

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - AUGUST 2026

Turning Strategy into Action Across the Wheatbelt



The WA Mental Health Commission recently launched the **Mental Health and Alcohol and Other Drugs Strategy 2026-2031**, providing a shared vision for improving wellbeing across Western Australia.

While the Strategy sets the direction at a state level, its success will ultimately be determined in communities like ours – where prevention, connection and local leadership make a difference every day.

Across the Wheatbelt, life is shaped by agriculture, resilience and strong community ties. People show up for each other here – through volunteering, supporting local events, checking in on neighbours and helping communities navigate challenges together.

At the same time, regional communities face unique pressures. Distance, workforce shortages and limited access to services can make it harder for people to access support when they need it. In small communities, privacy matters, and reaching out for help is not always easy.

The new Strategy reinforces what many regional communities already know: people living in regional and remote areas continue to experience higher rates of psychological distress, suicide and alcohol and other drug-related harm.

But this is not just a story about challenge. It is also a story about opportunity.

In the Wheatbelt, some of the most effective responses do not start in crisis – they start much earlier through prevention, connection and community action.

Holyoake's Wheatbelt Prevention work brings together alcohol and other drug prevention, mental health and suicide prevention in a coordinated, community-led approach. We know these issues are often interconnected and that building protective factors early can help reduce harm and improve wellbeing outcomes.

Across the region, prevention is already making a difference. Community Wellbeing Plans are helping towns identify local priorities and develop practical, community-led responses that strengthen wellbeing and reduce alcohol and other drug-related harm. Training opportunities continue to build confidence and skills within local communities, while targeted initiatives are ensuring prevention efforts remain relevant to the unique needs of regional and agricultural populations. Programs such as *Within Your Wallet* and other youth-focused initiatives demonstrate the value of creating opportunities for connection, belonging and resilience before problems emerge.

contd...

editorial

Welcome to the second edition of Yirra Koorl for 2026!

August marks the beginning of Djilba (August-September), a transitional season in the Noongar calendar. During this time, crisp, cold mornings are often followed by a mix of warmer days, rain, wind and the occasional burst of sunshine, signalling the gradual shift towards spring.

Traditionally, Djilba was a time when many land-based grazing animals, including the kangaroo, emu and possum, were important food sources. It is also a season of new life, with many native animals welcoming their young. As the days become warmer, it is common to see parents foraging for food, teaching their offspring essential survival skills and protecting their family groups.

As the season progresses and temperatures continue to rise, the distinctive flower stalks of the balga (grass tree) begin to emerge, signalling the approach of Kambarang (October-November), the season of wildflowers and continued renewal.



Community events such as *Turn Up In Blue Day (TUIB Day)* in Northam, held during Mental Health Week, serve as a catalyst for bringing stakeholders together around a shared goal of promoting mental health and wellbeing. These events enhance community knowledge, build and strengthen relationships between services and the community, and help break down barriers to accessing support. By creating an inclusive, safe, and welcoming space where community members can chat and yarn with service providers, TUIB Day encourages help-seeking behaviours and connects people with the resources they need to invest in their own mental health and wellbeing. It also equips individuals with the knowledge and confidence to support their family, friends, and the wider community.

In the Wheatbelt, prevention means:

- Building strong and connected communities
- Supporting mental health and wellbeing
- Reducing alcohol and other drug-related harm
- Encouraging early help-seeking
- Strengthening local knowledge and capacity
- Creating solutions that are shaped by the community

A key part of this work is recognising the people already at the centre of community life. From farmers and volunteers to teachers, health professionals and community leaders, local people play a critical role in supporting the wellbeing of others.

Through prevention initiatives, specialised training and community partnerships, Holyoake's Wheatbelt Prevention Team are working alongside communities to increase awareness, build confidence and strengthen local responses.

Prevention is not the responsibility of one organisation or service. It belongs to all of us.

The new Mental Health and Alcohol and Other Drugs Strategy recognises that healthier communities are built through collaboration, prevention and early action. Across the Wheatbelt, this work is already happening every day through local partnerships and community-led initiatives.

The future of our region will not be shaped by strategy documents alone. It will be shaped by communities that continue to support one another, create connections and act early. That is the power of prevention.

If you'd like to learn more about local initiatives, training opportunities or partnership opportunities, we'd love to hear from you.

Please contact (specific to your area of enquiry):

- Jo Drayton – Prevention Services Manager
- JDrayton@holyoake.org.au
- Jess Daniels – Wheatbelt Alcohol & Other Drug Prevention Coordinator - JDaniels@holyoake.org.au
- Jordyn Drayton-Hall – Wheatbelt Suicide Prevention Officer - Jordyn.DraytonHall@holyoake.org.au

Jo Drayton appointed to WA Preventative Health Strategy Technical Expert Group



Recognises Jo's expertise in prevention, mental health and suicide prevention as Manager Prevention Services at Holyoake and Chair of Suicide Prevention Australia's WA State Committee, this invitation to

join the Technical Expert Group (TEG), extended by Hon Sabine Winton MLA, Minister for Preventative Health, is an important opportunity to help shape a long-term vision for improving the health and wellbeing of Western Australians through coordinated, evidence-informed action across government, the health sector and the community. The TEG brings a collective of recognised experts from diverse disciplines to help guide the development of Western Australia's first Preventative Health Strategy, and

Jo's expertise in prevention, leadership in suicide prevention and commitment to community wellbeing will be a valuable contribution to this work.

Expected to launch in October 2026, the Strategy aims to establish a long-term vision and coordinated approach to improving the health and wellbeing of Western Australians, informed by evidence, sector expertise and community insight. This work is being led by the Department of Health in collaboration with key partners, including the Mental Health Commission and Healthway, and is supported by a statewide consultation process to ensure broad input from communities, organisations and industry.

We are proud to see Holyoake represented in such a significant statewide initiative and look forward to the positive impact this Strategy will have for communities across WA and Jo's involvement will ensure that prevention, mental health and regional perspectives are represented in shaping this important strategy.

Wheatbelt Men Wanted: Be the Face of 4ME & Men Everywhere



Expressions of Interest are now open for Wheatbelt men who want to help inspire other men to connect, speak up and take action.

The 4ME & Men Everywhere campaign is looking for local men to feature in a new series of call-to-action posters designed to reach men across the Wheatbelt and encourage positive conversations, connection and action.

We want the campaign to feature Wheatbelt men... people from our towns, communities, workplaces, farms, sporting clubs and local groups.

You don't need to be a model, public speaker or community leader. You simply need to be willing to put your face behind a campaign that speaks directly to men and helps make its message visible across our communities.

Selected participants will be photographed for campaign posters featuring clear calls to action aimed at men throughout the Wheatbelt. The posters will form part of the broader 4ME & Men Everywhere campaign, helping create messages that feel local and relatable.

We are keen to hear from men of different ages, backgrounds, occupations and communities from across the Wheatbelt.

Want to be involved?

Submit an Expression of Interest to become one of the faces of the 4ME & Men Everywhere campaign.

If selected, you'll have the opportunity to represent your community and help deliver an important message to men across the Wheatbelt.

As a thank you for getting involved, all participating men will receive a 4ME & Men Everywhere merchandise pack.

EOIs are now open.

If you are interested, please contact

WBprevention@holyoake.org.au

Closing date: 10th October 2026



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		
Blended Online Mental Health First Aid Regional Course	Online & 2x ½ Days	https://www.mifwa.org.au/event/blended-online-mental-health-first-aid/
Gatekeeper Suicide Prevention Training for professionals, first responders and paraprofessionals	2 Days	https://www.mhc.wa.gov.au/training-and-events/suicide-prevention-training/
Applied Suicide Intervention Skills Training (ASIST) for community members and volunteers	2 Days	https://www.livingworks.com.au/programs/asist/
safeTALK suicide awareness training for community members and volunteers	½ Day	https://www.livingworks.com.au/programs/safetalk/
Strong Spirit Strong Minds - Ways of Working with Aboriginal People training	2 Days	https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/
Volatile Substance Use (VSU) and Incident Reporting Program	1 – 2 hours	Presented by the WCADS AOD Prevention Coordinator. 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 Prevention Services Manager.
Workplace Wellbeing & Professional Selfcare Workshop	½ Day to Full Day	Developed and delivered by Wheatbelt Suicide Prevention Coordinator – select from: • 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.**

Central Regional TAFE Courses

- Building Stronger Communities Through Mental Health Skills

AE439
Skill Set Integrating Mental Health Practice
DURATION: 6 months
STUDY MODE: Online and on campus
LOCATION: CR TAFE Northam

CHC43315
Certificate IV in Mental Health
DURATION: 12-18 months
STUDY MODE: Online and on campus
LOCATION: CR TAFE Northam

CHC42021
Certificate IV in Community Services
DURATION: 12-18 months
STUDY MODE: Online and on campus
LOCATION: CR TAFE Northam

Across the Wheatbelt, there is a growing focus on strengthening mental health and wellbeing within our communities, particularly for young people and those facing barriers to support. While demand for services continues to rise, so too does the opportunity to build local capability and ensure people can access the support they need close to home.

Central Regional TAFE is proud to be part of this solution, providing practical training that helps individuals develop the skills needed to support others and contribute meaningfully within their communities.

Central Regional TAFE's mental health training is designed to reflect real situations and real workplaces. Whether you are already working in health, community services or a related field, or considering a new direction, our courses focus on building confidence and capability through hands-on learning you can apply straight away.

Students begin with a targeted mental health skillset, developing essential skills such as responding to crisis situations, supporting people at risk, and maintaining their own wellbeing in the workplace. This foundation supports

safer, more confident practice and helps participants feel prepared for the challenges and rewards of working in the sector.

From there, students can continue into a Certificate IV in Mental Health or Certificate IV in Community Services. These pathways are designed to strengthen the ability to support individuals, families and communities, while also opening up opportunities for employment or career progression within the region.

Importantly, these courses are available right here in the Wheatbelt. There is no need to relocate or travel to Perth to access quality training. This local availability plays an important role in building a workforce that understands the unique needs of regional communities and is committed to supporting them.

Central Regional TAFE understands that many of their students are balancing study alongside work, family and other commitments. That is why their courses are delivered in a flexible, blended format with continuous enrolment. Students can start when it suits them and learn in a way that fits their lives.

Central Regional TAFE's trainers bring valuable industry experience, ensuring their training reflects current practices and the realities of working in regional settings. Their focus is not only on qualifications, but on building practical skills that make a difference at a local level. By developing skills within our own communities, we can strengthen local support networks and create pathways for more people to step into meaningful roles in health and counselling.

If you are ready to build your skills, support others, or take the next step in your career, there has never been a better time to get started.

Find out more or enroll today:

Phone: 1800 672 700

Email: enquiries@crtafe.wa.edu.au

Website: [Explore courses at Central Regional TAFE](https://www.crtafe.wa.edu.au)

Build Your Knowledge of FASD Ahead of FASD Awareness Month

The FASD Prevention with Communities Workshop is coming to the Wheatbelt this August, providing a valuable opportunity for community organisations, health professionals, educators and other stakeholders to build their knowledge of Fetal Alcohol Spectrum Disorder (FASD) and evidence-based prevention approaches.

Northam - 18 August 2026

Moora - 20 August 2026

Participants will learn about:

- Fetal Alcohol Spectrum Disorder (FASD) and its impacts on individuals, families and communities.
- Common misconceptions about FASD and how to address them.
- Practical strategies to plan and deliver local FASD prevention activities.

- The Mental Health Commission's FASD Prevention Funding Program, with eligible organisations able to apply for up to \$10,000 in funding upon completion of the training.
- Further professional development opportunities, including the Valuable Conversations training program.

As this training is only delivered in the Wheatbelt every two years, interested stakeholders are encouraged to register early. Places are limited.

