

YIRRA KOORL

looking forward

YOUR WELLBEING AND PREVENTION UPDATE FOR THE WHEATBELT - DECEMBER 2022

TURN UP IN BLUE DAY 2022



This year's TURN UP IN BLUE (TUIB) Day saw 38 organisations come together as a collective to host the annual event in Bernard Park, Northam. TUIB Day has been held in Northam during Mental Health Week for the past 6 years, initially with only a few local organisations collaborating to raise mental health awareness. The event has culminated into a large multi-agency collaborative day, providing resources and interactive activities to community members in Northam and surrounds, with the overarching aim to reduce stigma and improve mental health and wellbeing outcomes. It is estimated that approximately 800 people attended this year's TUIB Day event.

This year was the biggest TUIB Day yet with representation from Holyoake, WA Primary Health Alliance (WAPHA), Amity Health, AVIVO, WA Country Health Service (WACHS), Northam PCYC, Regional Men's Health Initiative, APM, Avon Youth, Share and Care, WANSLEA, KEEDAC, Moorditj Youth, Moorditj Koort, Explorability Inc, National Disability Services (NDS), Mental Illness Fellowship of Western Australia (MIFWA), Wheatbelt Mental Health Consumer and Carer Advisory Group (CCAG), Forrest Personnel, Wheatbelt Health Network, WA Recovery College, Injury Matters, Rural Aid, LDAG/LDAT, headspace, Beyond Blue, St John Ambulance, Shire of Northam, WA Police, Bunnings and Spudshed.

The day was filled with an engaging range of activities including Mini Putt Putt, Smoothie Exercise Bike, CPR Challenges, DRUMBEAT Circle, Fast Track Pit Stop, Sensory Spaces, Giant Activities, Plant Potting and Decorating, Potato Toss Games, Roaming Tony Galati Look-a-Likes, Wellness and Mindfulness Colouring, Giant Bubble Activity, Hat Designing Activity, Flower Arrangements and Nail Painting, Mindful Rock Painting, Guess the Country, Kindness Station and Pledge Wall, Tug-a-War, Badge Making, contribute to a Community Art Piece, Spin the Wheel, Bracelets and Beading, Blue's Clues Passport Treasure Hunt and a free BBQ lunch provided to all organisations and community members.

Northam Primary School, St Joseph's and Cunderdin Ag School students attended the Event to partake in activities and increase their awareness and knowledge of mental health and wellbeing and local service providers.

A special mention to Deborah Moody who performed Welcome to Country at the Opening Ceremony, Dadajal Dance Company who performed traditional dances and a didgeridoo performance at the Opening Ceremony, Koomal Kreate who designed the artwork showcased on our TUIB Day polos.

Thanks to Valley Heights Music School and Jade Haybales who provided entertainment throughout the day and Darren Warland, our Master of Ceremonies, for the day.

Finally, thank you to our financial sponsors; Holyoake, WA Primary Health Alliance, WA Country Health Service, AVIVO and Amity Health - without your generosity TUIB Day wouldn't have had the success that it did.

If you would like to be a part of TUIB Day 2023, please contact either Jo Drayton (JDrayton@holyoake.org.au) or Jordyn Drayton (jordyn.drayton@holyoake.org.au).

editorial

Welcome to the final edition of Yirra Koorl for 2022.

This edition sees us move from Kambarang season, the season of colour and flowers around us, to Birak season, where the rain eases and the weather heats up. This change brings much desired warmth and sunlight after what has been a long and wet winter. These extended colder months have been unwelcomed, much like other challenges we have all faced, such as the introduction of COVID-19 into our communities and increased financial stress to name a few. However, the blessing of a longer winter is that it provides more time for growth, reflecting the year of the Holyoake WCADS Prevention Team.

This year, Holyoake has collaborated with local stakeholders and communities to develop many successful projects and campaigns. The Wheatbelt Suicide Prevention Project (WSPP) has been a key development for Holyoake, initiated by Jo Drayton and Jordyn Drayton. The project has empowered the Wheatbelt community to take place-based action in Suicide Prevention by providing extensive training and education, funding and support throughout the Wheatbelt.

Additionally, Holyoake's Jo Woodruff was instrumental in the development of the Upper Great Southern Hockey Association's "I Know What I'd Rather Be Doing - Don't Drink & Drive" round which aimed to increase awareness of alcohol related harms. The campaign was recognised for its great impact at the 2022 Clubs WA Industry Awards for Excellence (opposite).

We thank everyone for their support in 2022 and look forward to strengthening connections and partnerships for Holyoake as well as continuing to grow a strong and resilient Wheatbelt community in 2023.

Stay safe this festive season

The Holyoake WCADS Prevention Team.

Clubs WA Awards State Winner – 'I Know What I'd Rather Be Doing – Don't Drink & Drive' Campaign



The Upper Great Southern Hockey Association "I know what I'd rather be doing - Don't Drink & Drive" campaign and dedicated sporting round was announced 'State Winner' in the Road Safety Category at the recent 2022 Clubs WA Industry Awards for Excellence.

In collaboration with the Narrogin & Districts Netball Association & supported by Jo Woodruff, Holyoake's AOD Prevention Officer, the campaign involved the development of a photovoice campaign involving local club member 'Champions' that also volunteer as First Responders.

The campaign raised awareness in the community about the harms associated with excessive alcohol consumption and the impact that road trauma has not only on the individual, but also their family, community, sporting groups & the First Responders that attend them.

Activities during the event included presentations from the Royal Perth Hospital's P.A.R.T.Y. (Preventing Alcohol Related Trauma in Youth) program, educational quizzes, colouring competitions, RAC 3D Helicopter Experience, the development of educational resources & a 'Skippers' Program.



Face-to-Face Training available in the Wheatbelt

Keyworker Plus (Alcohol and other drugs skills training for mental health professionals and paraprofessionals)	3 Days	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Trauma Informed Care and Practice	1 Day	https://www.mhc.wa.gov.au/training-and-events/training-for-professionals/mental-health-training/
Mental Health First Aid □ Adults	2 Days	https://mhfa.com.au/courses
□ Youth	2 Days	https://mhfa.com.au/courses
□ Older Adults	2 Days	https://mhfa.com.au/courses
□ Aboriginal	2 Days	https://mhfa.com.au/courses
□ Custom Mental Health Workshop for Teens		Developed and delivered by MIFWA
Blended Online Mental Health First Aid Regional Course	Online & 2x 1/2 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	1/2 Day	https://www.livingworks.com.au/programs/safetalk/
Strong Spirit Strong Minds Ways of Working with Aboriginal People training	2 Days	https://www.mhc.wa.gov.au/training-and-events/strong-spirit-strong-mind-aboriginal-programs/ways-of-working-with-aboriginal-people/
Recognise and Respond to Methamphetamine and Opioid Overdose training for professionals, first responders and paraprofessionals	1 Day	https://www.mhc.wa.gov.au/media/3473/aodtrainingcal-2021-sem1-a3-mk3.pdf
Volatile Substance Use (VSU) and Incident Reporting Program	1 – 2 hours	Presented by the WCADS AOD Prevention Officer. School presentations will be conducted in collaboration with Road Safety & Drug Education (SDERA) Branch representatives. Topics include: what is a volatile substance; effects and harms of VSU; prevalence of use; harm minimization strategies; Incident Reporting Program; and coordination of community responses.

training & workshops

contd...

Rural Minds training – mental health training with modules on risk and protective factors for rural communities	1/2 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	1/2 Day	
DV (Domestic Violence) Alert Training	2 Days	https://www.dvalert.org.au/
Accidental Counsellor	1/2 Day	https://www.lifeline.org.au/get-involved/corporate-training/accidental-counsellor/
Workplace Wellbeing & Professional Selfcare Workshop	1/2 Day to Full Day	<p>Developed and delivered by Wheatbelt Suicide Prevention Coordinator - select from:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mental Health Literacy – Stress, Anxiety, Depression and Situational Crisis <input type="checkbox"/> Introduction to Suicide Prevention <input type="checkbox"/> De-Briefing <input type="checkbox"/> Professional Self Care Tips and Strategies <input type="checkbox"/> Language, Communication and De-Escalation Skills <input type="checkbox"/> Navigating Change and Uncertainty – with Clients and Organisations <input type="checkbox"/> Mentally Healthy Workplace <input type="checkbox"/> Burnout / Compassion Fatigue <input type="checkbox"/> Emotional Intelligence within the Workplace <input type="checkbox"/> Mental Toughness and its impact on Productivity <input type="checkbox"/> Development of a Workplace Wellbeing Strategy / Strategic Plan

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

Online Training

Western Australian Recovery College

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

Self-care for those who live alone:

Living alone can be challenging. Together we'll explore different self-care techniques, learn how to form enriching new habits and break those that no longer serve you.

