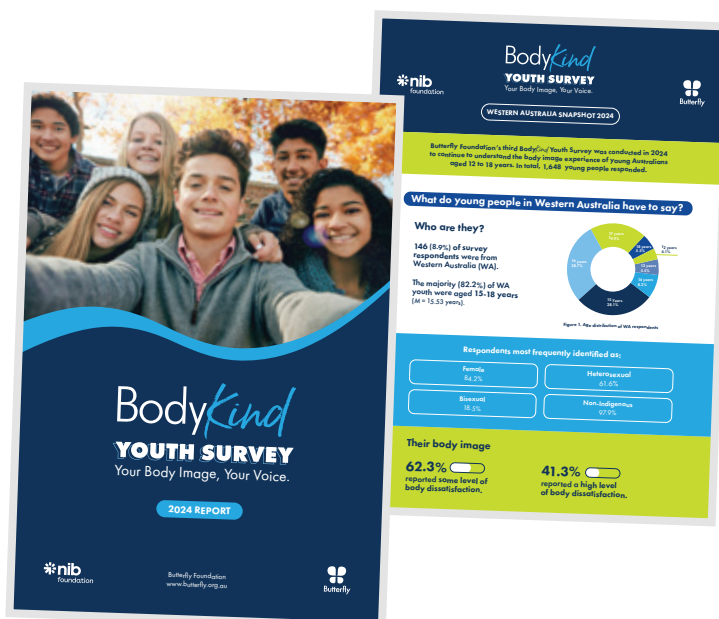
Western Australia Findings Snapshot:

- 62.3% of young people reported some level of body dissatisfaction.
- 94.9% of young people reported some level of concern about their body image - 83.1% desired to be thinner/leaner and 68.5% desired to be more muscular.
- 87% of young people reported receiving negative comments or being teased about their appearance, with this mostly frequently happening at school (80.9%).
- 46.2% of young people reported a high level of disengagement from giving an opinion or standing up for themselves.

- Nearly 1/3 reported a high level of disengagement from raising their hand in the classroom and focusing at school, and a quarter from going to school.

The full report can be accessed via the following link:
[BodyKind Youth Survey Findings 2024](#)

The WA Snapshot can be accessed via the following link:
[BodyKind Youth Survey Findings 2024 - WA Snapshot](#)





MindSpot Online Treatment - Sleep Course

The MindSpot Sleep Course is an online treatment course designed to help you understand how sleep works and learn practical, evidence-based skills to improve your sleep.

Why sleep and mental health go hand-in-hand

Sleep affects how we think, feel, and cope. And when sleep's off, everything can feel harder.

For some people, poor sleep is one of the first signs of stress, burnout, anxiety, or low mood. For others, poor mental health and difficulties coping make it harder to get good sleep - worrying about sleep, feeling anxious at night, or struggling to relax even when they're exhausted. And for others, long-term difficulties with sleep and its impacts have understandable impacts on how they feel and their mental health.

The Sleep Course is recommended for people who:

- Are 18 years of age or older.
- Are Australian residents.
- Struggle to fall asleep or stay asleep.
- Feel tired and unfocused during the day despite spending enough time in bed.
- Find themselves caught in cycles of worrying about sleep.
- Want to understand the science behind sleep while learning practical strategies to improve sleep quality.
- Have time to spend working on the course and practising the skills.

The Sleep Course combines decades of sleep research with practical skills that can help you with falling asleep faster, increasing your sleep duration, improving your daytime energy, and breaking the cycle of sleepless nights.

Rather than quick fixes, this course helps you build sustainable sleep habits through gentle, consistent practice. While lasting change takes time, our approach provides practical tools for meaningful, long-term improvements.

Key Details

Duration: 8 weeks

Format: Online, self-paced with optional weekly therapist check-ins

Support: Regular guidance from specially trained mental health professionals

Who it's for: Anyone who has been struggling for a while with falling or staying asleep, experience daytime fatigue,

worry about their sleep quality, and are looking for practical skills to improve sleep quality and overall wellbeing.

This course helps you understand those patterns, break the cycle, and develop habits that support both your sleep and your wellbeing.

What you'll learn:

- Understand how sleep works and how your body and brain regulate sleep cycles.
- Effective techniques to improve sleep quality and establish good sleep patterns.
- Strategies to manage sleep-related worries and unhelpful thinking habits.
- Practical methods to reduce daytime fatigue and improve focus and productivity throughout the day.
- Skills to identify and address environmental factors affecting your sleep.