Register here: [FASD prevention workshops and training events - Semester 2, 2026 - Fill in form](#)

For more information, contact FASDprevention@mhc.wa.gov.au.



Discover the WA Recovery College



The WA Recovery College offers free educational opportunities that support mental health, wellbeing and recovery for people across Western Australia. Rather than focusing on treatment, the College provides a welcoming space where people can learn practical skills, build confidence and connect with others through shared learning experiences.

Courses are open to anyone with an interest in mental health and wellbeing, whether you are looking to support your own recovery, strengthen your understanding of mental health, or develop skills to support others. Each course is co-designed and co-facilitated by trained educators who bring together professional expertise and lived experience, creating an engaging and inclusive learning environment where everyone's knowledge and experiences are valued. The WA Recovery College is excited to be strengthening its presence in the Wheatbelt by training local community

members through the **Educator Foundation Program (EFP)**. This program equips participants with the skills and confidence to become Recovery College educators, enabling them to co-design and deliver courses that reflect the needs, strengths and experiences of their local communities.

To learn more about becoming a Recovery College educator, visit the **Educator Foundation Program** page: <https://www.warecoverycollege.org.au/educator-foundation-program>. While their next group of Wheatbelt educators is preparing to begin their training, there are plenty of opportunities to get involved right now. A range of free online courses will be available throughout August, allowing people across the Wheatbelt and wider Western Australia to learn from anywhere.

Whether you're interested in building resilience, exploring recovery-focused topics or connecting with a supportive learning community, there's something for everyone.

Upcoming online courses can be explored via: <https://www.warecoverycollege.org.au/courses>

Orygen: 2026 Online Training Sessions



Orygen is excited to launch a new suite of online training sessions to help professionals support young people experiencing mild-to-moderate mental health conditions. Facilitated by workforce development experts at Orygen, Australia's Centre of Excellence in Youth Mental Health, the five new sessions will suit a range of professionals including mental health clinicians, psychologists, social workers, occupational therapists, youth workers, GPs, and nurses. Topics include:

- Brief Interventions Toolkit (BIT)
- Trauma Informed Care (TIC)
- Responding to disclosures of suicide and self-harm risk
- Neuro-Affirming Care
- Pathological Demand Avoidance

Full details and registration links below or email training@orygen.org.au for more information.

Brief Intervention Toolkit (BIT)

- Date: Monday, 3 August
- Time: 9am–4pm
- Location: Online (information and links to the training will be sent closer to the date)
- Cost: \$275 per person
- [Register here](#)

Trauma-informed Care (TIC)

- Date: Thursday, 13 August
- Time: 9am–4pm
- Location: Online (information and links to the training will be sent closer to the date)
- Cost: \$275 per person
- [Register here](#)

Responding to Disclosures of Suicide and Self-harm

- Date: Thursday, 10 September
- Time: 9am–4pm
- Location: Online (information and links to the training will be sent closer to the date)
- Cost: \$275 per person
- [Register here](#)

Webinar on Neuro-Affirming Care – Pathological Demand Avoidance

- Date: Thursday, 8 October
- Time: 2pm–3:30pm
- Location: Online (information and links to the training will be sent closer to the date)
- Cost: Free – limited places available
- [Register here](#)

Neuro-Affirming Care

- Date: Thursday, 19 November
- Time: 9am–4pm
- Location: Online (information and links to the training will be sent closer to the date)
- Cost: \$275 per person
- [Register here](#)

See more learning opportunities at Orygen

<https://www.orygen.org.au/Training/Training-packages>

MindSpot: 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. 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, this approach provides practical tools for meaningful, long-term improvements.

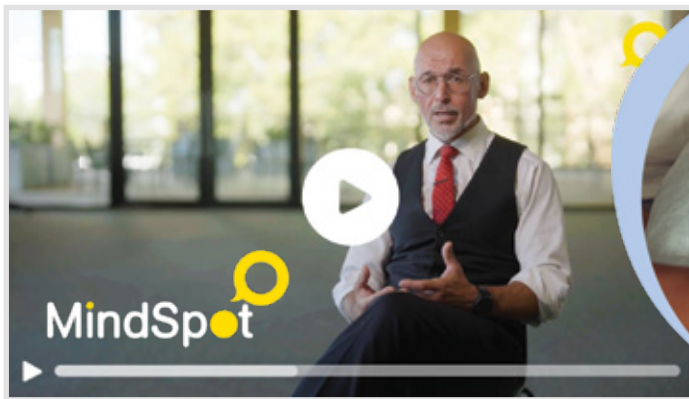
Duration: 8 weeks

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.

How to start: Complete the free, online psychological assessment to enrol [Online treatment for Sleep | MindSpot](#)

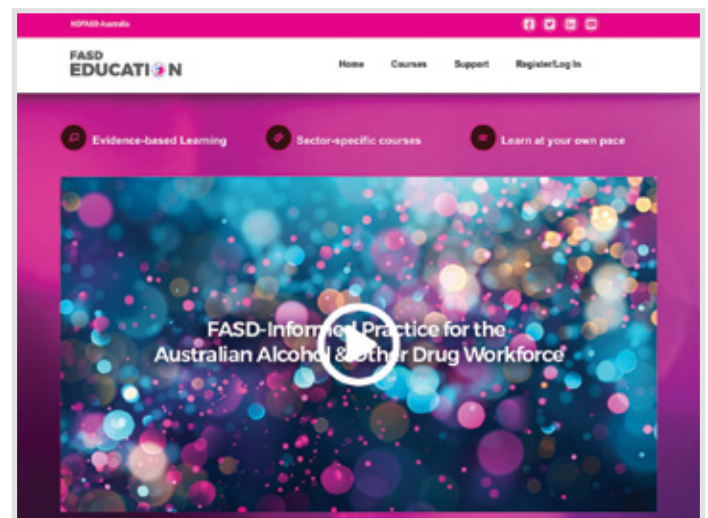


FASD-Informed Practice for the Australian Alcohol and Other Drug Workforce - Online

With International FASD Awareness Month taking place in September, now is a great time for community members, educators, health professionals and service providers to build their understanding of Fetal Alcohol Spectrum Disorder (FASD).

The FASD Education website provides a range of free and low-cost learning opportunities designed to increase awareness, challenge misconceptions and support best practice in FASD prevention and response. Training is available across a variety of topics and is suitable for those working in health, education, disability, community services and prevention.

Learn more: [FASD Education](#)





Building mentally healthy workplaces and communities across the Wheatbelt



Holyoake's Suicide Prevention Team is available to develop and deliver tailored mental health literacy, workplace wellbeing, suicide prevention, professional self-care, for organisations, service providers and community groups across the Wheatbelt.

Workplaces and community settings are often the first places where signs of stress, distress or crisis are noticed. Building the confidence, knowledge and practical skills of staff, volunteers and community members can help create safer, more supportive environments where people feel better equipped to respond early, communicate with care and connect others to appropriate support.

Workshops for organisations or service providers

Full-day and half-day Workplace Wellbeing and Professional Self-Care workshops can be delivered on request and tailored to suit the needs of each organisation or service provider.

Topics can include:

- Mental Health Literacy – Stress, Anxiety, Depression & Situational Crisis
- Introduction to Suicide Awareness & Prevention
- The Importance of De-Briefing
- Professional Self Care Tips & Strategies & How to Maintain Healthy Work/life Balance
- Language, Communication & De-Escalation Skills
- Navigating Change & Uncertainty – With Clients & Organisations
- Mentally Healthy Workplace & The Development of a Workplace Wellbeing Strategy
- Tips to Manage/Avoid Burnout/Compassion Fatigue/ Vicarious Trauma

- The Importance of Emotional Intelligence Within The Workplace
- Mental Toughness & Its Impact on Productivity
- Mental Health Literacy, Stress, Anxiety, Depression & Situational Crisis

Information sessions and workshops for professionals, first responders and community members

Mental health literacy information sessions and workshops are also available for professionals, paraprofessionals, first responders and community members. The length of each session can be adapted to meet stakeholder needs, from short information sessions through to more comprehensive workshops.

These sessions include:

- Mental Health Literacy – Stress, Anxiety & Depression
- Introduction to Suicide Awareness & Prevention
- The Importance of De-Briefing
- Mental Health, Wellbeing & Self-care Tips to Support Yourself
- Tips to Manage/Avoid Burnout/Compassion Fatigue/ Vicarious Trauma

There are many benefits for organisations and community groups who take part in this training. Workshops can strengthen staff and volunteer wellbeing, increase awareness of mental health and suicide prevention, improve confidence in responding to people experiencing distress, support safer conversations, encourage early help-seeking and contribute to a more compassionate and resilient workplace culture. For service providers and first responders, the training also provides valuable opportunities to reflect on the impacts of demanding work and strengthen sustainable self-care practices.

If there is a workshop topic of interest that is not listed, please contact the Wheatbelt Suicide Prevention Coordinator to discuss options.

To find out more information or to book a workshop, contact:

Jordyn Drayton-Hall

WBprevention@holyoake.org.au

Grant Opportunities – Healthway Funding in WA



Healthway offers a range of grants to support community projects, health promotion activities, and research that help

people live healthier lives across Western Australia. Their funding supports organisations that align with strategic health priorities like healthy eating, active living, mental wellbeing, and alcohol and tobacco prevention.

- **Healthy Partnerships Grants** – Support for sport, arts, racing and community groups to deliver programs that promote health and create healthy environments.
- **Creating Healthy Spaces** – Funding for local sport and recreation centres and clubs to improve healthy food and drink options in their settings.
- **Healthy Communities Grants** – For health promotion activities and community projects, including the Healthy Schools Program for school health initiatives.
- **Health Promotion Research Grants** – Scholarships, fellowships and research funding supporting health promotion evidence and innovation.

Applications are often open year-round, with specific rounds for some types of funding. Organisations are encouraged to contact Healthway for guidance on eligibility and how to apply.

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

In a Good Place (IAGP) Grant Program – Round 12 Now Open!



The **In a Good Place** program gives small remote, rural, and regional communities across Australia, particularly farming

communities, the opportunity to access funds for a broad range of community-driven projects, services, activities or initiatives, which clearly and directly focus on strengthening mental health, social / emotional health and wellbeing. The program supports community-based approaches that:

- Are preventative or responsive in nature.
- Focus on reducing mental health stigma and promote open discussions about mental health.
- Encourage, support, and enable people to seek help; and
- Reduce social isolation by fostering social participation, inclusion, and connection.

There are now two streams within the program:

- Community wellbeing for projects focussing on mental health and wellbeing within remote, rural, and regional communities.
- Farmers and farming communities for projects specifically supporting the mental health and wellbeing of farmers and the communities they live in.

In a Good Place offers grants of up to \$20,000, from a funding pool of at least \$200,000.

Round 12 is now open!

Applications close: 18 August 2026, 5pm AEST

Funding announced: December 2026

More information, or to apply: [In a Good Place \(IAGP\)](#)

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.

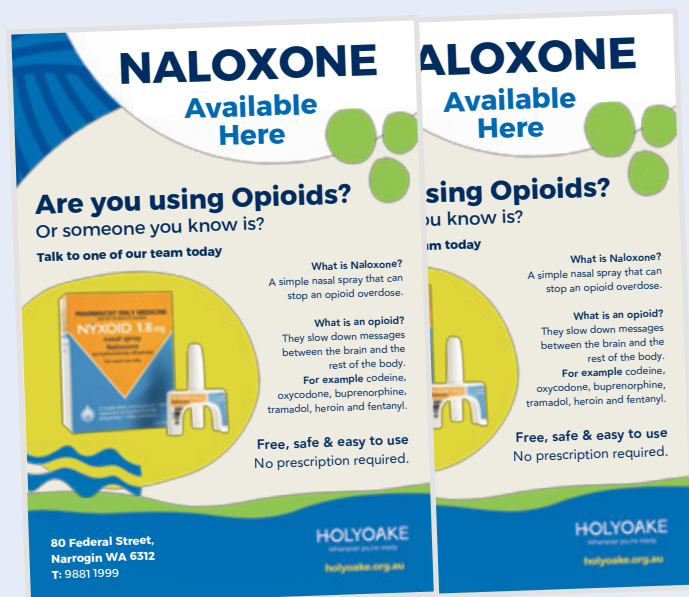
Applications open twice a year, in February and August, with eligibility criteria for schools and shires.