Date: 6th January 2023

Time: 6.30pm – 9pm

Injury Matters - Injury Prevention 101 Module

Developed for WA's injury prevention sector, this module will guide you through the Public Health Approach to Injury Prevention and support you to plan, implement and evaluate activities to prevent or reduce harm from injury in your community. This interactive, self-paced course only takes 45 minutes to complete and will provide you with an overview of –

1. The incidence of injury in WA, and
2. The five stages of the Public Health Approach to Injury Prevention.

The eLearning module can be accessed via the following link: [Injury Prevention 101](#)

FARE Online Learning Module – Supporting alcohol-free pregnancy & safe breastfeeding

This course is part of the Foundation for Alcohol Research and Education's (FARE's) 'Every Moment Matters', the national awareness campaign for pregnancy and breastfeeding women. The content is based on the National Health and Medical Research Council's Australian guidelines to reduce health risks from drinking alcohol and has been developed in collaboration with health professionals and experts in the field.

The course involves 1.5 hours of case-based learning and includes video and self-paced online learning modules.

The topics covered include:

- Pregnancy and alcohol
- Summary of the evidence
- Fetal Alcohol Spectrum Disorder (FASD)
- Brief intervention and motivational interviewing
- Alcohol and breastfeeding

The online module can be accessed via the following link: [FARE Online Module](#)

'Valuable Conversations – reducing the impact of alcohol use during the child-bearing years': Narrogin and Northam 2023

The Mental Health Commission has confirmed 2023 dates for the FREE training 'Valuable Conversations – reducing the impact of alcohol use during the child-bearing years'. This in person training will be held over two days in the following locations:

Northam: 21st & 22nd February 2023

Narrogin: 24th & 25th February 2023

The training is designed to increase confidence in delivering FASD prevention & covers:

Reflective Practice to improve the way we work with clients

Trauma Informed Care & Practice to help us recognise why alcohol use may occur in pregnancy

Motivational Interviewing to better understand & express empathy towards our clients

FASD Prevention using the National Strategic Action Plan to guide our provision of holistic care

Brief Interventions to bring together new knowledge & skills with AUDIT-C & 'Five As'.

alcohol and other drug news/updates

New parents, young people, and alcohol campaign - 'We all need to say no'



It's easier to say no when we all say no.

The Alcohol.Think Again 'We all need to say no' campaign is a joint initiative by the Mental Health Commission and Cancer Council WA. It launched on the 3rd of July and will run for an initial 10 months until mid-2023.

The campaign aims to raise awareness that no one should give alcohol to under 18s and calls for parents to join the 2 out of 3 already saying 'no'.

Research with WA parents shows they commonly overestimate how many other parents give alcohol to under 18s, and this perception influences their own decisions.

WA parents have said they want to feel supported and empowered in their decision to say 'no'.

Alcohol.Think Again has developed a specific website with information regarding young people and alcohol that parents and carers are encouraged to visit. Here, they can find information on alcohol and the developing brain,

outlining how exposure to alcohol when the brain is still developing can lead to long term health problems. There is also 'Advice for Parents' which provides actions that parents can follow to support young people that are consuming alcohol.

A community toolkit has been developed that includes a collection of resources and creative assets on the campaign for organisations and people to utilise in their community. Alcohol.Think Again has also released a new brochure on Alcohol and Young People that supports the "We all need to say no" campaign. The brochure summaries what can be found on the new website.

For more information on how to talk to young people about alcohol, visit the [Alcohol.Think Again](https://www.alcoholthinkagain.org.au) website, call the Parent and Family Drug Support Line on 1800 653 203 (country) or visit Supporting Family Conversations.

The Community Toolkit, which includes all the resources, can be accessed via the following link: [Parents, Young People and Alcohol 'We all need to say no' Campaign - Community Toolkit](https://www.alcoholthinkagain.org.au/parents-young-people-and-alcohol-we-all-need-to-say-no-campaign-community-toolkit)

Young Australians and the promotion of alcohol on social media (2021-2024)

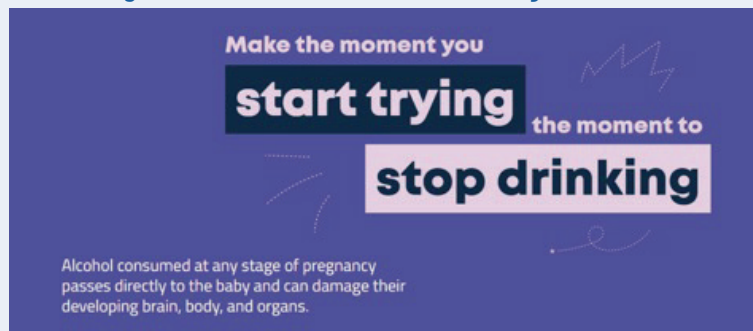
This project, undertaken by Associate Professor Nicholas Carah from the University of Queensland, aims to determine how young people engage with alcohol and nightlife marketing on social media platforms, such as Facebook, Instagram, and Snapchat.

Companies now leverage the power of social media to create advertisements that are made and shared by young people, targeted to them in particular times, places and contexts, and are thus difficult to monitor and regulate.

The project will use computational, social data approaches and youth informants to assess the pervasiveness of branding on social media and how it shapes youth cultures.

This work will extend media and cultural studies and support the development of effective monitoring and regulation of online marketing in general, with a particular focus on alcohol.

Every Moment Matters Project



Every Moment Matters is a nation-wide project sharing the latest evidence-based information about alcohol during pregnancy and breastfeeding. It was developed by the Foundation for Alcohol Research and Education (FARE) with the support of health professionals and communities across Australia.

Research showed that almost one in three Australians weren't aware drinking alcohol during pregnancy could cause Fetal Alcohol Spectrum Disorder (FASD) and nearly one in four weren't aware alcohol should be avoided altogether during pregnancy for the health of mum and baby.

Every Moment Matters supports Australians to go alcohol-free through all stages of pregnancy, right from the moment they start trying to get pregnant.

More information can be accessed via the following link: [Every Moment Matters](#)

The REACH Project – Supporting healthcare professionals to talk to patients about alcohol use

Researchers at Monash University have developed the REACH Project, supporting general practitioners (GPs), nurses, and other healthcare professionals to talk to their patients about alcohol use.

General practice plays an essential role in reducing alcohol-related harm in communities, as nearly 85% of Victorians see a GP at least annually. Brief interventions (BI's) involve assessing the amount of alcohol a person is using and offering individualised advice on how to reduce the associated health risks. These are effective in reducing the average amount of alcohol people consume in a week and are recommended in the RACGP Preventive Care guidelines for all patients over the age of 15 years. Despite their effectiveness, and the support for this approach in evidence-based guidelines, clinicians do not routinely provide this intervention in daily practice

As part of this project, researchers have developed practical, evidence-based and informative resources with input from GPs, nurses and community members.

The resources can be accessed via the following link: [REACH Project Resources](#)



The Australian Indigenous Doctors' Association (AIDA) Report, Incarceration: The disproportionate impacts facing Aboriginal and Torres Strait Islander people

The Australian Indigenous Doctors' Association (AIDA) report, Incarceration: The disproportionate impacts facing Aboriginal and Torres Strait Islander people, is a literature review that highlights the intersection between incarceration, social justice issues and health issues such as Fetal Alcohol Spectrum Disorder (FASD). The report found that Aboriginal and Torres Strait Islander people who have existing health issues, such as FASD, are overrepresented in prisons and generally lack appropriate cultural support through the judicial processes.

The full report can be accessed via the following link:
[AIDA Incarceration: the disproportionate impacts facing Aboriginal and Torres Strait Islander people](#)



Injury Matters 'Alcohol-related Injuries in WA' Position Paper

Alcohol is the most widely used drug in Australia. In 2019, 5% of Western Australians aged 14 years and over reported consuming alcohol daily, 36% weekly and 19% monthly, and at least once a month 1 in 4 Western Australians drank alcohol in quantities that placed them at risk of injury.

A strong dose/response relationship exists between the amount of alcohol used within the previous three hours and the likelihood of injury, with a meta-analysis estimating that drinking 24g of pure alcohol (almost 2.5 standard drinks) can double the odds of injury. This relationship is reflected in alcohol being reported as the highest risk factor for injury in Australia, contributing 15% of the overall burden of injuries in 2018 with 1,646 Australians dying as a result of an alcohol-related injury in 2017 and 42,244 alcohol-attributable hospital presentations due to injury in Australia from July 2017 to June 2018. In 2017/18 it is estimated that alcohol-

attributable hospital separations due to an injury cost \$294,644,118 in Australia.

In April 2022, Injury Matters released their latest Position Paper on the incidence of alcohol-related injuries in WA, effective interventions to reduce alcohol-related harm & actions that can be taken to reduce the impact of alcohol-related injuries in WA.