In addition to the online lessons, the course includes DIY exercises for daily practice, real-world stories and examples of how others have learnt to improve their sleep, and additional resources for specific challenges. With therapist support throughout, you'll be guided through making small, sustainable changes that add up to significant improvements in your sleep quality and overall wellbeing.

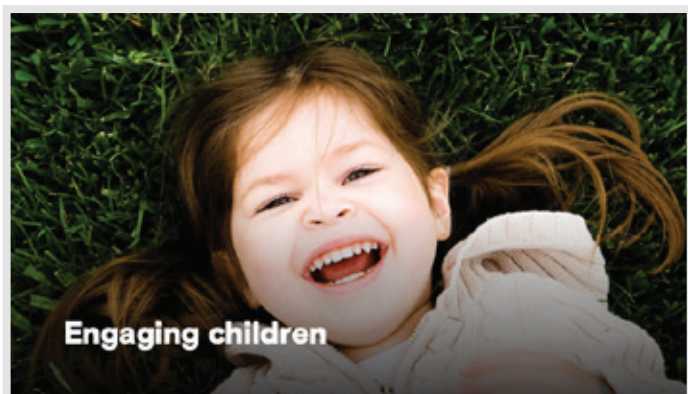
Complete the free, online psychological assessment to enrol:

[Online Assessment](#)





Emerging Minds' new Engaging Children Learning Pathway



Engaging children as partners in practice helps ensure children's voices, experiences and knowledge are valued in practice settings. Collaboration between practitioners and children lays a solid foundation for responding to child mental health concerns.

Emerging Minds has developed a series of free online courses packed with ideas, skills and strategies to help create meaningful and effective partnerships between children and practitioners.

Learning outcomes

The courses in this pathway are designed to be completed in full or for you to dip in and out on a skill-by-skill basis. Learning outcomes include:

- understanding the meaning of 'engaging children as partners in practice' and why it is important for children, families, communities, practitioners and organisations
- how to collaborate with children throughout your work together
- how to begin conversations with children about their strengths, skills and know-how
- how to begin and utilise conversations with parents about the child's strengths and skills and know-how
- how to respond when children say very little
- how to respond when it seems the session is not going well
- how to respond collaboratively when parents and children bring different descriptions of problems
- ensuring problems are understood in the social context of children's lives as a way to lessen experiences of shame
- how to enable children to describe their views on how

problems are impacting on their lives

- how to enable children to describe the limits of a problem's impact on their lives, so that their strengths, skills and know-how can be explored
- intentionally creating a child-friendly, welcoming physical space
- deciding whether to meet with children and parents separately, together, or a combination of both
- talking about your role and the purpose of the consultation in ways that resonate with children
- talking with children about privacy and confidentiality; and
- exploring children's experience of safety and engage in safety planning with children.



The free online learning can be accessed via the following link:

[Emerging Minds Learning - Engaging Children](#)

SANE: Shoulder to Shoulder digital community for veterans and families

Powered by SANE and funded by Open Arms - Veterans & Families Counselling



Shoulder to Shoulder is a supportive, peer-led community that's free to join, anonymous, professionally moderated, and accessible 24/7 and on any device.

Take it at your own pace. Join a discussion or start new one, participate in community webinars, access information and resources to support your mental health and wellbeing, or just visit from time to time. The community is there to support you on your terms.

Shoulder to Shoulder can be accessed via the following link:

[Shoulder to Shoulder](#)

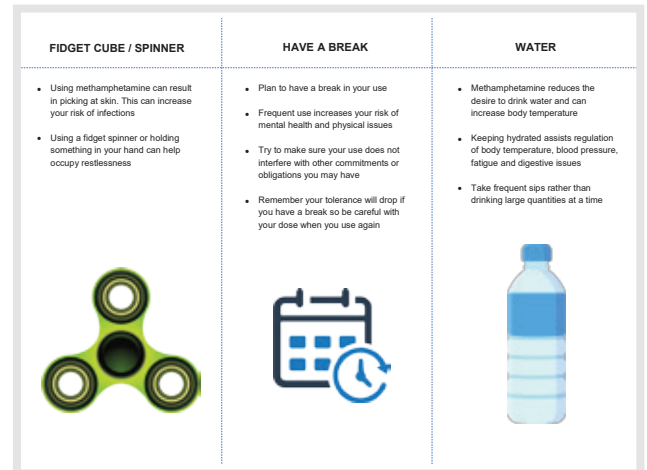
Harm Reduction for Methamphetamine Prompt Cards