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



Free Take Home Naloxone Now Available Through Holyoake

Holyoake is proud to be participating in the Australian Government's Take Home Naloxone Program, with free naloxone now available from our Narrogin and Northam offices. Naloxone is a life-saving medication that can temporarily reverse the effects of an opioid overdose and provide critical time for emergency medical assistance to arrive.



What is Naloxone?

Naloxone is a medication used to reverse overdoses caused by opioid drugs, including:

- Heroin
- Oxycodone (Endone, OxyContin)

- Morphine
- Fentanyl
- Methadone and other opioids

Naloxone works by temporarily blocking the effects of opioids, helping restore normal breathing in a person experiencing an overdose.

Why Is It Important?

Opioid overdose can happen to anyone using prescription or illicit opioids. Having naloxone readily available can save a life while waiting for emergency services. The Take Home Naloxone Program was established to make this medication free and easily accessible to people who may experience or witness an opioid overdose.

Who Can Access It?

Anyone can access free naloxone through the Take Home Naloxone Program. You do not need a prescription, and you do not need to be using opioids yourself. Family members, friends, carers, service providers and community members are all encouraged to carry naloxone if they may witness an overdose.

Access Free Naloxone

Free Naloxone is available from Holyoake offices or for more information about the program, visit the Take Home Naloxone Program or WBprevention@holyoake.org.au

80 Federal Street Narrogin.

133 Fitzgerald Street East, Northam.

New Data Highlights Ongoing Alcohol-Related Harm in Western Australia



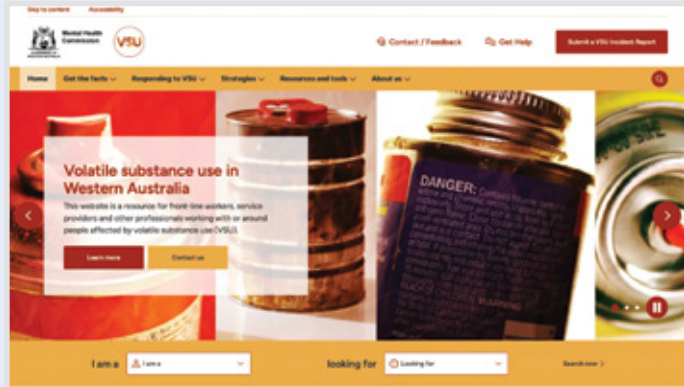
New data from the Australian Institute of Health and Welfare (AIHW) and WA Health's Health and Wellbeing Surveillance System highlights the ongoing impact of alcohol-related harm across Western Australia.

Nationally, alcohol continues to account for more ambulance attendances, hospitalisations and deaths than any other drug.

Read more: [Alcohol, Tobacco and Other Drugs in Australia](#)



Volatile Substance Use (VSU) Reporting in the Wheatbelt



Holyoake is the Central Coordinating Agency (CCA) for Volatile Substance Use (VSU) Reporting in the Wheatbelt, helping coordinate local responses to VSU incidents and identify emerging trends.

What is VSU?

Volatile Substance Use is the deliberate inhalation of gases, vapours or fumes to become intoxicated. Examples include:

- Petrol
- Aerosols (e.g. spray paint, deodorant)
- Solvents and glues
- Nitrous oxide ("nangs" or "laughing gas")

Why Report?

Reporting helps local services:

- Monitor emerging trends and hotspots.
- Coordinate support for individuals, families and communities.
- Inform local prevention and education activities.
- Develop evidence-based responses to VSU concerns.

Nitrous Oxide ("Nangs")

Recent concern has focused on nitrous oxide, commonly known as nangs. While often perceived as harmless, frequent use can lead to:

- Vitamin B12 deficiency
- Nerve and neurological damage
- Injury and loss of consciousness
- Serious health complications in some cases

Learn More or Report an Incident

To learn more about volatile substance use, access resources or submit an incident report:

- VSU WA Website: [Learn more about VSU](#)
- Report an incident: [Submit a VSU Report](#)

Every report helps build a clearer picture of VSU across regional WA and supports a coordinated community response.

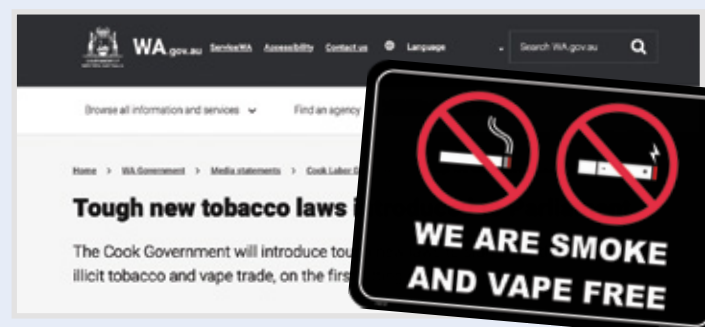
WA Introduces Tough New Tobacco and Vape Laws

The WA Government has introduced new legislation aimed at tackling the illicit tobacco and vape trade, with some of the strongest penalties in Australia. Key proposed changes include:

- Maximum penalties of up to \$4.2 million for individuals and \$21 million for companies involved in large-scale illicit tobacco or vape offences.
- Up to 15 years imprisonment for serious offences involving commercial quantities of illicit products.
- Store closure orders of up to 90 days for businesses found selling illicit tobacco or vaping products.
- Further reforms expected later in 2026, including tighter licensing requirements and longer-term closure orders.

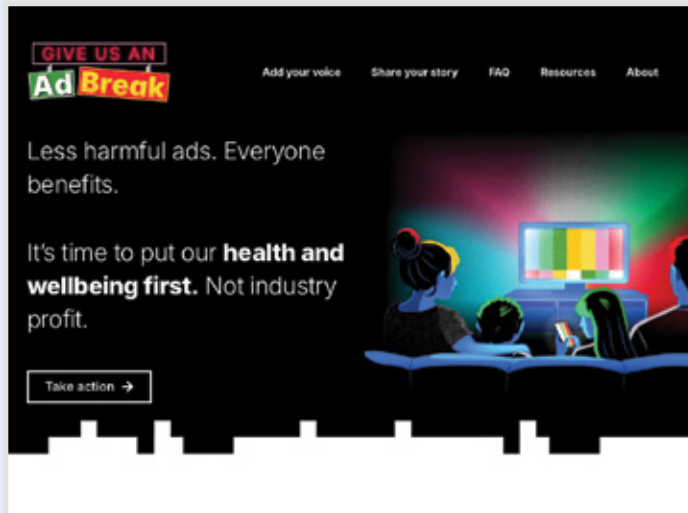
The reforms are designed to strengthen enforcement and disrupt the growing illicit tobacco and vape market across Western Australia.

Read more: [WA Government – Tough New Tobacco Laws Introduced to Parliament](#)





Give Us An Ad Break



A new national public health campaign, Give Us An Ad Break, is calling on the Federal Government to introduce a Harmful Products Marketing Act to reduce exposure to alcohol, gambling and unhealthy food advertising. The campaign is led by the Foundation for Alcohol Research and Education (FARE), the Alliance for Gambling Reform and the Food for Health Alliance, with support from more than 130 organisations across health, research, sport and community sectors.

Campaign organisers are calling for stronger regulation of advertising, particularly where children and young people are exposed. Proposed reforms would establish clear rules about when, where and how harmful products can be marketed, similar to Australia's tobacco advertising laws.

The campaign website allows individuals and organisations to show their support and access a range of promotional resources, including social media graphics, posters, newsletter images and email signatures.

Find out more:

[Give Us An Ad Break](#)



Alcohol Marketing and Water Activities: What Are Young People Seeing Online?

New Australian research from Curtin University has highlighted the extent to which alcohol marketing on Instagram links alcohol consumption with beaches, waterways, and outdoor recreation. Researchers analysed Instagram posts from major alcohol brands and found that over one in five images featured aquatic locations, while 17% included aquatic activities such as swimming, boating, or water sports.

The study found that alcohol brands frequently use social media to associate drinking with leisure, fun and outdoor lifestyles, potentially normalising alcohol use in aquatic environments. Researchers noted this is particularly concerning given the well-established link between alcohol consumption and increased risk of drowning and injury.

The authors have called for stronger regulation of alcohol marketing on social media, particularly to reduce exposure among young people and help prevent alcohol-related harm in and around waterways.

Read the study:

[A Content Analysis of Alcohol Marketing on Instagram](#)





Zero Alcohol Products in Supermarkets: Emerging Concerns for Young People

Two recent Australian studies have raised concerns about the growing presence and marketing of zero alcohol products in supermarkets and their potential impact on children and young people.

Researchers found that by 2024, almost 60% of zero alcohol products sold in Australian supermarkets shared branding with alcoholic beverages, up from 37% in 2022. As alcohol cannot generally be sold in supermarkets, researchers suggest these products are increasing exposure to alcohol branding in spaces frequently visited by families and children. A separate study found that adolescents who had previously seen advertisements for zero alcohol products reported more positive attitudes towards alcohol brands and stronger intentions to consume alcohol products from those brands. Researchers noted that zero alcohol products often closely resemble their alcoholic counterparts, raising concerns that they may function as a form of indirect alcohol marketing.



Read more: [Drug and Alcohol Review Research and Drug and Alcohol Review Research](#)

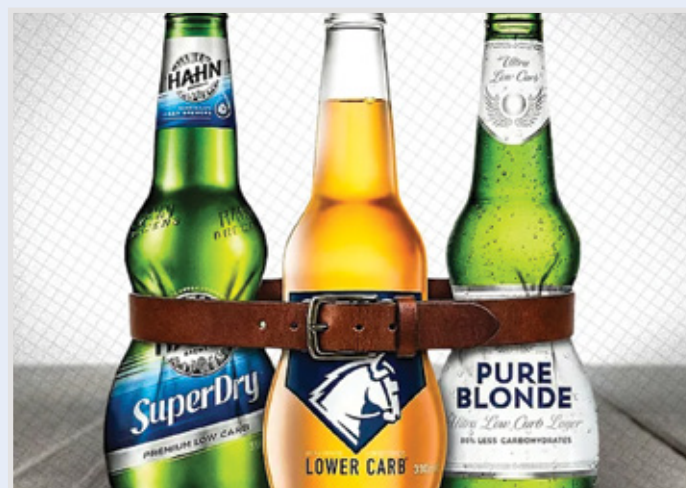
Do “Low Carb” and “Low Sugar” Alcohol Claims Mislead Consumers?

A recent Australian study has found that nutrition-related claims on alcoholic beverages, such as “low carb”, “low sugar” and “86 calories”, can make people perceive these products as healthier, even when they contain the same amount of alcohol as other drinks.

The study surveyed more than 2,000 Australian drinkers and found that adding nutrition claims to alcohol labels significantly increased perceptions of healthiness. “Low carb” claims had the strongest effect, followed by “low sugar” and calorie-related claims. Importantly, all products shown in the study contained identical alcohol content. Researchers concluded that nutrition-related claims may create a “health halo” effect, where consumers view certain alcoholic beverages as healthier choices despite the well-established health risks associated with alcohol consumption. The authors suggest policymakers consider restricting these claims to reduce the potential for misleading marketing.