The position paper can be accessed via the following link:
[Injury Matters Position Paper](#)

ADF Article: Novel Benzos in Australia

Benzodiazepines are mild tranquillisers prescribed for anxiety and insomnia, and to treat alcohol withdrawal and epilepsy. Benzos have a high risk for drug overdose, dependency and interaction with other substances (especially other depressants like alcohol or opioids). Because of this, they are controlled in Australia and available by prescription only.

The availability of 'novel' benzodiazepines (benzos), also called designer, synthetic or street benzos, is rapidly increasing in Australia. And so too is the overdose deaths and harms caused by them. Between 2015-2021 there were 40 overdose deaths involving novel benzos in Australia. In Victoria, there has also been a sharp increase in deaths from novel benzos - from one in 2018; 10 in 2019; and to 28 in 2020.

Novel benzos can have similar effects to prescribed benzos but can be stronger and more unpredictable. Australia is seeing increased availability of novel benzos as people look for new drug experiences or street alternatives to controlled prescription medicines.

Based on toxicology reports in Australia, the risks include:

- High potency – the dosage can be higher than what's written on the packet, making the effects unpredictable
- Unknown half-life – this can vary from 46 to 106+ hours, increasing your risk of overdose
- Contamination – can contain different drugs (including opioids) and other substances and fillers
- Fakes and counterfeits – there have been numerous health alerts in Australia this year about fake Xanax, Kalma and Mylan

The full article can be accessed via the following link: [ADF: Novel Benzos In Australia](#)

Interactive Online Game for Australian students being trialled in schools

A new interactive online game designed and created for Australian school students aims to revolutionise the way young people are taught about alcohol and drugs. The first of its kind in Australia, the game is a collaboration between Edith Cowan University (ECU) and Sideeffect Australia, and is funded by the Australian Government Department of Health.

The game aligns with the Australian Curriculum for high school students in years 9 and 10, covering the positive and negative effects of decision making and possible consequences. Students engage with digital avatars in scenes that have been performed by actors from The Western Australian Academy of Performing Arts (WAAPA) using motion capture technology.

Each character is specifically created to depict the effects of risk-taking or harm minimisation behaviours. The students are then tasked with identifying these different behaviours, how they have affected the character's progression throughout the game, and to identify strategies to alleviate or minimise harm.

Trials of the game began in selected schools in May 2022.

Further information can be accessed via the following link: <https://www.ecu.edu.au/newsroom/articles/research/a-game-changer-for-drug-and-alcohol-education-in-schools>

FARE – Launch of ‘Voices for Change’ online space for support

FARE recently launched Voices of Change, an online space allowing FARE supporters to share their real-life experiences with alcohol, learn from others' experiences, and find resources and support.

We know the importance of evidence-based research to guide our advocacy. But we also know that advocacy can become more meaningful if we combine this approach with real stories from real people. Whether it's a thought-

provoking magazine article, a powerful TV documentary, or a heartfelt social media reel, stories have the power to move people and start honest conversations about the issues that our communities face.

Whether we are concerned about ourselves, or someone who is going through a difficult time because of alcohol, stories can help us know we are not alone. They have the power to inspire change and drive the courage to take action. Sharing stories is a powerful way to break down barriers and connect with each other.

FARE's aim with Voices of Change is to share community stories that channel hope, urgency and solidarity; to create an environment that encourages people to reach out for support and help create change in their community.

Head to the Voices of Change page to learn how you can be part of this important project & follow them on social media to stay up to date with the stories shared by everyday Australians.

FARE: 'Voices for Change' can be accessed via the following link: [FARE: Voices for Change](#)

Australia's attitudes & perceptions towards drugs by region, 2019 (2022)

- Australian Institute of Health & Welfare Report

This report presents new analysis from the 2019 National Drug Strategy Household Survey (NDSHS) that focuses on the attitudes and perceptions of people across Australia on various drug-related issues. The interactive data map allows people to select a region to see what people who responded to the survey thought about tobacco smoking, alcohol use, cannabis, and other illicit drugs in 2019.

The report can be accessed via the following link:

[Australian Institute of Health & Welfare Report - Australia's Attitudes & Perceptions towards Drugs by Region](#)

Western Australia restricts sale of nitrous oxide gas canisters

~ Government of Western Australia Media Statement

As of 1 October 2022, the sale of nitrous oxide is regulated under the Medicines and Poisons Act 2014, in line with new national restrictions on the sale of nitrous oxide.

Nitrous oxide is used as a medicine for the purposes of anaesthesia, sedation or pain management. In domestic and commercial catering settings, it is used as a propellant for whipped cream, to infuse flavours into alcoholic drinks, and to create mousses and foams.

Nitrous oxide gas has been reclassified by the Therapeutic Goods Administration as a S6 poison and this change triggers WA regulations that affect the labelling of this gas and prevent sales to young people.

There has been growing national concern over the apparent trend of recreational misuse of nitrous oxide

for inhalation. The national reclassification is in response to evidence of severe and potentially irreversible neurological damage seen with heavy and persistent recreational use of the gas.

Canisters must now be labelled with the word "poison" and have specific warnings against inhalation. In WA, S6 poisons cannot be sold to persons under 16 years of age.

The changes will not affect access for legitimate uses. The full statement can be accessed via the following link:

<https://www.mediastatements.wa.gov.au/Pages/McGowan/2022/09/Western-Australia-restricts-sale-of-nitrous-oxide-gas-canisters.aspx>

New study shows high exposure to alcohol advertising increases likelihood of drinking in Australian teenagers

~ Cancer Council Victoria

A new study published in Drug and Alcohol Review (Sept 2022) revealed that teenagers in Victoria are exposed to an advertisement for alcohol every other day. The study surveyed over 3,000 Victorian secondary school students, of whom nearly two-thirds were aged between 12 and 15 years, and looked at their exposure to alcohol advertising across eight different media channels and their reported alcohol consumption.

The study found that television (38%), internet (37%) and sporting games (30%) were the most common channels for students to report seeing alcohol advertising each week.

The data also revealed that students who were exposed to alcohol advertising on the internet and social media each week were more than 2.5 times more likely to be a 'drinker' compared to those seeing these ads less frequently.

Two-thirds of secondary school students reported having ever tried alcohol and around one in six reported having consumed alcohol in the past month. More than three-quarters (77%) of all students reported seeing advertisements for alcohol in the past month.

Professor Vicki White from Deakin University commented that "This study makes it clear that the more young people are exposed to advertising for alcohol, the more likely they are to drink. This suggests that we should be doing everything in our power to protect children from being exposed to the influence of alcohol advertising."

The full article can be accessed via the following link:
[Alcohol Advertising and Teens - Media Release](#)

The study in Drug & Alcohol Review can be accessed via the following link: <https://onlinelibrary.wiley.com/doi/10.1111/dar.13530>

Alcohol, tobacco & other drugs in Australia (2022) - Australian Institute of Health & Welfare Report

Key findings -

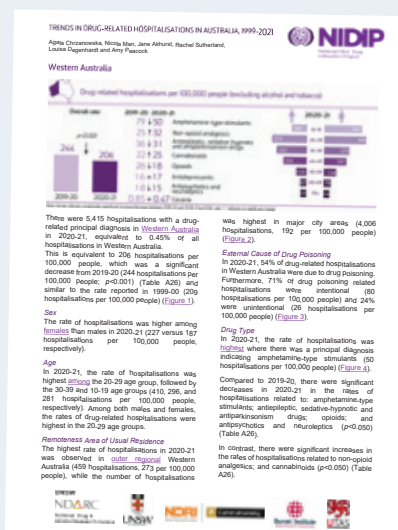
- The majority of Australians aged 14 years & over consume alcohol, however the proportion drinking in excess of lifetime risk guidelines declined from 21% in 2001 to 16.8% in 2019
- In 2019, 25% of people aged 14 & over exceeded the single occasion risk of alcohol guideline by consuming more than 4 standard drinks in one sitting, at least monthly
- Between 2015 & 2021, the highest rates of alcohol & other drug-related ambulance attendances were related to alcohol intoxication
- Alcohol accounted for nearly 3 in 5 drug-related hospitalisations in 2020-21 (57% or 86,400 hospitalisations), up from 53% in 2019-20 (74,500 hospitalisations)
- There were 1,452 alcohol induced deaths in 2020
- In 2020-21, alcohol was the most common principal drug of concern in closed treatment episodes provided for clients' own drug use (37%).

The report can be accessed via the following link: [Australian Institute of Health & Welfare Report - Alcohol, Tobacco & Other Drugs in Australia \(2022\)](#)

Trends in drug-related hospitalisations in Western Australia, 1999-2021

This reports from the National Drug & Alcohol Research Centre (NDARC) provides an update on trends regarding drug-related hospitalisations in WA in the sub-groups of sex, age, remoteness of area, external causes and drug type.