Insight Queensland has released a set of **Harm Reduction for Methamphetamine Prompt Cards**, designed to assist health and community workers in providing harm reduction advice to individuals who use methamphetamine. These cards serve as practical tools to facilitate conversations about safer practices, aiming to reduce potential harms associated with methamphetamine use.

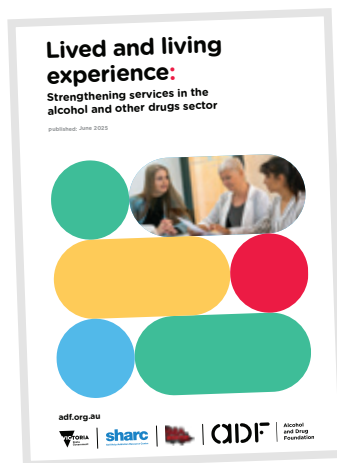
The prompt cards are part of Insight's broader **Meth Check** toolkit, which offers a range of resources including eLearning modules, videos, and booklets, to support professionals working with people who use methamphetamine.

For more information or to access the prompt cards, visit: insight.qld.edu.au/shop/harm-reduction-for-methamphetamine-prompt-cards.

Reference: Insight Queensland, February 2024



New Resource: Strengthening Services with Lived and Living Experience



A new resource has been launched to support greater involvement of people with lived and living experience (LLE) in the alcohol and other drugs sector. Developed by the Alcohol and Drug Foundation in collaboration with SHARC and Harm Reduction Victoria, and supported by the Victorian Government, the resource explores how LLE can

improve outcomes across health and social supports.

It outlines what LLE is, the roles of people with this expertise in Australia, and how their knowledge can shape strategy, policy, research, education, leadership, and service delivery.

For more information and to access the resource, visit: cdn.adf.org.au/media/documents/MB_Lived_and_Living_Experience.pdf

Reference: Alcohol and Drug Foundation, July 2025

New Alcohol Resource for Older Adults



Injury Matters has released a new resource to support older adults in understanding the impacts of alcohol on their health. As we age, our bodies process alcohol differently, increasing the risk of falls, memory loss, sleep problems, incontinence, and other injuries. Long-term alcohol use can also contribute to cancer, heart disease, dementia, diabetes, and mental health concerns.

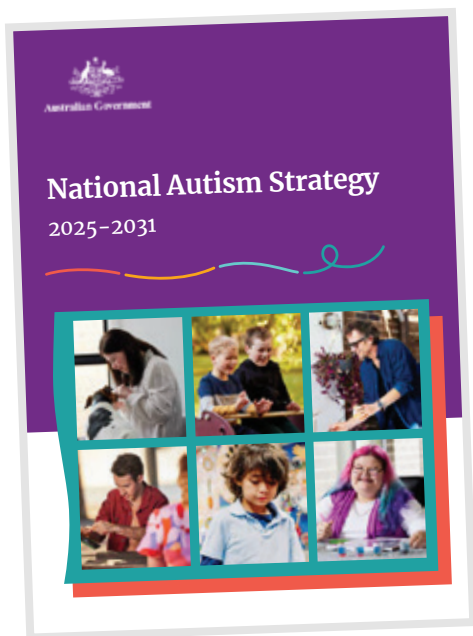
The resource shares practical tips to reduce alcohol intake, such as choosing alcohol-free alternatives, keeping less alcohol at home, enjoying social activities without alcohol, and having alcohol-free days each week.

For more information, visit www.injurymatters.org.au and view the resource here: [Older Adults Alcohol Resource - Orangedox](#)

Reference: Injury Matters, 2025



Release of the first National Autism Strategy



The Australian Government launched Australia's first National Autism Strategy and Action Plan that will, for the first time at the Commonwealth level, drive a coordinated national approach to breaking down barriers to inclusion and improving the evidence, understanding and acceptance around autism.

The Strategy was developed with the guidance of the National Autism Strategy Oversight Council and involved extensive consultation with Autistic people, their families and carers, and the broader autism and disability sectors, researchers and experts.