The findings contribute to growing evidence that alcohol marketing strategies are increasingly targeting health-conscious consumers through nutrition and wellness messaging.

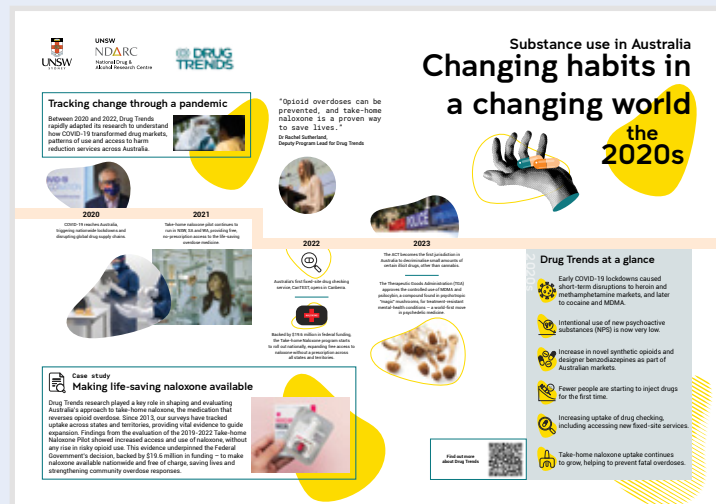
Read the study: [Health Promotion International](#)



alcohol and other drug news/updates

contd...

30 Years of Drug Trends in Australia



This year marks 30 years of the Drug Trends program, Australia's leading monitoring system for tracking drug use, drug markets, and related harms. Since 1996, the program has helped identify emerging issues and inform alcohol and other drug policy, prevention, and harm reduction responses across the country.

To celebrate this milestone, National Drug and Alcohol Research Centre has released a visual timeline highlighting key substance use trends, policy developments, and public



health responses between 1996 and 2026. The timeline demonstrates how Australia's drug landscape has evolved over the past three decades and the significant role evidence and monitoring play in responding to emerging challenges. The timeline and accompanying infographics provide an engaging snapshot of Australia's changing alcohol and other drug landscape.

View the timeline: [NDARC Drug Trends 30th Anniversary Timeline](#)

Ketamine: What Are the Current Trends?

Recent data suggests that non-prescribed ketamine use is increasing among young adults in Australia, particularly among people aged 18-24 years. While overall rates remain relatively low, the proportion of young adults reporting ketamine use in the previous 12 months increased from 1.6% in 2016 to 4.6% in 2023.



Ketamine is a dissociative drug used medically as an anaesthetic and, more recently, as a treatment for some forms of treatment-resistant depression. Outside of medical settings, it is sometimes used recreationally for its effects, which can include feelings of relaxation, euphoria, dissociation and hallucinations.

The article highlights concerns about the harms associated with regular ketamine use, which can include:

- Bladder and urinary tract damage.
- Painful "K cramps" (severe stomach pain).
- Memory and thinking difficulties.
- Increased risks when combined with alcohol or other drugs.

Read more: [Ketamine: Current Trends and What They Mean for Young People](#)



New Research Explores how Women Navigate Alcohol Free Pregnancies



A recent Australian study explored the strategies women use to avoid alcohol while pregnant or trying to conceive, particularly in social situations where drinking is expected. Researchers interviewed women who regularly consumed alcohol prior to pregnancy and identified a range of practical approaches used to navigate alcohol abstinence.

The study identified eight common strategies:

- Avoiding or limiting situations where alcohol is present.
- Choosing non-alcoholic alternatives.

- Asking a trusted friend or partner for support.
- Pretending to drink alcohol.
- Providing alternate explanations for not drinking.
- Educating others about alcohol and pregnancy.
- Simply declining drinks.
- Disclosing a pregnancy or plans to conceive.

Read the study: [A Typology of Strategies Women Use to Navigate Alcohol Abstinence During Pregnancy](#)

One Child in Every Australian Classroom May Be Living with FASD



A new Australian study has found that up to one in 28 Australians, or roughly one child in every classroom, may be living with Fetal Alcohol Spectrum Disorder (FASD). Led by the University of Sydney, the research is the first to estimate FASD prevalence across the Australian population, highlighting that the condition is far more common than

previously understood. FASD is caused by prenatal alcohol exposure and can result in lifelong challenges with learning, attention, behaviour, memory and development. The findings highlight the need for increased awareness, early identification and support for individuals living with FASD. As a lifelong condition caused by prenatal alcohol exposure, FASD can affect learning, memory, attention, behaviour and development. Researchers hope the new prevalence data will help inform prevention efforts, improve access to diagnosis and support services, and strengthen understanding of FASD across health, education and community sectors
Source: University of Sydney (2025). *One child in every Australian classroom affected by fetal alcohol spectrum disorder, study finds.*
3 June 2025.

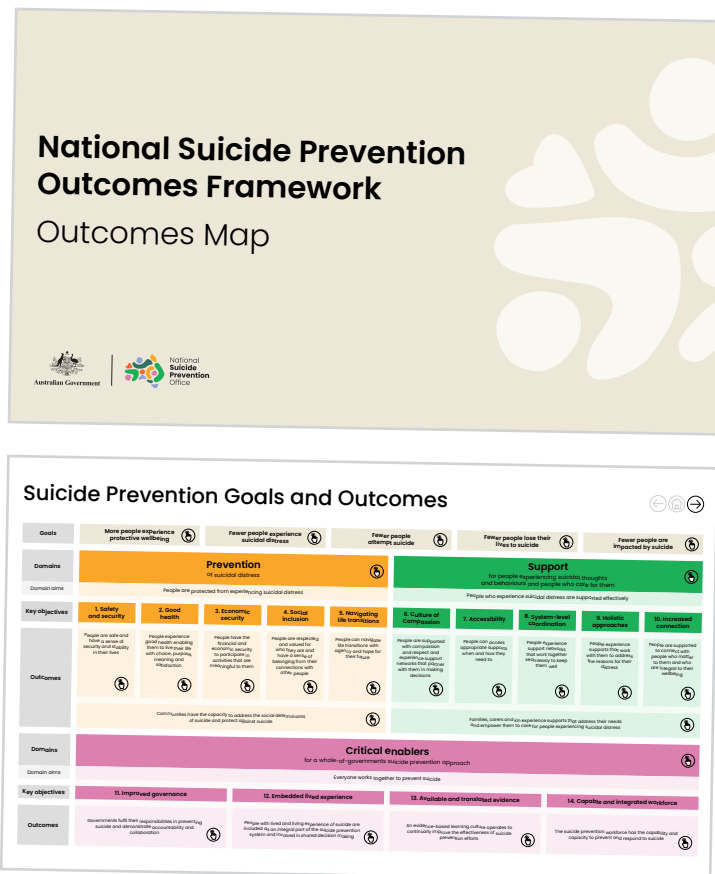
National Suicide Prevention Outcomes Framework – Outcomes Map

In June, the National Suicide Prevention Office released the National Suicide Prevention Outcomes Map. The Outcomes Map builds on the Key Objectives of the National Suicide Prevention Strategy 2025-2035 by linking the desired impact of the Strategy (goals and outcomes) with measures of change (indicators and data measures).

The Outcomes Map aims:

- To provide a clear description of the goals and outcomes of the Outcomes Framework making it easier to understand what impact is expected.
- To define the indicators and data measures being used to measure change in the Outcomes Framework so they are available for everyone.
- To show the links between the goals, outcomes, indicators, and data measures and how this represents the Theories of Change
- To provide a means for everyone to have a shared understanding of the goals and outcomes for suicide prevention that can be applied to their work.

The Outcomes Map can be accessed via: [National Suicide Prevention Outcomes – Outcomes Map](#)



Priorities for First Nations Suicide Prevention

The Indigenous Australian Lived Experience Centre (IALEC) has released a new national resource grounded in First Nations lived experience. The Priorities for First Nations Suicide Prevention (2026) outlines ten areas for action across systems, services, and government. The resource can be downloaded via: [Priorities for First Nations Suicide Prevention](#)



Overview of Aboriginal and Torres Strait Islander Health Status 2025



The Overview of Aboriginal and Torres Strait Islander Health Status 2025 aims to provide a summary of the current health status of Aboriginal and Torres Strait Islander people. The initial sections of the Overview provide information about the social, political and environmental determinants of Aboriginal and Torres Strait Islander peoples' health.

The subsequent sections are organised according to the domains of connection outlined in the Aboriginal and Torres Strait Islander Social and Emotional Wellbeing (SEWB) model. These are:

- Connection to culture
- Connection to Country
- Connection to spirituality and ancestors
- Connection to body (physical health conditions)
- Connection to mind and emotions (mental health)
- Connection to community
- Connection to family and kinship.

The Overview & summary can be accessed via:

[Overview of Aboriginal and Torres Strait Islander Health Status 2025](#)

[Summary of Aboriginal and Torres Strait Islander Health Status 2025](#)

Our Ways Strong Together – a new national peak body for Aboriginal and Torres Strait Islander FDV services

Our Ways Strong Together (OWST) is the national Aboriginal and Torres Strait Islander Peak Body for Family, Domestic and Sexual Violence (FDSV). OWST are a collective voice for Aboriginal and Torres Strait Islander community-controlled organisations delivering family, domestic and sexual violence response, prevention or early intervention services and activities. As a Peak Body, they work alongside communities, ACCOs, jurisdictions and governments to elevate priorities, share knowledge and advocate for change. As the national Aboriginal and Torres Strait Islander Peak Body for FDSV, Our Ways Strong Together:

- Provide national leadership and influence across prevention, early intervention, response and healing.
- Codesign policy, funding and systems reform with governments and members.
- Strengthen the capacity of the community-controlled family, domestic and sexual sector through member led priorities.
- Facilitate collaboration and coordination across sectors, informed by member.
- Build knowledge, data and evidence through community led research.



Australia's first mining suicide prevention framework released

Suicide Prevention Australia has released the Suicide Prevention Competency Framework for the Mining Industry in Western Australia. This is Australia's first industry-specific suicide prevention framework for the sector.



The framework establishes a minimum set of standards for suicide prevention knowledge, skills, attitudes and values for everyone in the industry. The framework was funded by the Western Australian Government's Mental Awareness, Respect and Safety Program and developed in partnership with industry, unions, training providers, government bodies and people with lived experience.

Western Australia's mining workforce represents more than 16% of the state's workers and experiences a higher suicide rate compared to the general population. The suicide rate among male mining workers in Australia is estimated to be up to 25 per 100,000, compared with around 12 per 100,000 in the general working population, and research shows this rate has continued to increase since 2012. The framework outlines industry-specific risk factors that increase miners' risk of suicide, including remote locations, fly-in fly-out work, isolation, a male-dominated culture, access to means, and job insecurity. These conditions can also place strain on relationships, which is a known risk factor for suicide.

What the framework includes:

The framework sets a minimum standard of suicide prevention knowledge, skills, attitudes and values for everyone in the mining industry, from senior management to frontline staff. It is structured around six core competency domains, supported by four values and four guiding principles.

A competency is the consistent application of knowledge and skills to the standard performance required in the workplace. Competency frameworks include the behaviours, knowledge and skills staff need to perform their role, as well as the organisational policies and culture that shape how they do it.

