

DECEMBER 2025 (VOLUME 6)

BLUE SKY

GREAT SOUTHERN SUICIDE PREVENTION
ADVISORY GROUP NEWSLETTER

We would like to acknowledge the Traditional Custodians of the lands and waters throughout the Great Southern and pay our respects to Elders past and present. It is a privilege to be living and working on Noongar country and ask for the guidance of Aboriginal people to support the health and wellbeing of all people in this country.
This always was, and always will be Aboriginal land.

Welcome to the sixth edition of the Great Southern Suicide Prevention and Postvention newsletter.

If you have anything to contribute to future editions, or have any feedback to give, please scan the QR code below.



SCAN ME

bit.ly/4iF9MUv

Alternatively please contact:
Great Southern Suicide Prevention
Coordinator (SPC) Kaitlin Hahn
suicideprevention@palmerston.org.au

Merry Christmas!

GSSPAG would like to wish the Great Southern community 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 the year ahead.

Although Christmas is a celebration, we know that this season can also be a time of loneliness, trauma, unpredictability, fractured relationships and stress. Many of us will spend this Christmas period grieving for people we've said goodbye to, and/or managing difficult relationships, expectations and unmet needs.

We hope that this newsletter will give you handy tips, and some simple ways you can look after your mental health and wellbeing during this time of the year.

'tis the season

THE MOST WONDERFUL TIME OF THE YEAR, CAN ALSO BE
THE MOST STRESSFUL - CHECK OUT OUR TIPS FOR
KEEPING YOUR MENTAL HEALTH IN GOOD SHAPE!

10 tips for taking care of your mental wellbeing this festive season

Avoid activities that cause stress: Make self-care a priority by giving yourself permission to put yourself first. It will be difficult to care for others if you are feeling stressed.

Recognise your signs of stress and use techniques that help you relax: Relaxation techniques are useful when you begin to get irritated or upset. Take a few deep breaths, go for a walk or try some mindfulness.

Drink in moderation: Drinking responsibly is about drinking in moderation. Alcohol can have a negative impact on our mental health, so make informed choices and know your limits when it comes to drinking.

Stay active: It is important you stay healthy over the holidays and exercising can be a huge mood booster and a great way get you out of your own head for a while.

Stay connected: Keep in touch with friends and family. Even if it's just a short phone call, having people to talk and laugh with is a great protective factor for our mental health

Set boundaries: Boundaries are essential to healthy relationships and a healthy life. Understand and communicate your limits to your loved ones to avoid feeling resentment.

Find Gratitude - Even if it's something small: It's easy to focus on the negative things in life but we all have something to be thankful for. Write down or think about something you're grateful for, even if it's as simple as a rainbow or someone letting you in to busy traffic.

It's okay to say "no" to some things: Be assertive if you need to be and know it is OK to say no. Put your wellbeing first and don't over commit yourself. It's okay to decline someone's offer or invitation without feeling guilty or shameful. It is OK to put yourself first.

You are not alone: Don't think you are alone. Lots of people find Christmas difficult. Stay strong and seek connection with others if you are struggling.

Let someone know if you are struggling: If you are struggling to cope, find someone you can talk to.

Boundary setting tips for the festive season

- **Make time for rest and play:** this time of year is a good opportunity to relax and recharge your batteries so you can enter the new year with energy! Be sure to set aside time for rest, and to do things that bring you joy.
- **Don't go into debt buying presents:** times are tough, and it can be hard to manage the expectation of gifting without putting yourself into financial difficulty. It is okay to be honest if you can't afford gifts. Those who love and care for you will understand, and they may even feel relieved themselves!
- **Honor your own Out Of Office:** if you are taking time off over Christmas/New Year, be sure to switch off your work phone/emails and create some boundaries with yourself around doing work related tasks while on leave. Breaks are important in preventing burnout, and in most cases: the work emails can wait!



Christmas self care ideas

- Read a holiday themed book, or watch a Christmas movie.
- Try a Christmas recipe, or a Christmas craft activity - there are lots of ideas online!
- Decorate your home or work space for the holiday season.
- Get involved with local community events, such as Carols by Candlelight, Christmas markets, etc.
- Take a break from your phone/social media.
- Find ways to be social, whether it be writing Christmas cards for loved ones, hosting a low-key holiday dinner, or grabbing a gingerbread latte with a friend!