The Strategy and Action Plan focuses on four key outcome areas that will help guide strategies and solutions to help overcome the unique barriers and challenges Autistic people face. These include:

- Social inclusion;
- Economic inclusion;
- Diagnosis, services and supports; and
- Health and mental health

The strategy can be accessed via the following link: [National Autism Strategy 2025-2031](#)

The action plan can be accessed via the following link: [National Autism Strategy First Action Plan 2025-2026](#)

New Webinars: How Reducing Alcohol Can Prevent Cancer

Alcohol consumption remains a major public health concern because it is known to increase the risk of several cancers, including mouth, throat, voice box, oesophagus, liver, bowel, and breast cancers. The International Agency for Research on Cancer (IARC) classifies alcohol as a Group 1 carcinogen, meaning there is strong evidence it causes cancer in humans.

To help share the latest research, the World Health Organisation (WHO) and IARC are hosting a free webinar series to discuss their new findings from the IARC Handbooks of Cancer Prevention. The recent volumes show that reducing or stopping alcohol consumption can lower cancer risk, and that strong, evidence-based policies can prevent alcohol-related harms in the community.

The webinars will cover:

- The science linking alcohol and cancer
- Policies that work, including alcohol taxes and pricing, limiting when and where alcohol is sold, and banning or restricting alcohol advertising
- Practical ways communities and policymakers can use this information to protect health.

Webinar schedule:

- Availability policies – regulating access: 3 September 2025
- Marketing bans – advertising and alcohol consumption: 24 September 2025

Each webinar runs for 60 minutes, includes expert presentations and discussions, and is recorded for later viewing.

To find out more and register, visit: [WHO Europe Alcohol and Cancer Webinar Series](#)





Cancer Council: Give yourself the best chance by finding cancer early



Cancer Council WA relaunched the 'Give yourself the best chance' campaign, which features two regional West Australians, Cherie Slater and Damien Healy, who generously and bravely shared their stories to raise

awareness of the importance of early diagnosis and the three most urgent symptoms of cancer (**blood in pee, blood in poo** and **coughing up blood**).

The campaign motivates regional people over 40 to give themselves the best chance to find cancer early by going to see a doctor, clinic nurse or Aboriginal health worker straight away if they have symptoms, so that treatment is easier, and they can be around longer for family and friends.

Give Yourself the Best Chance television advertisements will run from July 2025 to June 2026 across regional (GWN and WIN) and Aboriginal (NITV) television stations and catch-up TV and will be complemented by advertising

on regional Aboriginal radio stations (Coolari, PAKAM, Radio MAMA, Ngaarda, 6PAC, NG Media and 6WR), Facebook and YouTube.

If you are over 40 and you've been diagnosed with prostate, breast, lung, bowel or skin cancer and are also willing to share your story, we invite you to contact our Find Cancer Early Senior Coordinator at findcancerearly@cancerwa.asn.au or call 08 9382 9354.

For more information about cancer symptoms, visit: www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.

New Posters Encourage Inclusive Language to Reduce Stigma

The Alcohol and Drug Foundation (ADF) has released a new series of downloadable posters aimed at reducing stigma around alcohol and other drug (AOD) use. These resources promote inclusive, person-centred language to foster supportive conversations and environments.

The poster series includes:

- **"See the person, not the stigma"** for general audiences, offering suggestions to reduce stigma in everyday conversations.
- **"Worried about someone who uses alcohol or other drugs?"** for family and friends seeking to support someone they care about.
- **"Stigma in healthcare settings"** for healthcare professionals aiming to reduce stigma in their practice and workplace.

Stigma can prevent individuals from seeking help or delay them from getting the support they need. By using welcoming and inclusive language, we can reduce

the impact of stigma and encourage people to access necessary services.