Six core competency domains:

- 1. Organisational:** Clear strategies, policies and procedures for suicide prevention, intervention and support, including duty of care under Work, Health and Safety legislation for psychosocial hazards
- 2. Safe communication skills:** The skills individual workers need to communicate about suicide effectively and safely, explore immediate safety, and keep themselves safe while supporting others
- 3. Knowledge:** Understanding warning signs, contributing factors, protective factors, postvention, and the social determinants of suicide such as financial and job insecurity, isolation and relationship breakdown
- 4. Support:** Knowledge of services and wellbeing supports to assist a person in crisis, including Employee Assistance Programs, GP, counsellors and mental health teams
- 5. Leadership:** Applying effective leadership skills for safe intervention, healthy return to work practices and protective care after a suicide-related event
- 6. Priority populations:** Knowledge of suicide prevalence in populations disproportionately impacted by suicide including Aboriginal and Torres Strait Islander peoples, Culturally and Linguistically Diverse (CALD) peoples, and LGBTQI+ peoples, and the use of culturally sensitive and safe language

Australia's first mining suicide prevention framework released cont...

The six competencies are supported by four values, attitudes and attributes that staff and organisations should bring to their work:

1. Compassion
2. Respect
3. Non-judgmental attitude
4. Safe language

The framework is also underpinned by four principles:

- 1. Cultural safety, participation and continuous improvement:** aiming to enhance service provision by identifying and addressing power imbalances, fostering a workplace that is safe, culturally responsive and inclusive.
- 2. Evidence of work:** Engages collaboration and knowledge-sharing, incorporating the insights of individuals with lived and living experience alongside contributions from experts and other relevant stakeholders.
- 3. Compassion, respect, empathy, non-judgmental attitude and safe language:** Enhances compassion and a non-judgmental attitude toward a person experiencing suicidality through cultural humility, safe language and appropriate sensitivity.

4. Everyone has a role in suicide prevention:

Recognises that suicide impacts the entire community and that everyone may have contact with a person in suicidal distress and offer helpful responses.

Suicide Prevention Australia encourages mining workplaces to embed the framework in several ways, including:

- using it as a gap analysis to identify areas for improvement in workplace suicide prevention
- ensuring organisational structures, policies and procedures meet the competencies for specific roles
- incorporating it into human resources and work health and safety structures to enhance existing mental health and wellbeing strategies
- embedding the competencies into policies and procedures, including formal and informal support and referral pathways.

The framework can be accessed via: [Suicide Prevention – A Competency Framework for the Mining Industry in Western Australia](#)

COMPAS - Checking on Mental Health, Providing Alternatives to Suicide

Checking on Mental Health, Providing Alternatives to Suicide (COMPAS) - is an evidence-based screening and outreach program that identifies students who may be experiencing distress or suicide risk within the next 12 months. Combining a predictive algorithm with compassionate human follow-up, the program enables universities to provide support before students reach crisis point.

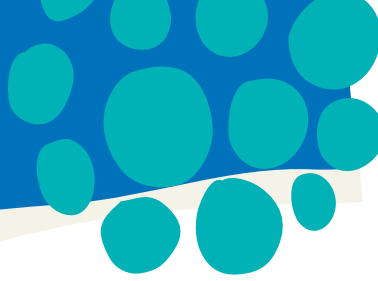
Since launching at Curtin University in 2020, more than 6,000 students across three universities have participated in the program. Students identified as potentially at risk are contacted via telehealth through phone calls and SMS by Provisional Psychologists undertaking a Master of Clinical Psychology. Through this outreach, they provide supportive

check-ins, discuss available resources, and help connect students with appropriate services.

This program delivers early, accessible support to students meeting them where they are, but also provides valuable practical training for the next generation of mental health professionals, equipping them with skills in outreach, risk conversations, and referral pathways.

More information can be accessed via: [COMPAS](#)





Suicide in the Construction Industry: Trends and Key Insights (2001-2021) **Article by Life In Mind**

Men working in Australia's construction industry continue to face a significantly higher risk of suicide compared to other workers. While men overall are three times more likely than women to die by suicide, those in construction are nearly twice as likely as men in other industries. This is influenced by a combination of factors, including job insecurity, transient work conditions, and workplace cultures shaped by stigma around mental health and help-seeking.



Young men in construction, particularly apprentices and those in lower-skilled roles, are at even greater risk. Workplace challenges such as bullying, high job stress, and limited mental health awareness can further compound this vulnerability.

A national study analysed suicide data from 2001 to 2021 using the National Coronial Information System and Australian Bureau of Statistics data. It compared age-standardised suicide rates between construction workers and other employed men and explored differences across age groups.

Key findings include:

- The average suicide rate for male construction workers was 25.7 per 100,000—almost double that of other male workers (14.3 per 100,000).
- Although rates remain higher, suicide deaths in construction have declined faster than in other industries, narrowing the gap over time.

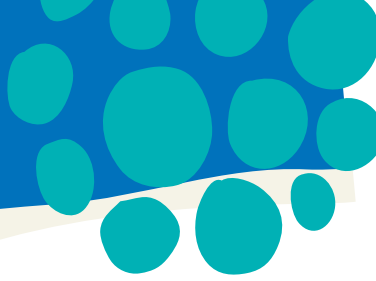
- Younger workers remain most at risk. Men aged 25-34 have had the highest suicide rates since 2016 (around 35 per 100,000), followed by those aged 15-24.

Encouragingly, the overall decline in suicide rates may reflect the impact of sustained national and industry-specific prevention efforts. Initiatives such as MATES in Construction have improved help-seeking behaviours, increased mental health literacy, and reduced stigma across the sector.

However, the findings highlight the ongoing need for targeted suicide prevention strategies, particularly for younger workers. Addressing industry-specific risk factors and strengthening tailored supports will be critical to further reducing suicide in this high-risk workforce.

Further information can be sourced via Research:

[Life in Mind – How have deaths by suicide in the construction industry changed over time?](#)



DV-Alert – Working with LGBTQ+ Communities, supporting safer, more inclusive responses



Last month, Lifeline announced the launch of Working with LGBTQ+ Communities, a new DV-alert 1-day focused workshop developed to strengthen frontline responses to domestic and family violence within LGBTQ+ communities. Developed and co-delivered by LGBTQ+ subject matter experts, this workshop explores how domestic and family violence may present for LGBTQ+ people, including the social and systemic contexts that can influence safety, visibility and access to support. Through evidence, case studies and practical activities, participants will explore how to create safer, more inclusive and affirming responses for LGBTQ+ people experiencing domestic and family violence.

Frontline workers will strengthen their ability to:

- Understand LGBTQ+ communities, the discrimination LGBTQ+ communities have experienced and continue to experience and how this shapes the drivers of domestic and family violence in LGBTQ+ communities.
- Recognise patterns of abuse, coercive control and domestic and family violence as they may present for LGBTQ+ clients, including common dynamics, barriers to support and experiences that may be overlooked in mainstream responses.

- Respond in ways that are safe, affirming and trauma-informed, including practical considerations for immediate support and safety planning.
- Refer to LGBTQ+ inclusive services and supports while working with your client's preferences and safety needs.

Who should attend:

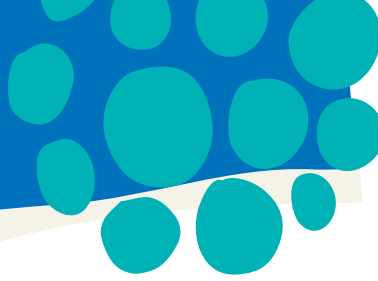
This workshop is designed for frontline workers who may work with or support LGBTQ+ people. You do not need to come from the LGBTQ+ community to attend.

The workshop is designed to support frontline workers to build knowledge, confidence, and practical skills to respond safely and effectively in their role.

Eligibility:

Learners attending 1-day focused workshops must have previously completed either a 2-day DV-alert workshop, an accredited DV-alert eLearning course, or attained the Unit of Competency CHCDFV001: Recognise and respond appropriately to domestic and family violence from another education provider. Learners will need to provide evidence of completion as part of the enrolment process.

More information can be found via: [Working with LGBTQ+ Communities Focused Workshop](#)



The Hidden Link Between Gambling and Suicide **Article by Life In Mind**

Gambling harm affects an estimated 3.1 million Australians and extends far beyond financial loss, contributing to relationship breakdown, social isolation, mental health issues, and suicide. Research suggests that at least 4.2% of suicides in Victoria between 2009 and 2016 were linked to gambling, though this is likely an underestimate, as gambling is not routinely examined in death investigations.

A recent Australian study explored how gambling-related suicides are identified and how detection could be improved. Researchers conducted interviews with people with lived experience of gambling-related suicide attempts, bereaved individuals, and professionals working in death investigation, policy, and research.

Key findings highlight three major challenges:

- **Stigma and under-reporting:** Shame and the stigma associated with gambling often lead individuals to hide their behaviour, meaning gambling may go unnoticed in both healthcare settings and coronial investigations.
- **Complexity and uncertainty:** Determining the role of gambling in suicide is difficult when information is limited or unclear. While professionals often see gambling as one of several contributing factors, individuals with lived experience frequently identify it as the primary source of distress.

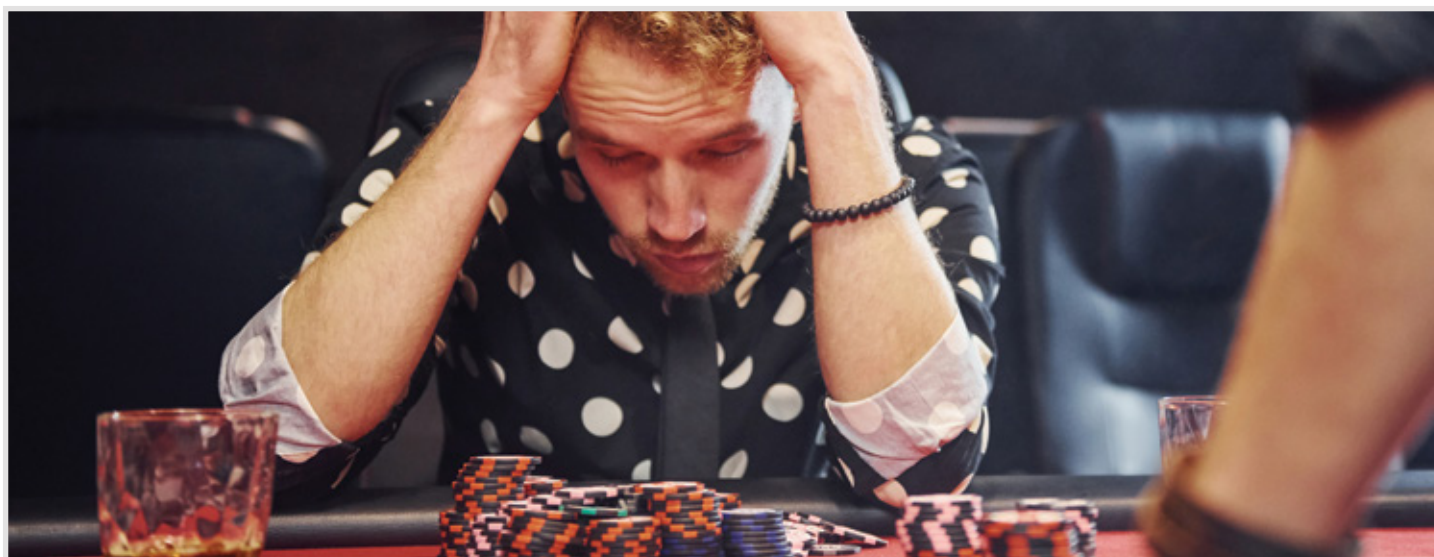
- **System gaps in detection:** Current investigation processes may overlook gambling due to inconsistent data collection. While prompts on police forms could improve reporting, there are concerns this approach may oversimplify complex personal circumstances.

Why this matters

When gambling is not identified as a contributing factor in suicide, critical opportunities for prevention are missed. The study highlights several ways to strengthen detection and improve prevention efforts:

- **Enhanced police training** to better understand how initial reports inform national data and suicide prevention.
- **Improved data use**, including access to gambling transaction records, to provide clearer insights into gambling behaviour prior to death.
- **Stronger definitions and monitoring**, including developing a shared understanding of what constitutes a gambling-related suicide.