WHEN FESTIVE SEASON FOOD BRINGS FEAR



The festive season can be challenging for those with eating disorders (and also for those who care for a struggling loved one). Large meals, food-focused gatherings and comments from relatives often feel overwhelming for all involved. Planning ahead can make this time more manageable.

We recommend taking time to outline strategies for each event and create a practical plan for the holiday period. It's always worth talking with key family members (including young people) in advance, and checking in with any clinicians in your support team, to make sure everyone's on the same page. When writing up your plan, make sure you include:

1. Plans for Meals

Predictability reduces stress. Find out what meals and foods will be served and try to ensure there's at least one "low-stress" dish included. Decide if you'll serve yourself (or serve your young person) or ask someone to help. If possible, consult a dietitian to help you manage nutritional needs without drawing attention from guests.

2. Plans for Comments

Prepare short, polite responses to redirect conversations away from food or weight. For example, "Thanks for your concern, Uncle Rob. How have you been?", or "We're not talking about that today. What's been happening in your world?". Plan who will speak up and practice your preferred phrases so they feel natural

3. Plans for Fullness – it is normal!

Feeling full after festive meals is normal. Remind yourself or your family member that this is okay. Use coping strategies like swimming, knitting, colouring or playing games to distract and soothe. Challenge negative thoughts and remind your loved ones - our bodies are designed to enjoy occasional feasts.

4. Plans for Space and Support

Create a signal or code word for when you need a break. Arrange a quiet retreat spot and decide how loved ones should check in. If overwhelmed, reach out for help to trusted clinicians or urgent care options, such as:

- Call 000 or attend an Emergency Department if you or your loved one have medical symptoms such as dizziness or fainting, or feel unsafe.
- Butterfly Helpline: 1800 ED HOPE (8am-midnight)
- Lifeline: 13 11 14 (24/7)
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800
- QLife: 1800 184 527 (3pm-midnight)
- eheadspace: Available 3pm-10pm every day for 12-25 year olds at 1800 650 890 or online at: <https://headspace.org.au>



Coping with loneliness this festive season

The festive period can be challenging for people. Although Christmas is a celebration, we know that this season can also be a time of loneliness, trauma, unpredictability, fractured relationships and stress.

Loneliness is a critical issue and has been recognised as a public health priority in Australia. Loneliness is highly prevalent, with 1 in 3 Australian's feeling lonely. Whilst everyone feels lonely sometimes – such as after a breakup, moving to a new place, or after losing a loved one – prolonged periods of loneliness can become a serious problem for your health and wellbeing.

Defining loneliness can be tricky, as it's a painful and personal feeling, and people will experience loneliness and social isolation in different ways, depending on their culture, language and life stage. Some people enjoy time alone and may not require a great deal of social connection to feel satisfied, but it is widely agreed that having very few relationships and seldom seeing other people is harmful for mental wellbeing over time.

A person's loneliness level may be influenced by their personal circumstances, physical and mental health, relationships, income, education, neighbourhood and systemic factors such as government policies.



☀️ *Volunteer with a charity:*

The festive seasons highlights the needs of others around you. Organisations such as the Red Cross, Salvation Army or local Churches are always looking for volunteers.

☀️ *Get involved with community events:*

Get involved in events happening around your area, organisations like Meetup offer a range of activities and groups you can join.

☀️ *Reach out to a neighbour or friend:*
The festive season may trigger feelings of loneliness for others, reach out to friends or neighbours and invite them over for a Christmas meal.

☀️ *Do what brings you joy:*
Take some time to recharge by doing simple, silly, fun or relaxing activities that help you to boost your mood and cope better with the challenges of Christmas.



Rural Aid: opening up and making impact!

Creativity? Many of us when we hear the word creative or creativity associate this with the artists, crafts or inventive people of our world. But creativity can be found in any idea or possibility, where someone sees an opportunity, fostering that idea and doing something. Creativity is defined as the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.

Creative sharing of our experiences in our own unique way is very helpful to ourselves and to those in a similar situation.

To experience challenges and hard times in life is to be human, we all experience hard times, we also experience good times. Our past stories in the present give us clarity, meaning an ability to know we can get through challenges. Sharing experiences where appropriate to do so encourages others to ask for help when they are at an impasse.

The future? you never know if you're yet to have the best day of your life.