Further information can be accessed via the following link: [Drug Related Hospitalisations in WA 2020-21](#)



Alcohol-induced deaths at their highest rate in 10 years - FARE Media Statement

The Australian Bureau of Statistics (ABS) recently released the latest available data on the Causes of Death in Australia.

Alcohol-induced deaths increased by 5.8 per cent in 2021, bringing deaths from causes such as liver cirrhosis and alcohol poisoning to their highest level in a decade.

There were 1,559 alcohol-induced deaths recorded in 2021, a rate of 5.4 deaths for every 100,000 people living in Australia, up from 5.1 in the previous two years.

FARE CEO Caterina Giorgi said:

“During the pandemic, we have seen alcoholic products being heavily promoted by alcohol companies and marketed as a way to cope with the stresses and pressures being faced by families.”

“Governments across Australia need to be doing more to prevent the significant harms from alcohol. This includes introducing common-sense measures to address the ever-changing alcohol market, including addressing rapid delivery of alcohol and dark advertising targeting people who are most at risk.”

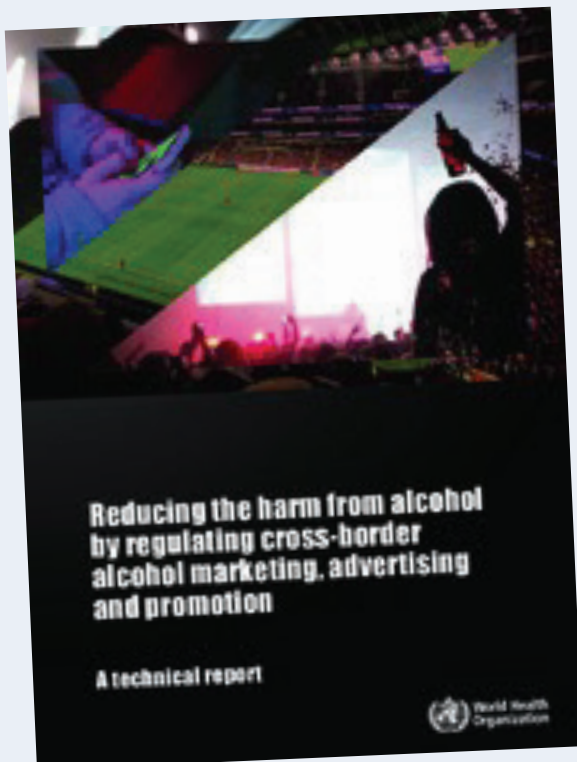
The full statement can be accessed via the following link: [Media Statement: Alcohol-induced deaths at their highest rate in 10 years](#)



alcohol and other drug news/updates

contd...

World Health Organisation: Reducing the harm from alcohol – by regulating cross-border alcohol marketing, advertising, and promotion: a technical report



This comprehensive report details the full extent of the way that alcohol is being marketed across national borders – often by digital means – and often regardless of the social, economic, or cultural environment in receiving countries.

The report highlights how increasingly sophisticated advertising and promotion techniques, including linking alcohol brands to sports and cultural activities, sponsorships and use of e-mails, SMS and social media, are being used to increase customer loyalty and gain new customers. Young people and heavy drinkers are increasingly targeted by alcohol advertising, often to the detriment of their health, and highlights the need for more effective national regulations and better international collaboration.

The report can be accessed via the following link:
[WHO: Reducing the harm from alcohol - by regulating cross-border alcohol marketing, advertising, and promotion](https://www.who.int/publications-detail/WHO-Reducing-the-harm-from-alcohol-by-regulating-cross-border-alcohol-marketing-advertising-and-promotion)

AOD Research

Routledge et al, 2022, 'Acceptability and feasibility of Strong & Deadly Futures, a culturally inclusive alcohol and drug prevention program for Aboriginal and/or Torres Strait Islander secondary students', SSM-Mental Health.

This mixed-methods study reports on the qualitative & quantitative feedback from students & school staff on the web-based, culturally inclusive alcohol & drug prevention program, Strong & Deadly Futures, for 12-14-year-old Australian students to assess the acceptability & feasibility of this curriculum-aligned program.

Read more: <https://doi.org/10.1016/j.ssmmh.2022.100073>

Weatherall et al. 2021, 'Alcohol dependence in a community sample of Aboriginal and Torres Strait Islander Australians: harms, getting help and awareness of local treatments', Addiction Science & Clinical Practice

This study investigated the links between current alcohol dependence and specific harms among Indigenous Australians, as well as help seeking for drinking, awareness of local treatment and recommendations to help family and friends reduce or cease drinking in two Indigenous communities.

Read more: <https://doi.org/10.1186/s13722-021-00274-2>

Elyse R. Grossman, Sara E. Benjamin-Neelon & Susan Sonnenschein (2022), 'Alcohol consumption and alcohol home delivery laws during the COVID-19 pandemic, Substance Abuse', 43:1, 1141-1146

A US study found relaxed laws on alcohol regulation during COVID-19 led to an increase in alcohol deliveries. The self-reported findings highlighted that 21 per cent of people surveyed used alcohol delivery and drank more alcohol over more days. Additionally, people who used alcohol delivery reported higher levels of binge drinking. This research coincides with Australian-based findings in 2020-21 that found an 86 per cent increase in alcohol delivery apps.

Read more: <https://doi.org/10.1080/08897077.2022.2060432>

Strowger, M, Braitman, AL & Barnett, NP (2022) 'The association between social network members sharing alcohol-related social media content and alcohol outcomes among college student drinkers'

Read more: <https://doi.org/10.1111/acer.14899>

Life in Mind: Australian Bureau of Statistics: Data Summary 2021



Australian national suicide data 2021

(Australian Bureau of Statistics, Causes of Death, 2021)

Released 19 October 2022

An EVERYMIND program



The Australian Bureau of Statistics (ABS) provides in-depth data and statistical information around suicide-related deaths across Australia.

Mindframe supports media professionals in communicating and contextualising statistical information safely to the public through advice, infographics, and downloadable summaries.

Why are the ABS data important?



The ABS Causes of Death data provides in-depth data and information around suicide-related deaths across the country.

ABS Causes of Death Data 2021

- In 2021, there were 3,144 suicide deaths in Australia, with an age-standardised rate of 12.0 deaths per 100,000 population. The rate for 2021 is the lowest national suicide rate recorded since 2016.

- The suicide rate for males decreased by 2.3% between 2020 and 2021.
- The suicide rate for females increased by 5.0% between 2020 and 2021.
- Young and middle-aged people are more likely to die by suicide, with 81.9% of people who died by suicide being under the age of 65.
- Men aged over 85 years had the highest male age-specific suicide rate but accounted for the smallest proportion (3.2%) of male suicides.
- Women aged 50-54 years had the highest female age-specific suicide rate and accounted for the highest proportion (9.9%) of female suicides. In 2020, this age group had the seventh highest rate of female suicides.
- There were 219 Aboriginal and Torres Strait Islander people who died by suicide across Australia in 2021.
- Using data from New South Wales, Queensland, Western Australia, South Australia and Northern Territory, the age-standardised suicide rate for Aboriginal and Torres Strait Islander people was 27.1 per 100,000.
- The highest number of suicide deaths occurred in New South Wales (880 deaths). The Northern Territory recorded the highest rate of suicide (18.4 per 100,000 people).
- Almost 90% of people who died by suicide had at least one risk factor reported. Mood disorders (including depression) were the most common risk factor for both males (36.2%) and females (41.6%) for all age groups except for those 85 years and older.
- There were 81 people (2.6% of all suicide deaths) who had the COVID-19 pandemic mentioned in either a police, pathology or coronial finding report.

More information and the full summary can be accessed via the link below: [Life in Mind: Australian Bureau of Statistics Causes of Death Data 2021](#)

suicide prevention news/articles

contd...

Mindframe launch Images Matters

The way we communicate about mental ill-health, suicide and alcohol and other drugs (AOD) can have either a positive or negative impact on a person's life. The images we use in that communication are also important.

Images matter: Mindframe guidelines for image use is a practical, research-informed, and user-friendly resource that is designed for media and other communicators. It seeks to inform, support and empower people to select and use images in ways that minimise stigma and harm and maximise diversity of representation. Incorporating these guidelines into practice will help to educate the public, break down misinformation and promote help-seeking, and help-offering behaviour. This new resource was funded by the National Mental Health Commission and developed in consultation with a diverse range of stakeholders in Australia.

The guidelines:



Consider practical elements such as accessibility or style

Images, artwork and symbols should be accessible and clear to limit any miscommunication.



Use images that model hope or support

Including images that focus on offering or seeking help can reduce stigma, offer hope and increase protective factors.



Consider images you use as they can be helpful or harmful depending on the context

Specific guidance is available on images relating to mental ill-health, suicide, alcohol and other drugs, and disordered eating.