Improving how gambling-related suicides are identified will help close critical data gaps, inform policy, and strengthen targeted prevention strategies. Better monitoring and use of available data can ultimately support more effective responses to gambling harm across Australia.



Release of 2026 National Stigma and Discrimination Report Card



The National Mental Health Commission, in partnership with SANE Australia, has released the first National Stigma and Discrimination Report Card, providing the most comprehensive national snapshot to date of the impact of mental health stigma and discrimination across Australia. The Report Card highlights where progress has been made in reducing stigma and discrimination, while identifying areas where further action is needed. It offers nationally consistent data on people's experiences of stigma and discrimination within the mental health system and in everyday life, helping to inform future initiatives and drive meaningful change.

The Report Card is supported by a range of accompanying resources, including:

- Report Cards to be published in 2026 and 2028
- Spotlight reports
- Academic publications
- Lived experience resources

Together, these resources will help guide action, inform policy and support accountability in creating a more inclusive and stigma-free Australia.

The report card can be accessed via: [National Stigma and Discrimination Report Card](#)



True Sport – Cultural Education Initiative



Sport has the power to connect communities, but inclusion and cultural safety are achieved through strong leadership, shared expectations and ongoing education.

The True Sport Cultural Education Initiative supports State Sporting Associations, clubs, and community organisations across Western Australia to create culturally safe, respectful and inclusive environments for First Nations people in sport. Supported by the WA State Government through the Department of Creative Industries, Tourism and Sport, the initiative provides WA-specific resources, tools and guidance to help organisations build capability, strengthen engagement, and embed culturally informed practices across all levels of sport - supporting the sector to take meaningful steps toward reconciliation through sport.

Why It Matters

- Sport plays a powerful role in connecting communities across Western Australia – from grassroots clubs to elite pathways. It is one of the few settings that consistently brings people together and has a strong influence on attitudes, behaviours and lived experiences.

- By building cultural awareness and embedding inclusive practices, sporting organisations help create environments where First Nations people feel safe, respected and able to belong and thrive. This work strengthens relationships with local Aboriginal communities and Traditional Custodians, grounded in trust, respect and understanding.
- Inclusive and culturally informed sport also fosters greater connection across diverse communities, helping participants, volunteers and supporters build awareness and respect for Aboriginal cultures and histories.
- Through everyday sporting experiences, organisations have a tangible opportunity to play an active role in reconciliation – transforming sport into a place of learning, connection and shared pride, both on and off the field.

Resources include:

- Cultural Education Resource Hub
 - Welcome to Country vs Acknowledgment of Country
 - Acknowledgment of Country Templates and Examples
 - NAIDOC Round Sporting Club Guide & Checklist
 - Cultural Competency in Sport
 - Significant Sites, Events, People & Places Summary Sheet
 - Stand up To Racism in Sport Poster
- Cultural Education Community Links
- Racial Discrimination & Vilification Resources Hub
 - Policy Templates
 - Anti-racism Toolkit
 - Step-by-Step Implementation Guide

For more information or general enquiries on SportWest's cultural navigation journey, please contact truesport@sportwest.com.au

Life In Mind: Updated Conversations Matter Resources

An updated suite of Conversations Matter resources is now available on the Life In Mind portal, providing practical support for anyone wanting to feel more confident starting a conversation about suicide.

These free, evidence-informed resources offer guidance on asking directly about suicide, connecting someone with support, supporting people bereaved by suicide, and using age-appropriate language when talking with a child after a suicide death.

New easy-read versions and quick reference guides have also been created, making it simpler to find the right words and take the next step.

Reaching out, listening, and showing you care can make a real difference.

The updated guidelines can be accessed via:

[Conversations Matter - Life In Mind](#)



New Eating Disorder Collaboration:



A new self-paced eLearning course introduces the principles of Eating Disorder Safe Practice, supporting non-stigmatising, weight-neutral and trauma-informed approaches across healthcare settings.

This training is structured around five key domains of the Eating Disorder Safe Principles - Health, Food, Mind, Body, and Harm Minimisation - and applies all principles to healthcare environments and practice.

This introductory training will support you to:

- Recognise the impact of weight stigma, diet culture, and mental health stigma in health settings.
- Apply neutral, non-stigmatising language in clinical communication about food, bodies, and weight.
- Understand the bidirectional relationship between food, eating behaviours, and mental health.

- Identify early signs of eating disorders in people of all sizes and backgrounds.
- Support movement and nutrition interventions that are weight-neutral and developmentally appropriate.
- Consider eating disorder risk when making health, education, or performance-related decisions.

Accessing the Training:

Eating Disorder Safe: Healthcare is available for \$15.00 AUD for all New Eating Disorder Collaboration (NEDC) members.

How to access the training:

1. Log in or become a member of NEDC (membership with NEDC is free)
2. Once you are logged in, go to your personal dashboard on the NEDC website.
3. On your personal dashboard, click 'Start Course' or 'Continue Course' to access the training.
4. You will be directed to NEDC's learning management system, where you can purchase the course: Eating Disorder Safe: Healthcare

You can access the e-Learning via: [Eating Disorder Safe - Healthcare](#)

Know Injury: Injury in the Wheatbelt

Know Injury has recently updated its **Injury in the Wheatbelt** factsheet, which provides the latest data on the burden of injury in the region. Know Injury also offers factsheets covering injury trends across other Western Australian regions, as well as population-specific data for Aboriginal and Torres Strait Islander peoples and Culturally and Linguistically Diverse (CaLD) communities.

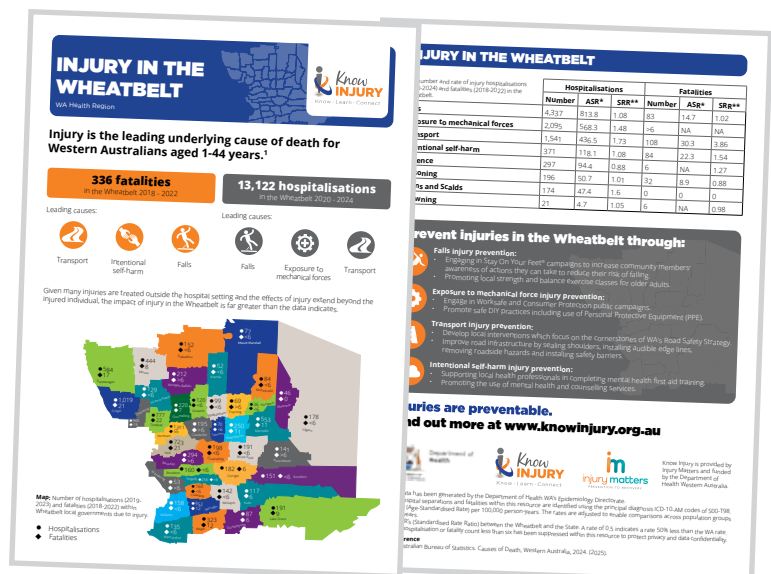
Leading causes of fatalities in the Wheatbelt

- Transport
- Intentional self-harm
- Falls

Leading causes of hospitalisations in the Wheatbelt

- Falls
- Exposure to mechanical forces
- Transport

The factsheet can be accessed via: [Injury in the Wheatbelt](#)





Freedom Centre: LGBTIQ+ Youth Counselling

Freedom offers free counselling for LGBTIQ+ young people aged 12–26 in Perth and 12–25 in regional WA. Individuals do not need to have previously accessed Freedom’s programs to receive counselling or support.



Freedom supports young people with the issues that matter most to them. Individuals can speak with a counsellor about a range of topics, including:

- Sexual health
- Sexuality and gender
- Questioning and exploring identity
- Coming out, transitioning and gender-affirming care
- Depression and anxiety
- Approaching addiction
- Communication and healthy relationships
- Grief, loss, and trauma
- Stigma and discrimination

Freedom counsellors use a person-centred approach, allowing individuals to guide the counselling process, including what is discussed and the pace at which sessions progress.

Where does the counselling take place?

Counselling is available across Regional WA with access over the phone or online for regional, rural and remote living.

How to book a counselling appointment?

To book a counselling appointment with Freedom, individuals or services must complete the referral form and email it to freedomcounselling@waac.com.au.

The referral process can be completed either by the individual themselves or with support from a support worker, counsellor, social worker, GP, or another service provider.

Once a referral has been received, Freedom will review the information within 1–2 business days. A counsellor will then contact the individual to begin the intake process. Generally, Freedom offers clients 10–15 free counselling sessions before reviewing ongoing needs and discussing next steps.

For individuals based in regional WA, local services such as headspace or other community organisations may also assist with the referral process.

More information or to book an appointment: [Freedom](https://www.freedomcounselling.com.au)

New First Nations Alcohol and Other Drug Resources Available

The Alcohol and Drug Foundation (ADF) has recently released a new collection of First Nations alcohol and other drug resources, developed in partnership with Aboriginal and Torres Strait Islander communities. These resources have been co-designed to ensure they are culturally safe, easy to understand and relevant to community needs.

The collection includes practical resources that can support community education, health promotion activities, conversations about alcohol and other drugs, and engagement with Aboriginal and Torres Strait Islander people and communities.

If your organisation would like to access these resources but requires financial support, please contact jdaniels@holyoake.org.au.

View the resources: [ADF shop – ADF Shop](https://www.holyoake.org.au/ADFshop)





New Nicotine Pouch Fact Sheets Released

NSW Health has released a series of new fact sheets to help young people, parents and carers, and teachers and school staff better understand the risks associated with nicotine pouches. These small sachets contain nicotine and flavourings and are placed between the lip and gum to deliver nicotine into the bloodstream. The fact sheets highlight concerns about nicotine addiction, impacts on adolescent brain development, and the increasing marketing of nicotine pouches to young people through appealing flavours and packaging. The resources are a useful tool for starting conversations with young people about emerging nicotine products and their potential harms.

Access the fact sheets: [NSW Health – Nicotine Pouches](#)



New Youth Vaping Resources Available

The Australian Government has updated its Youth Vaping Education Campaign resources, providing a range of free materials to support conversations about vaping and nicotine addiction. The resources are suitable for community organisations, schools, parents, carers and health professionals working with young people.

Available resources include:

- Fact sheets for young people, parents and carers.
- Posters and social media tiles.
- Videos highlighting the health harms of vaping.
- Conversation guides to support discussions about quitting.
- A stakeholder toolkit containing newsletter content, social media posts and communication resources.

These resources can be used to raise awareness of vaping harms, support prevention activities and promote quitting support within schools and communities.

Access the resources: [Australian Government Youth Vaping Resources](#)



Legal Aid WA - Stronger Women Program

Stronger Women is a program at Legal Aid WA to help disadvantaged women who live in regional WA in the areas of family violence, family law, and child protection.

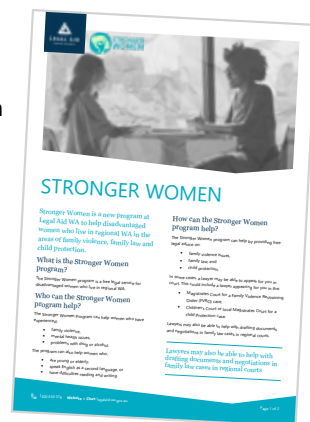
The Stronger Women program can help women who have experienced:

- family violence,
- mental health issues,
- problems with drug or alcohol.