Download the posters and learn more at: [Stigma posters - Alcohol and Drug Foundation](http://Stigma%20posters%20-%20Alcohol%20and%20Drug%20Foundation)

Reference: *Alcohol and Drug Foundation, June 2025*





The Wheatbelt District Leadership Group recently endorsed the Living Well in the Wheatbelt Strategy: Towards 2035 and Beyond

The development of this comprehensive 10-year strategy began almost two years ago commencing with the development of a comprehensive Community Needs Assessment (CNA) informed by data and perspectives from all DLG agencies, multiple community and agency engagement sessions to hear the voices from community and diverse human services sector, two Pulse of the Wheatbelt surveys and reviewing contemporary service delivery models, policy and literature. The Living Well in the Wheatbelt's long term vision, objectives, actions and short-term priorities were developed using the CNA findings on the wellbeing, socio-economic and health needs of the Wheatbelt community. The strategy reflects community needs ensuring that all residents of the Wheatbelt can Start Well; Grow Well; Live Well; and Age Well in the region.

Priority Outcome Working Groups have been established and Chairs are working with members of the Wheatbelt Human Services Managers Forum to develop action plans to collectively implement identified key priorities for the next 2 years. Progress will be monitored by the DLG and the Strategy will work on a flexible and phased approach to ensure it remains responsive to new priorities and challenges faced. The Wheatbelt DLG encourages you to share the Living Well in the Wheatbelt Strategy with your staff and networks and welcomes other agencies referring to and applying the actions in the strategy, to their agency and local planning. Living Well in the Wheatbelt is the first unified, long-term strategy by human services organisations across the region and reflects a commitment to shared responsibility and collective action for the wellbeing of all residents.

The below outlines the priority areas for 2025 through to 2027:

Living Well in the Wheatbelt

Towards 2035 and Beyond

Developed by the Wheatbelt District Leadership Group, Living Well in the Wheatbelt provides a roadmap to address the unique challenges faced by the region through targeted priority actions.

Who We Are
The Wheatbelt District Leadership Group (DLG) is a formal collective of regional leaders from human service agencies.

The DLG exists to deliver innovative, sustainable and culturally informed place-based solutions to challenges in our region, guided by key national and WA strategies and Closing the Gap priority reform areas.

Our Vision
Individuals and families in the Wheatbelt are empowered to thrive and participate in their communities, education, work and life.

Our Mission
To achieve better outcomes for all Wheatbelt communities by collaboratively leading and delivering culturally safe, innovative and sustainable place-based solutions to priority issues and challenges.

Our Principles

- Equity
- Inclusion
- Access
- Cultural Safety and Governance
- Collective Impact

Making this Happen
We will track our progress, achievements and success indicators through a monitoring dashboard and yearly report card.

- District Leadership Group**
Two yearly implementation action plans
- Human Services Managers Forum**
Collaborative Priority Area Working Groups to develop and implement action plans
- Priority Area Working Groups**
 - Supporting People Living in Poverty
 - Thriving Children, Students and Young People
 - Addressing Mental Health, Suicide, Alcohol and Drug Use
 - Safe Homes and Families
 - Ageing Well and in Place
 - New DLG Priorities

Starting Well | Kwoba Moolyakiny
Families are strong, and children are healthy, safe and ready for school.

Growing Well | Kwoba Maladjiny
Children and young people thrive in education and training.

Living and Working Well | Kwoba Nyinyiny wer Yakany
Adults have good health, wellbeing and can access work and local services.

Ageing Well | Kwoba Koorakoriny
Senior citizens and Elders live and age in-place in supportive, connected communities.

Priority Actions 2025-2027

<p>1 Develop Child and Family Hubs Establish 'one stop' hubs where parents and their young children can access various services.</p>	<p>1 Support School Programs and Events Deliver Back-to-School events, promote movement skills programs, and provide education on vaping, drug use and mental health.</p>	<p>1 Support At-Risk Adults Expand Ranger programs, develop apprenticeships and traineeships for youth and map emergency relief services.</p>	<p>1 Develop Community Transport Solutions Create a transport options paper and advocate for a WA regional community transport strategy.</p>
<p>2 Expand Early Childhood Programs Establish playgroups, strengthen Wheatbelt Early Years Networks and advocate for more childcare places.</p>	<p>2 Develop Alternative Education Pathways Create models for alternative education and training for at-risk Year 7-9 students.</p>	<p>2 Promote Community Connection Increase opportunities for social connectedness, cultural celebrations, and volunteering.</p>	<p>2 Supportive Communities for Seniors Plan for aged-friendly communities, senior accommodation options and increase awareness of Elder abuse.</p>
<p>3 Strengthen Parenting and Child Health Services Secure funding for a Parenting Support Program and increased paediatric services.</p>	<p>3 Deliver Cultural Wellbeing Initiatives Provide on-country cultural immersion programs for Aboriginal youth.</p>	<p>3 Enhance Health and Housing Services Advocate for better access to GPs, allied health, maternity, surgical, mental health and detox services and secure funding for family and domestic violence perpetrator housing.</p>	<p>3 Promote Social Connectedness Deliver activities that enhance social and intergenerational connections among community members.</p>
<p>4 Enhance Community Resources Establish foodbanks initially in larger towns and improve parks and playgrounds.</p>	<p>4 Support At-Risk Children, Youth and Families Develop culturally safe support services and systems for families and children, promote cross agency collaboration, the 16 days in WA FDV campaign and Community Wellbeing Plans.</p>	<p>4 Address Emerging Issues Provide education on vaping and smoking for pregnant women and implement wellbeing activities for the human services workforce.</p>	<p>4 Increase the Aboriginal Workforce Enable opportunities for local Aboriginal people to join the Aged Care support workforce.</p>