Use images of people who have personal or lived experience only with their knowledge and permission

Lived experience perspectives should be included when possible, ensuring that permission has been granted from the individual.



Use a diverse range of images

Images should show a diverse range of ages, genders, cultures, relationships and body shapes to reflect the diversity of the Australian population.

View and download [Images matter: Mindframe guidelines for image use](#)

Supporting resources:

A range of resources to support implementation of the guidelines have been developed, including:

[Images Matter Checklist](#)

The Images Matter checklist was developed to make image selection simpler, when communicating about mental health and ill-health, suicide and AOD. It is designed to be broad and overarching for ease, simplicity and timeliness of image selection.

[Images Matter Online collection](#)

A free online image collection where high-resolution, royalty-free images can be accessed for use in public communications about mental health and wellbeing, mental ill-health, suicide and self-harm and AOD.

Images Matter Guidance Cards

[Consider your image selection when communicating about mental ill-health](#)

[Consider your image selection when communicating about suicide and self-harm](#)

[Consider your image selection when communicating about body image and eating disorders](#)

[Consider your image selection when communicating about alcohol and other drugs \(AOD\)](#)

Suicide Prevention Australia: 2022-23 October Federal Budget - Overview and Analysis

The first Federal budget under the new Labour administration includes some investment in the key risk areas that drive distress in our communities including housing, domestic and family violence, welfare, and disasters.

We welcome the investment in building Australia's resilience as it's a key prevention measure particularly at a time when communities are being hit with floods.

Specific investment has been allocated towards several priority populations including veterans, First Nations, LGBTIQ+ communities, children and young people, older people, carers, and people living in rural and regional areas.

However, there is a missed opportunity for funding to support other priority populations including men and people of culturally and linguistically diverse backgrounds.

Budget highlights:

- \$24.3 million over 4 years to improve access to mental health services.
- \$97.9 million over 4 years from 2022-23 (and \$28.7 million per year ongoing) to increase the Special Rate of Disability Compensation Payment, Temporary Special Rate Payment, and the Special Rate Disability Pension by \$1,000 per year for veterans.
- \$87.0 million over two years from 2022-23 to improve the administration of the claims processing system and improve veterans' services.
- \$630.4 million over 4 years from 2022-23 to strengthen Australia's resilience to disasters.
- \$314.8 million over 5 years from 2022-23 for First Nations health infrastructure and training.
- \$47.7 million over 4 years from 2022-23 to reinstate Medicare Benefits Schedule item 288. This will provide for a 50 per cent loading for bulk-billed telehealth psychiatry consultations in telehealth eligible areas across regional and rural Australia
- \$10 billion in the newly created Housing Australia Future Fund, to generate returns to fund the delivery of 30,000 social and affordable homes over 5 years.

The full overview and analysis can be accessed via the following link: [2022-23 October Federal Budget: Overview and Analysis](#)

National Mental Health and Wellbeing Survey ~ Australian Bureau of Statistics

The Australian Bureau of Statistics has released its first data in 15 years looking at suicidal behaviours in the community.

This new data provides important insights into suicidal behaviours nationally as Australia emerges from the pandemic and compounding natural disasters. The release is significant because understanding attempts and ideation is an important barometer for distress in our community and helps to inform workforce planning, community support and clinical support.

This data reinforces calls for the introduction of a National Suicide Prevention Act (similar to South Australia) that helps drive a focus on the impacts of economic and social determinants like rising interest rates, financial stress and affordable housing.

Data summary:

- 3.3 million Australians have thought about taking their own life at some stage in their life, and 669,000 people have thought about taking their own life in the last 12 months.
- 1.5 million Australians made a plan to take their own life at some stage during their life, and a quarter of a million made a plan to take their own life in the last 12 months.
- 7.5 million Australians have been close to someone who had taken or attempted to take their own life, while 1.2 million had been close to someone who had taken or attempted to take their own life in the last 12 months.
- 351,100 younger Australians (aged 16-34) have attempted suicide in their lifetime
- 110,000 older Australians have attempted suicide in their lifetime

It's important to remember that every statistic represents a life lost or an individual in distress that has a cascading impact among families, friends, colleagues, and community groups.

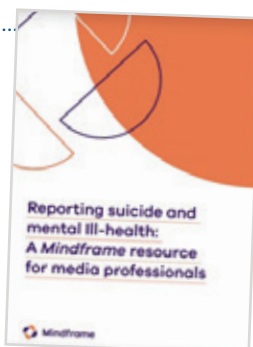
The data brief can be downloaded via the following link: [National Mental Health and Wellbeing Survey - Data Brief](#)

suicide prevention news/articles

contd...

Reporting suicide and mental ill-health: A Mindframe resource for media professionals

Practical, research-informed, and user-friendly resources that are designed for media and other communicators. The resources seek to inform, support, and empower people to select and use images in ways that minimise stigma and harm, and maximise diversity of representation.



The Reporting Suicide and Mental Ill-Health guidelines were developed to support safe and accurate media reporting, portrayal and communication of suicide and mental ill-health.

'State of the Nation' report - Cost-of-living putting Australians at risk

~ Suicide Prevention Australia

A new survey shows 40% of Australians report cost-of-living and personal debt is causing them elevated distress compared with this time last year.

Suicide Prevention Australia's annual State of the Nation report reveals 70% of Australians have experienced elevated distress beyond their normal levels compared with this time last year.

Cost-of-living and personal debt was the lead cause (40%), higher for women (44%) than men (36%). This is despite equal levels of overall elevated distress between women (71%) and men (69%).

Suicide Prevention Australia, CEO, Nieves Murray said this coincided with 88% of suicide prevention services recording an increase in demand over the same 12 months – up from 78% in 2020.

Suicide Prevention Australia recently joined with over 40 prominent organisations and individuals in an open letter delivered to Prime Minister Anthony Albanese and all 227 MPs and Senators.

The full report can be downloaded by the following link:
[State of the Nation in Suicide Prevention](#)



New report explores the mental health impacts of COVID-19 on children and young people

The Australian Human Rights Commission has released a report exploring the mental health impacts of the COVID-19 pandemic and related restrictions on children and young people.



The report includes the results from a survey of 4,559 children aged 9-17 years and 2,796 parents, guardians, and grandparents. Children across Australia experienced the pandemic in different ways, with 41% reporting the pandemic had a negative impact on their wellbeing at the time of the survey in early 2022. One in five reported that they were feeling more down, scared, or worried than they used to.

The survey did not directly ask children and young people about mental illness or suicidal thoughts or behaviours, but these topics did emerge in some of the free text responses from children and their families. According to data from the Australian Bureau of Statistics National Study of Mental Health and Wellbeing, almost two in five young people aged 16-24 years had experienced the symptoms of a mental disorder in the past 12 months.

Based on the children and families' responses, eight recommendations were made including that Australian governments work together to fund and implement the National Children's Mental Health and Wellbeing Strategy. Children seek more awareness and understanding of mental health, and integrated support systems that align with their daily lives (including through schools), and services that are accessible, affordable, inclusive and designed to meet their needs.

The full report can be downloaded via the following link:
[Covid-19 & Kids Wellbeing Report 2022](#)

Suicide Prevention Guidelines for LBBTQA+ Young People

As you may be aware, while many LGBTQA+ young people enjoy very happy and fulfilled lives, they are at a significantly higher risk of suicide than their cisgender, heterosexual peers, with current data indicating one in four Australian LGBTQA+ young people will attempt suicide in their lifetime. Lack of appropriate, sensitive, and informed support in clinical and community settings often compounds the difficulties experienced by LGBTQA+ young people.



To address this, the team at Telethon Kids Institute, together with colleagues at the University of Western Australia and Orygen, have developed best practice guidelines for the prevention of suicide in LGBTQA+ young people within clinical and community service settings.

These guidelines provide practical steps for service providers working with young people to improve the inclusivity, quality, and safety of the care they provide, including general principles for creating an affirming and inclusive environment for LGBTQA+ young people, recommendations for assessing suicide risk and working with suicidal LGBTQA+ young people, considerations for specific LGBTQA+ populations, and guidance on advocating for LGBTQA+ young people. The guidelines can be downloaded via the following link: [Suicide Prevention in LGBTQA+ Young People](#)

NCIS releases fact sheet on intentional self-harm deaths of farmers and farm workers

The mental health and wellbeing of farmers and farm workers can be impacted by a number of environmental, social and economic influences. Research is encouraged in the space of mental health and suicide prevention for farmers and farm workers in Australia to determine how best to support and prevent death by intentional self-harm.



Upon examination of 730 deaths reported to the coroner in Australia, the National Coroner Investigation System data found that there is an average of 38 intentional self-harm deaths in farmers in Australia each year.