In my travels I always meet people proud to tell me how they are doing their bit, using their personal skills, experiences and knowledge, to help make others aware that asking for help should be a natural reaction. These people are being creative. Telling others about a health issue and what they did rather than didn't do and are now OK. Some share how they are forever grateful describing that something that made them stop when on the brink of suicide or self-harm. Some have seen the change in another they know, stepped up and asked RUOK.

Each of these people openly share their experience to make others aware, especially those in similar situations that you can get through. They make themselves vulnerable, thinking that they may be judged, only to find that the majority see only strength, really appreciating their message and encouragement.



I've seen the salt of the earth types, with the biggest hearts, nervously get up in front of people and tell how they got through a serious health scare or challenging time. How they feared being judged by others. They are passionate, using words from their heart, being who they are, sometimes not politically correct, but their message is very clear. Just do it, get that help. None are professional speakers or professional therapists; they are just legends telling their story their way to help and encourage others.

Others arrange events just because they can and invite Rural Aid or another service to do a quick wellness talk. It does not matter if 5 people turn up or 50 people turn up, the message like a stone thrown into a pond ripples out into your community. I need more than two hands to count the number of people who have reached out for assistance after hearing about Rural Aid at the event or from someone who attended the event. You are not alone so be a legend.



Roger Hitchcock

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Representative

Rural Aid Australia

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2025 in reflection

journal prompt ideas

- Name one new positive habit you formed this year?
- What have been your favourite adventures during 2025?
- What is something/someone negative you let go of this year?
- What was an unexpected joy you experienced this year?
- Were there any unexpected challenges you overcame this year?
- Name 3 things you are looking forward to in 2026.
- Are there any new hobbies/experiences you want to try in 2026?



Free, confidential mental health & wellbeing support for farmers & their families

HOW CAN WE HELP YOU?



Eclipse

For Survivors of Suicide Attempts

The time after a suicide attempt can be very confusing and filled with lots of conflicting emotions. Typically, the pain and problems that lead to a person to consider suicide are still present and are compounded by reactions of family and friends. Many suicide attempt survivors feel embarrassed, ashamed or guilty about their attempt. Some feel angry that they are still alive. Others are grateful that they survived and are determined to find the reasons they are still here.

Because of the stigma associated with suicide, many suicide attempt survivors feel very alone and don't know where to turn. Talking with others who have similar experiences can be an important part of healing after a suicide attempt. Lifeline WA's *Eclipse Support Groups* offer a safe, non-judgmental place for people to talk about the feelings that led them to attempt suicide and to talk about the impact that their attempt has on their lives.

Group meetings provide a time for members to share their stories and strategies for survival. The facilitators will lead discussions to help members better recognise what led to their suicide attempt and incorporate other ways to relieve the pain.

ECLIPSE TEAM CONTACT

PHONE: (08) 9261 4498

EMAIL: ECLIPSETEAM@LIFELINEWA.ORG.AU

REGISTER ONLINE: WA.LIFELINE.ORG.AU

WHAT IS ECLIPSE?

ECLIPSE IS A **FREE**, EVIDENCE-BASED ALTERNATIVE TO THERAPY PROGRAM. IT IS AN 8-WEEK ONLINE PSYCHOEDUCATIONAL SUPPORT GROUP FOR ADULTS WHO HAVE MADE AT LEAST ONE SUICIDE ATTEMPT.

THE GROUP OFFERS A SAFE SPACE TO:

- CONNECT WITH PEOPLE WHO HAVE HAD A SIMILAR EXPERIENCE
- INCREASE COMFORT AND ABILITY TO SPEAK ABOUT THE THOUGHTS AND FEELINGS THAT LEAD TO A SUICIDE ATTEMPT
- INCREASE COPING SKILLS RELATED TO SUICIDAL THOUGHTS WITH THE SUPPORT OF TWO HIGHLY TRAINED AND COMPASSIONATE FACILITATORS

HOW IT WORKS?

EACH GROUP INCLUDES 8-10 PARTICIPANTS AND IS FACILITATED BY A PROFESSIONAL LEAD AND A PEER WITH LIVED EXPERIENCE.

WHEN ARE THE GROUPS?

GROUPS ARE THREE HOURS EACH WEEK AND RUN FOR EIGHT WEEKS.

WHO ARE THE GROUPS FOR?

FOR PEOPLE OVER THE AGE OF 18 LIVING IN WESTERN AUSTRALIA WHO HAVE HAD AT LEAST ONE SUICIDE ATTEMPT.