The Wheatbelt District Leadership Group (DLG) is the formal collective of regional human service agency leaders, including representatives from Ballardong, Yued and Gnaala Kaala Bojja Aboriginal Corporations, Chair of the Wheatbelt Human Services Managers Forum, Department of Communities, Department of Education, Department of Justice, Department of Local Government, Sport and Cultural Industries, Local Government Zone representatives, Western Australia Country Health Service, Western Australia Police, and the Wheatbelt Development Commission.

For contact details or to request a copy of the full Living Well in the Wheatbelt strategy, please email wheatbeltdlg@communities.wa.gov.au or wbhealthpromotion@health.wa.gov.au

NAIDOC Week



In celebration of this year's NAIDOC Week, themed The Next Generation: Strength, Vision & Legacy, Holyoake's Wheatbelt Prevention Team were invited in by the Noongar LOTE Teacher at Wagin District High School to facilitate a NAIDOC activity for years 4 – 10 students.

Young leaders came together to create weaved art pieces using fabric, yarn, and native flora from Wilman Country,

with the students telling stories through their artwork, reflecting their shared future, the strength of culture and the wisdom of their local Elders.

The art pieces will be displayed throughout the school as a lasting reminder for students to come together as future leaders, carrying forward the legacy of those who have walked before them.

Year 6 Forums in Merredin, Moora, and Northam a Success!

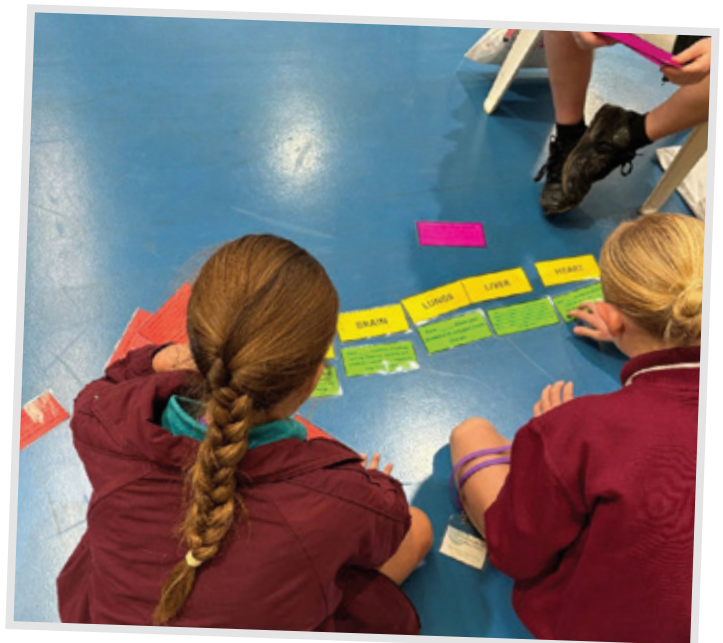
Throughout June, the Northam Local Drug Action Team delivered Year 6 Health, Wellbeing and Resiliency Forums to approximately 350 young people across the Wheatbelt. Forums were held in Merredin, Moora, and Northam, with students attending from surrounding primary schools.

Students rotated through seven interactive 30-minute sessions during the day, covering topics such as resiliency, alcohol and other drugs, vaping, art, mindfulness, how to be a good mate, and goal setting. Each session was facilitated by local health and wellbeing professionals to ensure content was age-appropriate, engaging, and practical.