The factsheet can be accessed via the following link: [Intentional self-harm deaths of farmers and farm workers in Australia - Factsheet](#)

Kidsafe WA Childhood Injury Report: Self-harm Injuries 2016 - 2021

Kidsafe WA with the support of the WA Department of Health has recently produced Kidsafe WA Childhood Injury Report: Self-harm Injuries 2016-2021.

This research report provides a summary of the Injury Surveillance System data collected at the Perth Children's



Hospital between July 2016 and June 2021 relating to self-harm injuries for children between zero and 15 years old. Due to the nature of this report, it will not be made available to the public on the Kidsafe WA website and instead will be distributed direct to injury prevention and mental health practitioners.

If you would like a digital copy of the report, please email Jessica McKenna (jessica@kidsafewa.com.au).

Ending Loneliness Together in Australia White Paper

Ending Loneliness Together in Australia is the first white paper to highlight the growing problem of loneliness in Australia and its significant impact on the social, health, and economic wellbeing of the Australian community.

This paper brings together the latest research and data on the prevalence of loneliness. It identifies communities that are especially vulnerable to loneliness, and outlines the policy, practice and process pathways that can be modified and adapted to combat loneliness effectively. The impact of loneliness is broad and deep; it cuts across all sectors of our society. Consequently, this paper throws the spotlight of attention on a subset of priority areas in which loneliness is a challenge.

The white paper can be viewed and downloaded via the following link: [Ending Loneliness Together in Australia White Paper](#)



Money and Mental Health: Social Research Report

The Money and Mental Health Social Research by Beyond Blue and the Australian Securities and Investment Commission (ASIC) examines the relationship between financial wellbeing and mental health and finds that financial stress is associated with a range of mental health impacts including stress, depression and anxiety, and suicidal thoughts.

The report stresses the reciprocal relationship between financial wellbeing and mental health and emphasises the need to address financial stress as a way to improve mental wellbeing.

The report can be downloaded via the following link: [Money and Mental Health Social Research Report](#)



Men in focus practice guide: Addressing masculinities and working with men in the prevention of men's violence against women

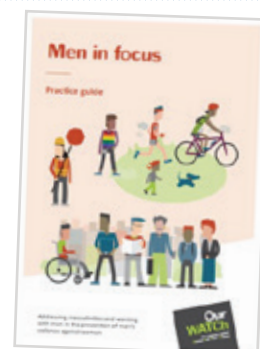
Building on the Our Watch Men in Focus evidence review, the Men in Focus practice guide outlines the long-term, collective, and intersectional approach needed to dismantle and transform the norms, structures and practices that reinforce gender inequality and lead to men's violence against women.

The guide offers practical strategies on engaging with men and boys on masculinities, such as focusing on building empathy and motivation and fostering self-awareness and assist in:

- Building rapport with men to challenge social norms, structures and practices that underpin gender inequality and drive men's violence against women
- Addressing gender inequality and the gendered drivers of violence
- Developing and delivering prevention initiatives.

All men have a role to play in changing our society to make it safer and more equal, and the new Men in Focus guide will help to enact this change.

The practice guide can be downloaded via the following link: [Men in Focus Practice Guide](#)



MHCC Digital Service Delivery Guide: Quality Practice in Community-Based Services

The Digital Service Delivery Guide: Quality Practice in Community-Based Services was developed by Mental Health Coordinating Council for leaders, managers and teams who deliver mental health and psychosocial support services digitally in community-based organisations.



This resource is intended to provide guidance on issues and challenges that arise from delivering a range of digital services in a community-based setting. The Guide will support best practice and keep people at the centre of safe, ethical, and effective service delivery.

The guide can be downloaded via the following link: [Digital Service Delivery Guide](#)

MHCC Recovery Oriented Language Guide: Words Matter

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



Development of the Guide has been informed by several sources, including international and Australian literature, conversations with mental health practitioners across service sectors and, importantly, through listening to people with lived experience of mental health conditions concerning their recovery journeys, as well as perspectives from their carers, families, and support people.

The language guide can be downloaded via the following link: [Recovery Oriented Language Guide](#)

Rainbow Health Australia: Pride in Prevention Partnership Guide

Rainbow Health Australia has launched a new resource: Pride in Prevention Partnership Guide: A guide for partnerships to support primary prevention of family violence experienced by LGBTIQ communities. The guide has been produced by the LGBTIQ Family Violence Prevention Project 2022-2024, a ground-breaking initiative led by Rainbow Health Australia and funded by the Office for Prevention of Family Violence and Coordination in the Victorian Department of Premier and Cabinet.



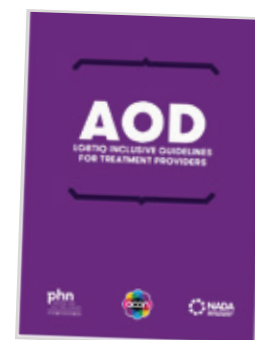
The Pride in Prevention Partnership guide builds on Pride in Prevention: A guide to Primary Prevention of Family Violence experienced by LGBTIQ communities, which draws together existing research and policy frameworks, and puts forward a new conceptual model for understanding LGBTIQ experiences of family violence, along with priority actions for primary prevention.

The new guide provides additional support to build the expertise and capacity of both LGBTIQ practitioners and organisations, and family violence prevention practitioners and organisations, in the design and delivery of primary prevention of family violence experienced by LGBTIQ communities.

The guide can be downloaded via the following link: [Pride in Prevention Partnership Guide](#)

Cracks In The Ice – AOD LGBTIQ Inclusive Guidelines

This resource is designed to help AOD (alcohol and other drug) services become more accessible, culturally informed, and inclusive for LGBTIQ (lesbian, gay, bisexual, transgender, intersex and queer) people. It includes information about inclusive practice principles and how they relate to LGBTIQ people as well as an inclusive practice checklist.



The guidelines can be downloaded via the following link: [AOD LGBTIQ Inclusive Guidelines for Treatment Providers](#)

National Plan to End Violence against Women & Children 2022-2032

On 17 October 2022, the Australian, state and territory governments released the National Plan to End Violence against Women and Children 2022-2032.

The National Plan is the overarching national policy framework that will guide actions towards ending violence against women and children over the next 10 years.

It highlights how all parts of society, including governments, businesses and workplaces, media, schools and educational institutions, the family, domestic and sexual violence sector, communities and all individuals, must work together to achieve the shared vision of ending gender-based violence in one generation.

The main purpose of the National Plan outlines what needs to happen to achieve the vision of ending violence in one generation. This includes building the workforce and strengthening data collection systems. It also includes increasing accountability for people who choose to use violence and providing person-centred and holistic responses to support victim-survivors through their recovery and healing.

Violence against women and children is a problem of epidemic proportions in Australia. One in 3 women has experienced physical violence since the age of 15, and one in 5 has experienced sexual violence¹. On average, a woman is killed by an intimate partner every 10 days². Rates of violence are even higher for certain groups, such as Aboriginal and Torres Strait Islander women³. All Australian governments are united in their commitment to addressing the unacceptable rates of violence in our communities.

The National Plan sets out actions across four domains:

Prevention – working to change the underlying social drivers of violence by addressing the attitudes and systems that drive violence against women and children to stop it before it starts.

Early intervention – identifying and supporting individuals who are at high risk of experiencing or perpetrating violence and prevent it from reoccurring.

Response – providing services and supports to address existing violence and support victim-survivors experiencing



violence, such as crisis support and police intervention, and a trauma-informed justice system that will hold people who use violence to account.

Recovery and healing – helping to reduce the risk of re-traumatisation and supporting victim-survivors to be safe and healthy to be able to recover from trauma and the physical, mental, emotional, and economic impacts of violence.

The National Plan to End Violence against Women and Children 2022-2032 can be accessed via the following link: [National Plan to End Violence against Women and Children 2022-2032](#)

Australian Human Rights Commission: Wiyi Yani U Thangani (Women's Voices)

Led by the Aboriginal and Torres Strait Islander Social Justice Commissioner, June Oscar AO, Wiyi Yani U Thangani (Women's Voices) is a multi-year systemic change project set out to capture and respond to the rights, needs and aspirations of First Nations women and girls.

The Wiyi Yani U Thangani (Women's Voices) Securing our Rights. Securing our Future Report, published in December 2020 is a once in a generation report, providing a well overdue gender-lens across all aspects of life, showing that women are doing the backbone work of society.

The Aboriginal and Torres Strait Islanders Social Justice team at the Australian Human Rights Commission has launched the Yajilarra ngingi, mindija warrma (from dreams, let's make it reality) animation. Wiyi Yani U Thangani (Women's Voices) is a ground-breaking report and project, driven by First Nations Women and Girls across the nation. The story of Wiyi Yani U Thangani (Women's Voices) tells of the strength, resilience, sovereignty and power of First Nations women and girls. It is a voice for hope and change.