The program can also help women who:

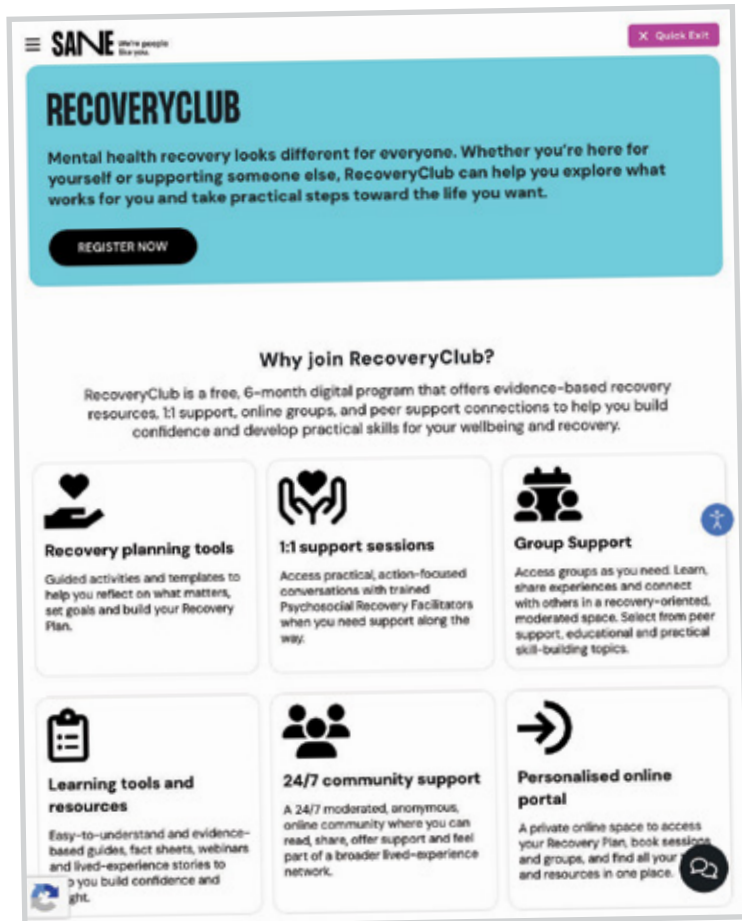
- are young or elderly,
- speak English as a second language, or
- have difficulties reading and writing.

You can connect with the program by calling the Legal Aid WA Infoline on 1300 650 579 or by calling your local Legal Aid WA regional office. If you are getting help from a service such as a refuge, Community Legal Centre or victim support service they can contact Legal Aid WA to connect you to the program.





SANE – RecoveryClub has been refreshed



SANE has recently refreshed the RecoveryClub experience, designed to make it even easier to access support, build connections and engage in recovery in your own terms. RecoveryClub is a free, 6-month digital program that offers

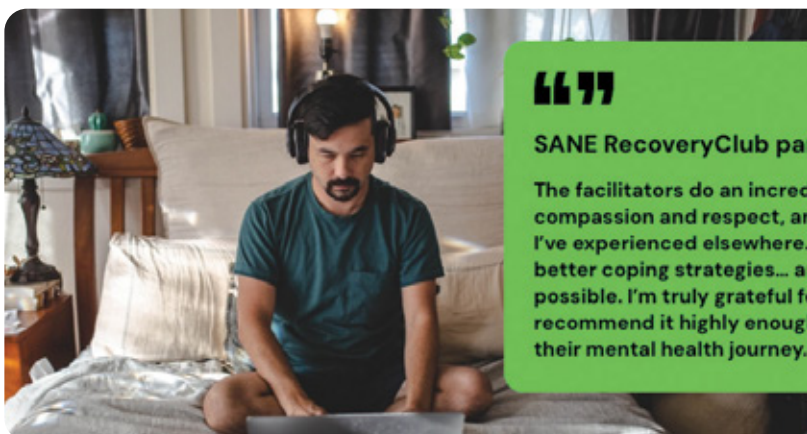
evidence-based recovery resources, 1:1 support, online groups, and peer support connections to help you build confidence and develop practical skills for your wellbeing and recovery. RecoveryClub is for Australians 18+ who are living with ongoing or complex mental health challenges, experiencing psychosocial distress, or are supporting someone who is and would like support for their own wellbeing. It is a good fit for people who may be:

- Feeling overwhelmed, stuck, or unsure where to start
- Managing the impacts of trauma or long-term mental health challenges
- Wanting structure, tools, or guidance outside a clinical setting
- Looking to connect with others who understand and have similar experiences.
- Wanting to explore recovery at their own pace
- Wanting resources to complement their existing care.
- Supporting a family member, friend, or someone in their care.

RecoveryClub is not:

- A crisis support service.
- Ongoing therapy or clinical treatment
- A diagnostic or assessment service
- A place to process trauma in depth.
- A replacement for your existing mental health supports

More information can be accessed via: <https://www.sane.org/recovery-club>



“””

SANE RecoveryClub participant

The facilitators do an incredible job of guiding conversations with compassion and respect, and the peer-to-peer support is unlike anything I've experienced elsewhere. SANE's Recovery Club has helped me develop better coping strategies... and find comfort in knowing that recovery is possible. I'm truly grateful for everything the club offers and can't recommend it highly enough to anyone seeking connection and support on their mental health journey.



Holyoake Showcases to National Preventive Mental Health & National Suicide Prevention Conferences

Innovative work in Training, Education and co-designed awareness campaigns.



In March and April, Jo Drayton, Prevention Services Manager, represented Holyoake on the national stage at two major conferences in Sydney, showcasing the organisation's innovative work in training, education, and locally co-designed awareness campaigns.

At the National Preventative Mental Health Conference, Jo presented on "Changing the Narrative: How Co-Design is Shifting Help-Seeking Behaviours Amongst Regional Men" and *"From Uncertainty to Strength: A Sector-Specific Mental Health and Suicide Prevention Training Program."* Building on this momentum, Jo was invited to present again at the National Suicide Prevention Conference, delivering insights on *"AgriBalance: Increasing Mental Health Literacy and Suicide Prevention Capacity in the Agricultural Sector,"* alongside a poster presentation highlighting Holyoake's CWP Training and Education Initiative.

Holyoake's work generated significant national interest, with strong engagement from sector leaders, practitioners, and policymakers. This growing recognition reflects the organisation's leadership in delivering evidence-informed, community-driven approaches that are making a tangible impact across Western Australia and increasingly influencing conversations at a national level.



Celebrating Youth Week across the Wheatbelt in Narrogin, Northam & Gingin



Holyoake's Prevention Team attended Youth Week events in Narrogin, Northam, and Gingin this year. Narrogin kicked off the celebrations with the Youth Fest at Alby Park, featuring live performances by Don't Tell Daisy, Free Aviary, Navy June, and DJ Aubzmeister. The event also included streetwear from Gravity Streetwear, ice cream, and donuts, with local organisations, including KEEDAC and Holyoake, attending to connect with young people.

The festival was well attended, with young people enjoying the live entertainment, wearing glow sticks, spending time with friends and celebrating Youth Week in a fun, safe, and vibrant atmosphere.

Youth Week celebrations continued in Northam and Gingin, where events showcased local talent and featured food vans, interactive activities, and stalls hosted by community organisations. These stalls provided young people with access to youth-specific resources, service information, and opportunities to engage with local support services in a welcoming and inclusive environment.

Holyoake's Prevention Team thoroughly enjoyed attending each event and were impressed by the emerging and up-and-coming talent we have in the Wheatbelt.



Within Your Wallet Festival Brings Wheatbelt Youth Together



In May, 151 young people from schools across the Southern Wheatbelt came together at the Narrogin Regional Leisure Centre for the biannual Within Your Wallet Festival, an event designed to promote positive mental health, physical wellbeing, help-seeking behaviours, and awareness of local support services.

Throughout the day, students participated in a variety of engaging activities focused on health, wellbeing, and connection. Activities included drumming circles, giant games, basketball, tie-dye bucket hats, and creative workshops that encouraged young people to explore and express emotions through colour, sound and art. Participants also attended presentations focused on emotional regulation,

healthy coping strategies, and future career pathways.

To finish the day on a high note, students took part in a colourful and energetic Colour Run, promoting physical activity and fun.

The festival was coordinated by Holyoake's Wheatbelt Alcohol and Other Drug Prevention Coordinator, Jess Daniels, and WA Country Health Service Senior Health Promotion Officer, Ellen Smith, with funding support from Holyoake, YACWA, SkillHire and the Shire of Narrogin.

Evaluation results highlighted the festival's positive impact, with 100% of young people reporting they enjoyed the event. Additionally, all participants reported increased awareness of support services, greater confidence in making healthy decisions and applying healthy coping strategies, and a better understanding of the importance of physical activity for health and wellbeing.

Organisers would like to thank Holyoake, Avon Community Services, Binar, SkillHire, Lumen University, A Stitch in Time and Narrogin Police for their support in delivering activities and presentations that helped make the day a success.

RU OK? Conversation Convoy – Northam & Toodyay

Holyoake's Prevention Team attended the R U OK? Conversation Convoy in Northam and Toodyay as it travelled through Western Australia, supporting meaningful conversations about mental health, wellbeing, and community connection.

The Northam event was held at the Village Green and featured music, lawn games, resources, and opportunities for meaningful conversations in a relaxed community setting. The Toodyay event was delivered in collaboration with the Toodyay Men's Shed and included a community BBQ breakfast, bringing people together to connect, share stories and promote the importance of checking in with one another.



Coming Together for National Reconciliation Week in Narrogin



Staff from Holyoake's Narrogin office recently attended the National Reconciliation Week Community Breakfast at the John Higgins Centre, joining community members and service providers from across Narrogin, for a delicious breakfast prepared by the Narrogin Lions Club, a Welcome to Country delivered by Pop Basil, speeches from Leanne Kickett - CEO of KEEDAC and representatives from the Shire of Narrogin. A live stream of the WA NRW Breakfast in Perth featuring keynote speaker Narelda Jacobs, followed by an opportunity for attendees to contribute to a community art project.

Older Adults Social Prescribing Events

Thanks to generous funding from the WA Primary Health Alliance (WAPHA), Holyoake's Wheatbelt Prevention Team recently delivered three Older Adults Social Prescribing events across the Wheatbelt in Merredin, Corrigin, and Lake Grace, providing opportunities for older community members to connect, learn, and support their wellbeing. The events brought together a range of local organisations to deliver practical information and interactive sessions,



including:

- Holyoake – Alcohol and Prescription Medication & Mental Health and Wellbeing
- WA Country Health Service – Nutrition and Chair Aerobics
- Amity Health – EFT, Mindful Breathing and Tree of Life
- Commonwealth Bank – Scams and Staying Safe Online
- Consumer Protection – Scams and Staying Safe Online

Each event included morning tea and lunch, interactive activities, quizzes, and valuable opportunities for social connection, helping participants build meaningful relationships within their communities.

Participants also received a localised take-home handbook featuring evidence-informed self-management strategies, information on community connection opportunities, local services, and national helpline contacts to support ongoing health and wellbeing.

Special thanks to the local CRC centres in Merredin, Corrigin and Lake Grace who helped to promote these events.

Also thank you to all the local services who attended these events and showcased what they are doing in the community and how participants can get involved, including.

- Merredin Men's Shed
- Merredin Bootscooting
- Merredin Squash and Fitness Centre
- Compassionate Friends
- The Rotary Club of Corrigin
- Corrigin Tidy Towns
- Corrigin Art Club
- Corrigin Historical Society
- Lake Grace Men's Shed
- Lake Grace Stay On Your Feet Exercise Group
- Lake Grace artist group
- Lions Club of Lake Grace
- Lake Grace Community Women's Association

These events demonstrate how social prescribing can strengthen community connections while providing older adults with the knowledge and resources to support healthy ageing.