These forums were re-established in response to requests from local stakeholders and schools to better support students as they transition to high school, equipping them with healthy coping strategies and knowledge to navigate challenges they may face.

One attending teacher shared their feedback: *"This forum was OUTSTANDING and our Year 5 & 6 students gained invaluable health lessons on the day. They were able to mix with like-minded peers from other schools. It was brilliant that students learnt to*

introduce themselves to others and learnt how to interact with unfamiliar people, both students and adults. Accolades to all presenters who were very well organised on the day and kept on time. The standard of presentations was excellent!"



Holyoake attend Narrogin Senior High School Career Expo

Holyoake recently attended the Narrogin Senior High School Careers Expo 2025. The event brought together a wide range of businesses, services, and training providers to help students explore local opportunities and plan for their futures.

It was a great opportunity to connect with young people and share information on Holyoake's programs and services, including how we support individuals, families and the community with alcohol and other drug and mental health counselling, education, and wellbeing programs.



One in two Australians facing workplace burnout – young adults and caregivers leading the trend

New Beyond Blue data has found Australia's young people and parents who are most at risk of burnout. A community poll commissioned by Beyond Blue found that half of people surveyed had experienced burnout in the last year, with those aged 18-29 years experiencing the highest rates.



MEDIA RELEASE

1 in 2 Australians Facing Workplace Burnout - Young Adults and Caregivers Leading the Trend

Burnout is commonly experienced by Australian workers, with new Beyond Blue data finding it's the country's young people and parents who are most at risk.

A community poll* commissioned by Beyond Blue found that half of people surveyed had experienced burnout in the last year, with those aged 18-29 years experiencing the highest rates.

The primary drivers of burnout among young people included inappropriate workload (38%), lack of management support (25%), and inflexible working conditions (24%).

Beyond Blue CEO George Harman AO said despite their shorter tenure in the workforce, there's a lot going on for our young people.

"High rates of burnout sit in the wider context of constant change, disruption and uncertainty," Ms Harman said.

"Young people face compounding pressures and concerns including housing affordability issues, cost of living pressures, climate change and rising loneliness.

"We need a re-think in how we support the mental health of our young people, including how workplaces can reduce the risk of burnout early in their working lives," Ms Harman said.

While the sample for small business owners (SBOs) was small, the data suggested that SBOs were the employment type most likely to be experiencing burnout in the last 12 months, with 50% often or always feeling burnt out in the last 12 months, compared to 26% of full-time employees, 18% of part-time employees, 11% of those who are self-employed, and 11% of casual employees.

In addition, 89% of SBOs also reported feeling burnt out from work in the past at least sometimes (sometimes, often, always), compared to 67% of full-time workers.

Ms Harman said, SBOs are the backbone of our economy, and they should be looked after.

"We owe it to them, their families, their employees, and their communities," she said.

"Small businesses employ almost half the private sector workforce, yet they operate in a unique and often challenging context, facing financial pressures, isolation, and long working hours.

"These factors, combined with limited access to resources and mental health support, create a perfect storm for mental ill-health."

Across all ages, the poll also found:

- The primary drivers of burnout included inappropriate workload (49%), lack of management support (32%), and inflexible working conditions (21%).
- Burnout was closely linked to feelings of loneliness and exclusion at work, with 50% of those who always feel burnt out also reporting loneliness at work often or always.
- Around 1 in 3 workers didn't feel they could talk to their manager about feeling burnt out – they feared negative consequences for their job or promotion opportunities, they didn't want to be seen as weak or incapable, or they just wanted to handle it privately.

Contact: media@beyondblue.org.au

Beyond Blue
GPO Box 1883 Melbourne VIC 3001
Beyond Blue Support Service 1300 22 4636
www.beyondblue.org.au



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13YARN Strong Minds Strong Mob Podcast Series Episode Two: Racism & Discrimination – Truth Telling out now!

Strong Minds, Strong Mob hosted by the 13YARN team is a podcast where First Nations voices lead the conversations around mental health, connection, and community. This series is a space for sharing stories that matter. You'll hear from mob across the country,

and we yarn about the hard stuff, the healing, and the hope while showcasing the beautiful diversity of our community.