The report can be downloaded via the following link: [Wiyi Yani U Thangani \(Women's Voice\) Securing Our Rights. Securing Our Future Report](#)

The animation can be viewed via the following link: <https://youtu.be/EwU64-keBaE>



Queensland Aboriginal & Islander Health Council: Eyez on the Ice Resource

The Eyez on the Ice Resource Kit has been designed by the Queensland Aboriginal & Islander Health Council to inform Aboriginal & Torres Strait Islander people on the effects, usage & impact of methamphetamines.

The resource includes guides on receiving treatment for substance use, moderating effects of crystal methamphetamine, contacting emergency care, seeking support from peers & reconnecting back to community. This resource may be helpful for families & health workers to support people impacted by ice.

The resource can be accessed via the following link: [Eyez on the Ice Resource](#)



Interactive data on disease burden among Aboriginal and Torres Strait Islander people

~ Australian Burden of Disease Study 2018

Disease Study 2018

This report by the Australian Institute of Health and Welfare includes interactive data visualisations which display burden estimates from the Australian Burden of Disease Study 2018 (ABDS2018).

The Aboriginal and Torres Strait Islander component (ABDS2018) includes 219 diseases, as well as estimates of the burden attributable to 39 individual risk factors, such as alcohol use and smoking.

The report provides estimates for specific diseases and injuries for Australia for the years 2003, 2011 and 2018, as well as interactive data for risk factor burden.

The ABDS2018 study provides an evidence base to inform health policy, program and service delivery. This, in turn, helps to guide expenditure on health that is cost-effective, equitable and optimises health gains.

The report can be accessed via the following link: [Australian Burden of Disease Study 2018: Interactive data on disease burden among Aboriginal and Torres Strait Islander people](#)

Emerging Minds Families: Free infant and child mental health resources for parents, families, and practitioners



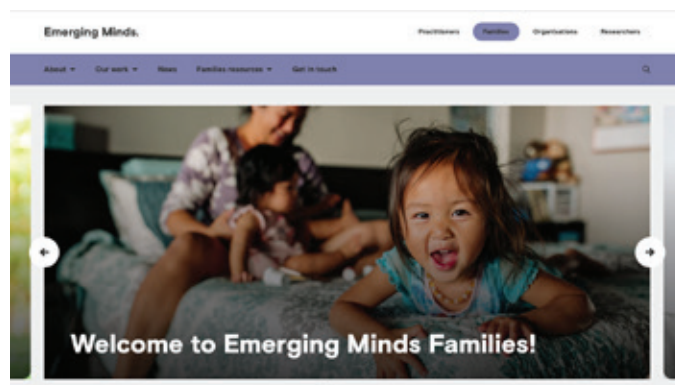
Emerging Minds has recently launched Emerging Minds Families, a brand new range of resources for parents and families looking for information and support about infant and child mental health.

The resources, including videos, factsheets, animations, and podcasts, are free. Developed in collaboration with families, practitioners and researchers, they are designed for practitioners to share and use with the parents and families they work with, or for parents and families to access directly.

Topics include:

- Supporting parents and families living with mental illness
- Responding to and managing the impact of natural disasters including floods, bushfire and drought
- Understanding and managing anxiety in children and young people, and
- Infant mental health and wellbeing.

More information can be accessed via the following link: <https://emergingminds.com.au/families/>



FARE Every Moment Matters – New resource on alcohol & breastfeeding



The resource outlines harm minimisation strategies about alcohol and breastfeeding, as well as information about alcohol and pregnancy, and links to support services.

In collaboration with NOFASD, new resources have also been launched for AOD workers, women at higher risk of alcohol-exposed pregnancies & people involved in the out-

of-home care sector with young people with FASD.

The resources can be found at <https://everymomentmatters.org.au/out-of-home-care/>, <https://www.nofasd.org.au/service-providers/out-of-home-care-sector/> & <https://www.nofasd.org.au/service-providers/alcohol-and-other-drug-sector/>

LAUNCHED: First issue of Mental Health Matters Magazine

The Australian and New Zealand Mental Health Association has launched the Mental Health Matters magazine for mental health professionals in Australia and New Zealand.

More information and magazine can be accessed via the following link: [Mental Health Matters Magazine](https://www.mentalhealthmatters.org.au/)



National Road Safety Week Community Event Grants 2023

The Government of Western Australia through the Road Safety Commission and RAC have partnered to create a National Road Safety Week 2023 Community Grant round that supports the development and implementation of one-off community activities related to National Road Safety Week 2023.

Western Australia will host National Road Safety Week in May 2023. The week highlights the impact of road trauma and aims to reduce death and serious injury by driving positive changes in road user behaviour.

Events must be held during National Road Safety Week from 14th May – 21st May 2023.

Event Grants are available for up to \$5,000 (excluding GST).

As a guide, the grant amount is dependent on the impact, scope and reach of the road safety promotion, the number of people engaged, the community collaboration and the inclusion of supporting activities, community engagement and policies.

Applications close: 12th December 2022

Who Can Apply?

- Community groups and clubs (not for profit)
- Not for profit organisations • Local government
- Health organisations • Schools
- Service clubs • Youth development groups
- RoadWise committees and
- Organisations or groups that encourage active community participation in the planning and implementation of road safety programs.

Individuals, profit-making organisations & Government organisations are not eligible to apply.

More information and guidelines for the National Road Safety Week Community Event Grants can be accessed via the following link: [National Road Safety Week Community Event Grants](#)

The LGBTQIA+ Youth Empowerment Grants

Youth Minister Dave Kelly has announced that applications are open for a State Government grant program to support the empowerment of LGBTQIA+ young people and improve their mental and physical wellbeing outcomes.

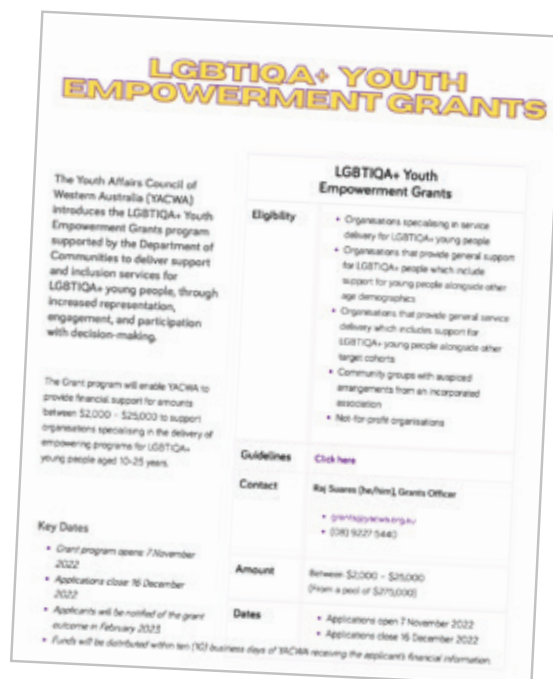
The LGBTQIA+ Youth Empowerment Grants program will offer a total of \$275,000 in Department of Communities grant funding and will be administered by the Youth Affairs Council of WA.

The program will support initiatives that improve the health and wellbeing of LGBTQIA+ young people aged 10-25 years through increased representation, engagement, and participation with decision-making.

Organisations specialising in the delivery of empowering programs for LGBTQIA+ young people are eligible to apply for grants of between \$2,000 and \$25,000 to deliver support and inclusion services for LGBTQIA+ young people.

Applications close: 16 December 2022

More information and guidelines for the LGBTQIA+ Youth Empowerment Grants program can be accessed via the following link: [LGBTQIA+ Youth Empowerment Grant](#)



community engagement/ collaborations

contd...

Holyoake WCADS Prevention Team attend Narrogin Senior High School Koorlongka Health and Wellbeing Expo



The Holyoake Prevention Team attended the Koorlongka Health and Wellbeing expo at the start of term 4.

The expo aimed to provide students with information on their health and wellbeing and greater understanding of what support services are available in Narrogin. Students were able to interact with stakeholders by attending their stalls to ask questions, give information and participate in interactive activities.

The Holyoake Team ran 3 interactive activities:

- BINGO - students allocated themselves a number by spinning the BINGO cage. The number would correspond to a health, wellbeing or general question asked by the Prevention Team.
- Connect 4 - involving students working in 2 groups to answer questions correctly to put a token in the Connect 4 to win the game.
- Social Media Competition - Students were tasked with coming up with a slogan/message for the social media health and wellbeing page Within REACH (@withinreachwheatbelt). The winning slogan was "Everything you need is within reach" and the winner received a \$50 Netflix voucher.

Throughout the day, the Prevention Team also facilitated 4x 30-minute workshops. Jo Woodruff and Jess Daniels ran a workshop with year 8s, while Jo Drayton and Jordyn Drayton worked with year 11s.