NAIDOC Week Celebrations – Wagin DHS & Northam

To kick off NAIDOC Week celebrations before the school holiday break, Holyoake's Prevention Team were invited to join Wagin District High School's NAIDOC celebrations. Across three sessions, the team provided white bucket hats for students in Years 4–10 to decorate with their own designs, celebrating this year's NAIDOC Week theme, "50 years of Deadly".

Students approached the activity with creativity and care, producing thoughtful designs that reflected culture, identity, and respect. They proudly wore their completed hats for the remainder of the school day, creating a vibrant display that celebrated Aboriginal and Torres Strait Islander culture, pride, and community.

NAIDOC Week celebrations continued in Northam, where Holyoake joined the local community to celebrate Aboriginal and Torres Strait Islander culture, history, and achievements. The day began with a Welcome to Country, followed by a Smoking Ceremony and captivating cultural dance performances that set the tone for the celebrations. Throughout the day, attendees enjoyed performances by Jamie Garlett and the Boordiya Koolingas, while Elvis Moody showcased the cultural significance of the didgeridoo through performances, demonstrations, and informal yarns around the firepit. The celebrations concluded with a Come and Try Integrated Football game at Bernard Park, bringing together community members of all abilities and reinforcing the event's focus on inclusion, connection, and community.



Year 6 Health, Wellbeing and Resiliency Forums Empower Wheatbelt Students



In June, more than 100 Year 6 students from across the Wheatbelt participated in the Year 6 Health, Wellbeing and Resiliency Forums held in Jurien Bay and Moora. The forums were delivered through funding secured by the Northam Local Drug Action Team (LDAT) Community Action Plan and Holyoake, supporting evidence-based health and wellbeing education for young people.

The Jurien Bay forum was held on 17 June and welcomed forty-eight students, followed by the Moora forum on 18 June with fifty-four students attending. Coordinated by Holyoake's Wheatbelt Alcohol and Other Drug Prevention Coordinator, Jess Daniels, the forums brought together schools, presenters, and community stakeholders to provide engaging and interactive learning experiences.

Students participated in six presentations covering topics including gratitude, positive re-framing, vaping prevention, nutrition, physical activity, and healthy lifestyles. Young people also learned about alcohol and its effects on the developing brain, helping to increase their knowledge of alcohol and other drug-related harms and support informed decision-making.

The forums aimed to strengthen protective factors, build resilience, and equip students with practical skills to support their mental health and wellbeing as they transition into high school.

Following the successful delivery of the Jurien Bay and Moora forums, planning is now underway for the Merredin and Northam forums, which are scheduled to take place later in August 2026.

Holyoake's CWP Training & Education Initiative

Holyoake's Specialist Training for Agricultural Communities provides free, evidence-based mental health and wellbeing training tailored to the unique needs of rural and agricultural communities across regional Western Australia. Delivered through the Community Wellbeing Program, the initiative strengthens mental health literacy, confidence and practical skills, equipping individuals, businesses and community members to recognise distress, respond early, and connect people to appropriate support. The program offers flexible, community-led workshops, such as Mental Health First Aid, Accidental Counsellor and AgriBalance+, designed to reflect the realities of regional life and support those working in and alongside agriculture.

Since March of this year, Holyoake's CWP Training & Education has delivered the following workshops:

- Accidental Counsellor workshop – Pingelly
- Accidental Counsellor workshop – Narembreen
- Accidental Counsellor workshop - Kojonup
- Accidental Counsellor workshop – Kellerberrin
- Accidental Counsellor workshop – Darkan
- Accidental Counsellor workshop – Northam
- Accidental Counsellor workshop – Kondinin
- 2 x Accidental Counsellor workshops – York
- 2 x Accidental Counsellor workshops – Manjimup
- AgriBalance+ workshop – Wellstead
- Mental Health First Aid Course – York
- AgriBalance+ workshop – Katanning



Anecdotal feedback from workshop participants:

“ The course was fantastic and really well pitched both from an agri/rural perspective and at a ‘we are not health professionals’ level. Particularly useful for me was the tools to identify where someone is stressed versus where they may be in distress ”

“ Great presentation by Jo and great with rural experience and understanding our professions and the industry ”

“ Excellent workshop. I found it more interesting and relatable than previous workshop I've been to in the last 10 years ”

“ Training was informative, practical and solution focused, which is sometimes missing from mental health and suicide awareness sessions ”

“ Jo was an extremely knowledgeable and enthusiastic presenter. The information was relevant and pertinent. A must for anybody involved in agriculture or living in rural areas ”

“ Absolutely brilliant. I enjoyed the workshop very much and walked out better for the knowledge ”

For more information on the Community Wellbeing Program, email JDrayton@holyoake.org.au

events & awareness dates



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				
FEBRUARY	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					
MARCH	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				
APRIL	1	2	3	4	5	6	7
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	22	23	24	25	26	27	28
	29	30					
MAY	1	2	3	4	5	6	7
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	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				
JUNE	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

AWARENESS DAY:

International Family Drug Support Day

DATE:

24 February 2026

International Women's Day

8 March 2026

National Day of Women Living with HIV

9 March 2026

Harmony Week

16 - 22 March 2026

National Drug & Alcohol Facts Week

17 - 23 March 2026

National Close the Gap Day

19 March 2026

International Day of Happiness

20 March 2026

Neighbour Every Day

29 March 2026

World Bipolar Day

30 March 2026

World Health Day

7 April 2026

WA Youth Week

10 - 16 April 2026

Rail R U OK? Day

23 April 2026

World Day for Safety & Health at Work

28 April 2026

Pay it Forward Day

28 April 2026

International Day Against Homophobia, Biphobia and Transphobia

17 May 2026

Australia's Biggest Morning Tea

21 May 2026

World Schizophrenia Awareness Day

24 May 2026

National Sorry Day

26 May 2026

National Reconciliation Week

27 May - 3 June 2026

Wear White to Work Day

29 May 2026

World No Tobacco Day

31 May 2026

contd...

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Women's Health Week - 7-11 September

Women's Health Week returns from 7-11 September, encouraging women across Australia to prioritise their health and wellbeing. Whether you're planning a community event, workplace activity, or local gathering, this year's theme, "Do it anyway," is all about taking small, achievable steps towards better health—on your own terms. Women are often told, "You can't do that," and over time, these messages can lead to self-doubt. This Women's Health Week, let's challenge those barriers, back ourselves, and take positive action for our health.

To help with planning, toolkits can be downloaded from the Jean Hailes website:

[Hero Toolkit](#)

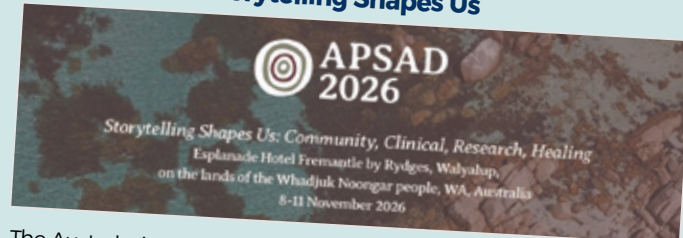
[First Nations Toolkit](#)

Peer CARE Companion Warmline - now providing a 24-hour call-back service

A unique call-back service providing a safe place for people with a lived experience of suicide to connect with others with a similar lived experience for a chat, in a shared space of compassion, understanding and respect.



APSAD 2026: Storytelling Shapes Us



The Australasian Professional Society on Alcohol and Other Drugs (APSAD) Conference 2026 will be held from 8-11 November 2026 in Walyalup (Fremantle), Western Australia. The conference theme, Storytelling Shapes Us: Community, Clinical Practice, Research and Healing, highlights the importance of bringing together research, practice, lived experience and community perspectives to strengthen alcohol and other drug responses. APSAD provides an excellent opportunity for professionals working in prevention, treatment, research and community services to learn from leading experts, share ideas and connect with others across the sector.

For more information or to register, visit the APSAD Conference website.



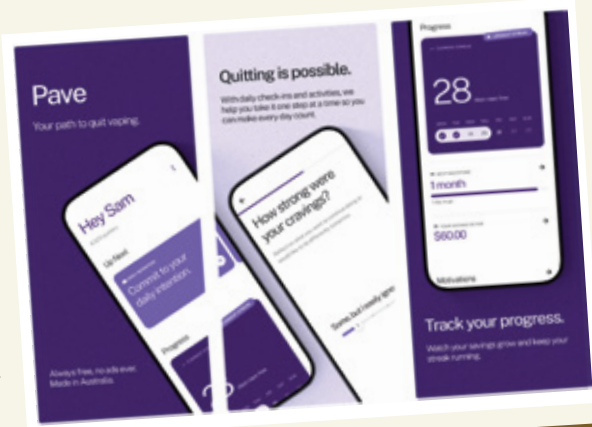
A Free App to Help Young People Quit Vaping

Pave is a free Australian app designed to help young people become vape-free. Developed with input from young people and supported by the NSW and Australian Governments, the app provides practical tools and support throughout the quitting journey.

With Pave, users can:

- Create a personalised quit plan.
- Track their progress and vape-free streak.
- Access articles, activities, and tips tailored to their stage of quitting.
- Learn what to expect during the quitting process.

The app is free, ad-free, and available on both Apple and Android devices. Find out more and download: Pave - A Vaping Cessation Support App.



Her Community Event – Merredin 22 August

Her Community - a free event for all women by Yellow Ribbon Project.

Location: Merredin Bowling Club

Date: 22 August 10 am to 12 pm

The Yellow Ribbon Project's mission is to reduce and prevent social harm by working alongside young people, women and families across Western Australia through research, education, prevention, early intervention and community-based support.

To RSVP, please visit: [HER Community - Merredin A FREE event for all women Tickets, Merredin Bowling Club, Merredin | TryBooking Australia](#)



2026 NDARC Annual Research Symposium

The National Drug and Alcohol Research Centre (NDARC) at UNSW Sydney will host its 2026 Annual Research Symposium on 25 September 2026. As Australia's leading alcohol and other drugs research centre, NDARC works closely with government, health services, community organisations, and clinicians to generate evidence that informs policy and practice.

The symposium will showcase the latest alcohol and other drug research, emerging trends, and innovative approaches to prevention, treatment, and community responses. Importantly for regional stakeholders, the event will be live streamed, allowing attendees to participate online from anywhere in Australia. Recordings will also be made available following the event.

Register or learn more:

2026 NDARC Annual Research Symposium



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)

www.qlife.org.au

Suicide Call Back Line: 1300 659 467

www.suicidecallbackservice.org.au

LifeLine: 13 11 14 (24 hours)

www.lifelinewa.org.au

Text Service: 0477 13 11 14

Grief, Loss & Separation

Free Counselling – 9261 4444

Beyond Blue: 1300 224 636

www.beyondblue.org.au

Kids Helpline: 1800 551 800 (24 hours)

www.kidshelpline.com.au

Headspace (9am – 1am EST):

1800 650 890

www.headspace.org.au

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 www.griefline.org.au

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)

www.panda.org.au

SANE Helpline: 1800 18 SANE (7263)

www.sane.org

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)

www.1800respect.org.au

Suicide Bereavement Service:

0474 076 849

Sexual Assault Referral Centre:

1800 199 888

HealthDirect: 1800 022 222

www.healthdirect.gov.au

WACHS Wheatbelt Mental Health

Service: 9621 0999

Butterfly Foundation: 1800 334 673

(Eating Disorders & Body Image)

www.butterfly.org.au

Gambling Help: 1800 858 858

Here for You Helpline: 1800 437 348

13 YARN: 13 92 76 (24 hours)

www.13yarn.org.au

HOLYOAKE

Whenever you're ready.

subscription, queries and submission information

Northam: 9621 1055

Victoria Park: 9416 4444

Narrogin: 9621 1055

Midland: 9274 7055

Merredin: 9621 1055

Freecall: 1800 447 172

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