In this second episode, 13YARN speak with Yarraka Bayles (a proud first nations woman descending from the Wonnarua, Bundjalung, Birri Gubba, and Gungalu nation and born on Gadigal Country) and Dion Devow (a proud First Nations Man of Aboriginal and Torres Strait Islander descent) about the truths around Racism, Discrimination and its current impacts on Aboriginal and Torres Strait Islander communities.

You can listen to the podcast on Apple Podcasts or Spotify.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



WellMob – New Best Practice Ideas

WellMob's has released a new resource for best practice when working with First Nations people. The 'Best Practice Ideas' page offers 77+ practical resources to support culturally responsive work with First Nations peoples, with key topics including alcohol and other drugs, family support, culturally safe services, and workplace wellbeing.

The resources can be accessed via the following link:



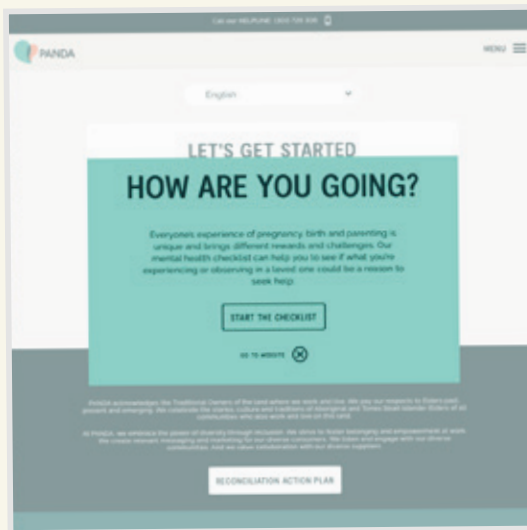
[WellMob – Best Practice Ideas](#)

PANDA - Mental Health Check-in for new mums, dads and parents

PANDA's online checklist helps parents, including dads, reflect on their wellbeing and identify signs of perinatal anxiety or depression. This checklist asks you questions that can help you better understand how you're feeling, and whether you might benefit from some extra support with your mental wellbeing.

The checklist can be accessed via the following link:

[Panda - Mental Health Checklist](#)



Introducing Path2Help

A tool from the Alcohol and Drug Foundation (ADF) to help you support the person you care about.

Navigating your way through the maze of support services for alcohol and other drugs has finally got easier, thanks to Path2Help.

Path2Help helps you get support early, as soon as you identify a problem. The portal asks up to 11 questions and provides local, low or no-cost support services based on your answers – you don't need to know what you're looking for, Path2Help's intuitive search function does it all for you.

Path2Help is free and confidential. Try it today.

More information can be accessed via the following link: [Path2Help](#)



Free Online Support for Families Affected by Alcohol and Drug Use

If you're worried about a loved one's alcohol or drug use, BreakThrough offers free online support sessions. These practical workshops cover topics like setting boundaries, improving communication, mental health, and understanding substance use.

You can view and register for upcoming sessions at [breakthroughforfamilies.com](#).



alcoholthinkagain

Having a baby.
Amazing.

Saying no to alcohol.
Also amazing.

YIRRA KOORL

looking forward

support services

Emergency: 000

Alcohol & Drug Support Line:

1800 198 024 (24 hours)

Parent & Family Drug Support Line:

1800 653 203 (24 hours)

Rural Link: 1800 552 002 (24 hours)

Mental Health Emergency

Response Line: 1300 555 788

www.mentalhealth.wa.gov.au

QLife: 1800 184 527 (24 hours)

Suicide Call Back Line: 1300 659 467

www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours)

www.lifeline.wa.org.au

Text Service: 0477 13 11 14

Grief, Loss & Separation

Free Counselling – 9261 4444

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800 (24 hours)

Headspace (9am – 1am EST):

1800 650 890

Samaritans Crisis Line: 135 247

Medicare Mental Health Centre

Northam: 08 6383 8040

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

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

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

Meth Helpline: 1800 874 878 (24 hours)

1800 RESPECT:

1800 737 732 (24 hours)

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)

Gambling Help: 1800 858 858

Here for You Helpline: 1800 437 348

13 YARN: 13 92 76 (24 hours)

HOLYOAKE

Whenever you're ready.

subscription, queries and submission information

Northam: 9621 1055

Narrogin: 9621 1055

Merredin: 9621 1055

Victoria Park: 9416 4444

Midland: 9274 7055

Freecall: 1800 447 172

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