Holyoake WCADS Prevention Team deliver workshop at the Boddington Youth Centre for the School Holidays Program



During term 3 school holidays, Jo Drayton, Jo Woodruff and Jess Daniels travelled to Boddington to run a 2-hour workshop at the local Youth Centre. The aim of the workshop was to provide children with more information on their health and wellbeing in a fun and informal way.

The workshop started off with a game of R U OK bingo, where the participants had to ask different people questions on their bingo card. Participants were then split into 3

groups where they were given a "Superpower" (these were help seeking, healthy eating and exercise). Groups then designed a superhero costume, name and brainstormed their superheros strengths (see picture) and presented their superhero to everyone.

Superhero Profile Cards were also created by the groups, see each of them below:

To complete the workshop, participants were split into groups of 2 to play a game of Connect 4 with a twist where each group had to answer a question correctly before being able to put a token in the Connect 4.



notice board

Mo Like a Pro: New Movember App!

This year's Movember journey kicked off with the new official app, redesigned and easier to fundraise and create an impact.

The new app gave participants a secret weapon, comprising new photo filters to help share and celebrate every party thrown, kilometre covered, and millimetre of Mo grown. The all-new newsfeed provided updates on how the Mo Community continued to smash it, putting all this and more fun, into the palms of the Mo Pro's.



Better care for people living with eating disorders

The Albanese Government is investing \$13 million to help mental health professionals and researchers improve treatment outcomes for Australians living with eating disorders. The InsideOut Institute will receive \$13 million to fund the Australian Eating Disorders Research and Translation Centre, which was officially launched by the Assistant Minister for Mental Health and Suicide Prevention, Emma McBride at the University of Sydney.

Eating disorders have some of the highest mortality rates of any mental illness and many Australians often go undiagnosed. The new centre will focus on research to prevent and treat eating disorders, translating these developments into frontline services and co-designing treatments with people with lived experience, their family, and carers.

The full media statement can be accessed via the following link: [Media Statement: Better care for people living with eating disorders](#)

ReachOut launches PeerChat for young people

PeerChat is a new text-based support service for 18-25-year-olds connecting a young person experiencing mental health challenges with a peer worker who can provide support based on their own experience.

The service is free, confidential and can be accessed anywhere in Australia on weekdays between 1:00 pm -8:00 pm (Sydney time) enabling young people to reach out for support without the pressure of clinical service settings. PeerChat also provides a platform to discuss a range of topics including:

- Relationships
- Work and study
- Stress, anxiety and wellbeing
- Alcohol, drugs and substance abuse
- Identity.

Peer support workers involved in PeerChat have undertaken specific ReachOut training that supports their own experiences with mental health challenges. This is invaluable and helps young people feel connected and understood by people who have shared similar experiences.

Further information can be accessed via the following link: <https://au.reachout.com/peerchat>

Survey Recruitment: The Rural Agribusiness Wellbeing Project

Everymind is seeking small agribusiness owners in rural and remote Australia to help co-design an interactive online wellbeing plan to address the unique challenges and business stress that they face.

The Rural Agricultural Wellbeing Project will help small business owners respond to the impacts of natural disasters, physically demanding work and limited access to mental health support services. It will also provide support for the typical challenges faced by all small businesses like working long hours, financial stress and feeling obligated to work when unwell.

Take part in the survey or access the stakeholder pack on the Ahead for Business digital hub, accessed via the following link: [The Rural Agribusiness Wellbeing Project Survey](#)
Share the word across social media using #YouthSurvey2022

notice board

#OK2SAYNO Fundraiser

The 22nd of February 2023 sees the annual fundraiser for Sober In The Country's #OK2SAYNO campaign.



Sober In The Country (SITC) is a grassroots not-for-profit organisation leading radical change and social impact across rural Australia by changing the narrative around booze in the bush through

straight-talk, lived-experience advocacy, and the #OK2SAYNO movement.

Far from being prohibitionist - the charity focuses on straight talk, peer support, social inclusion, and the #OK2SAYNO movement.

More information can be accessed via the following link: <https://www.soberinthecountry.org/ok2sayno>

WANADA: GreenBook Service Directory

A new-look GreenBook Service Directory offers easy access to information about quality alcohol and other drug treatment services in Western Australia. Referral pathways and treatment and support options are also described to help community members know what to expect when seeking or approaching a service.

The GreenBook Service Directory can be accessed via the following link: [GreenBook Service Directory](#)

National Stigma and Discrimination Reduction Strategy

The National Stigma and Discrimination Reduction Strategy (NSDR Strategy) is being developed in partnership with people with lived experience and those directly affected by stigma, together with people with expertise across the health sector and broader community.

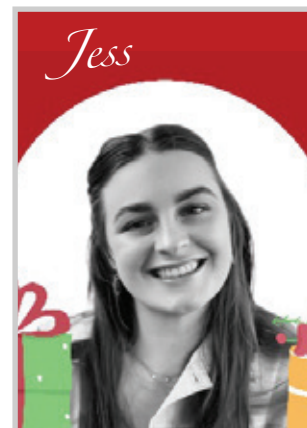
The Commission has established a Steering Committee and a series of Technical Advisory Groups to guide the development of the NSDR Strategy. The Steering Committee and Technical Advisory Groups are co-chaired by the partnership group representatives to bring their experience and expertise in the specific settings that the strategy aims to change.

The Strategy's focus and objectives broadly aim to:

- Reduce self-stigma amongst those who experience mental ill-health and those who support them
- Reduce public stigma by changing attitudes and behaviours in the general community and amongst identified target audiences
- Take steps towards eliminating structural stigma and discrimination towards those affected by mental ill-health in identified settings.

Further information can be accessed via: [National Stigma and Discrimination Reduction Strategy](#)

Seasons Greetings from Holyoake



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

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

Mental Health and Wellbeing:

- Make a list, check it twice – create your own Christmas agenda to make sure that you balance your social commitments and self-care.
- Make sure you have outlined your boundaries and think about what will make you happy this year.
- Don't get hung up on what Christmas is "supposed" to be and how you're "supposed" to feel.
- Accept every family is different and make a decision to not have any disagreements spoil your day. Try to steer clear of risky conversation topics which may provoke arguments.
- At times, especially over the Christmas period we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you and you

feel you can't cope, ask for help

Alcohol:

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

We look forward to continuing our collaborations with you all in 2023 and for those we haven't professionally collaborated with yet, we would love to have the opportunity to be involved in any planning or community events or messaging surrounding Mental Health and Wellbeing, Suicide Prevention and Alcohol and Other Drugs, to promote positive help seeking behaviours and raise awareness.

Best wishes *Jo, Jo, Jordyn and Jess*

YIRRA KOORL

looking forward

support services

Emergency: 000

Rural Link: 1800 552 002 (24 hours)

Grief, Loss & Separation Free Counselling – 9261 4444

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

QLife: 1800 184 527

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

LifeLine: 13 11 14 (24 hours)
www.lifelinewa.org.au

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

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

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

Headspace (9am – 1am EST):
1800 650 890

Samaritans Crisis Line: 135 247

The Salvation Army: 1300 363 622

Reachout: www.reachout.com

Crisis Care (Child Protection & Family Support): 1800 199 008

Mensline: 1300 789 978 (24 hours)
www.mensline.org.au

Grief Line (midday – 3am EST):
1300 845 745

Alcohol & Drug Support Line:
1800 198 024

National Alcohol and Other Drug Hotline: 1800 250 015

PANDA
(Perinatal Anxiety & Depression)
Australia National Helpline:
1300 726 306
Mon-Fri – 9.00am – 7.30pm (AEST)

SANE Helpline: 1800 18 SANE (7263)

Elder Abuse Helpline WA:
1300 724 679

Parent & Family Drug Support Line:
1800 653 203

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

Wheatbelt Domestic Violence Helpline: 1800 353 122

AOD Support Line: 1800 198 024

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline:
1800 000 599

Kids Helpline: 1800 551 800

1800 RESPECT: 1800 737 732

Elder Abuse Helpline WA:
1300 724 679

Suicide Bereavement Service:
0474 076 849

Sexual Assault Referral Centre:
1800 199 888

HealthDirect: 1800 022 222

WACHS Wheatbelt Mental Health Service: 9621 0999

Butterfly Foundation: 1800 334 673
(Eating Disorders & Body Image)

1800RESPECT: 1800 737 732

Gambling Help: 1800 858 858

Here for You Helpline: 1800 437 348

13 YARN: 13 92 76

subscription, queries and submission information



Northam: 9621 1055

Narogin: 9881 1999

Merredin: 9081 3396

Victoria Park: 9416 4444

Midland: 9274 7055

Freecall: 1800 447 172

YIRRA KOORL SUBSCRIPTION

If you would like free issues of our newsletter for yourself and anyone else please
click here

and send us names and contact details.