WHERE ARE THE GROUPS HELD?

THE GROUPS ARE RUN ONLINE VIA ZOOM, SO PEOPLE CAN JOIN AND CONNECT FROM HOME.



common ground

Mental fitness comes from talking to, and showing up for each other. Once a month, we invite guys aged 16-25 to join us for an FREE activity (e.g. park, café, footy, BBQ). Come along and feel free to bring a friend.

These activities are for young men aged 16-25 years. Scan the QR code to see the schedule.



If you want more information, call headspace Albany on 9842 9871 or send us an email at info@headspacealbany.com.au



Alcohol and Other Drug News

Responsible Drinking of Alcohol and the Festive Season

The Festive Season is also the time of the year where many more people who don't drink otherwise consume alcohol and sometimes at unsafe levels. To reduce the risk of harm from alcohol-related disease or injury, the National Health and Medical Research Council's Australian Alcohol Guidelines state that healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any day.

Harms from alcohol consumption are preventable. It can be good practice to see if you know what the measure of a standard drink is. You can find the Standard Drinks Calculator on the Alcohol Think Again website.

It is important to say "no" to giving alcohol to under 18's. Studies have shown that the brain is developing until the age of 25. Alcohol impacts the developing brain, and this is why it is recommended that young people under the age of 18 should not drink alcohol.

It is against the law to supply alcohol to anyone under 18 years old in a private setting without permission from their parent or guardian. This includes at home, at a friend's house or at a party.

If you are a parent or care giver it's never too early (or too late) to start talking with your child about alcohol and why it's important they avoid drinking while they are young. You can support your child by setting clear expectations and being prepared for conversations.



Healthier swaps: mocktails!

Mocktails are a great way to participate in some festive fun, without the risks of alcohol. Mocktails can be a great way for people who are pregnant, breastfeeding, designated driving, not yet 18, or just wanting an alcohol free alternative, to enjoy a fun, creative drink - guilt free!

Experiment with fresh fruits, herbs, spices, fun decorations and festive glassware.

Cranberry Fizz Mocktail recipe

Fill a glass with ice, and combine ginger ale, cranberry juice, a splash of lemon or lime, and 1.2 teaspoon of cinnamon sugar!

Top with your favourite fruits and enjoy!



Alcohol and Other Drug News

Tips for minimising alcohol harm this Christmas



Drink water or other non-alcohol beverages between alcoholic drinks.



Avoid drinking in rounds with friends, as you may end up drinking more than planned.

Order smaller serves of beer, cider and spirits, rather than pints or double serves.

Don't let others top up your glass if you're sharing a bottle of wine as you may lose track of how many drinks you've had.

Avoid high-alcohol content beverages, such as cocktails or spirits.

Eat some food before and while drinking, to slow your drinking pace and slow the absorption of alcohol.

Occupy yourself while drinking to reduce the amount you're consuming; play pool, sing karaoke, dance, talk to friends.

The Alcohol and Drug Support Line

The Alcohol and Drug Support Line is a Western Australia confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

The phone service is available 24/7 by calling (08) 9442 5000 or 1800 198 024 (toll-free for country callers).

Great Southern Community Alcohol and Drug Service - Albany

Mon to Fri: 9.00am–4.30pm apart from public holidays.

After hours appointments are available on Wednesday evenings by prior arrangement only.

63 Serpentine Road, Albany 6330

PO Box 5498, Albany 6332

(08) 9892 2100

Keeping Safe is Everyone's Responsibility

When we are nearing the end of the year, we are all busy trying to get jobs done and often feeling tired. Our nerves can be a bit raw and sometimes we are just over it. Everyone gets a bit tired and rundown, from kids at school to mums and dads at home and/or at work.

We all know there's lots of work to get done to get us through to the end of the year. This may include finishing the harvest, various stock work, that last FIFO swing before holidays, getting that last job finished and having kids end of year school events to attend. This can lead to us working beyond our limit.

We all have a varying capacity to both absorb those extra things thrown at us and our ability to get the job done, this can differ depending on an individual's work ethic and how we are hard wired (our DNA). We should never assume what I can do is the norm, then place that expectation on family members, employees or work colleagues.

Work Health & Safety (WHS) gives us a legislative framework to guide us, but it doesn't allow for the cultural context in which us blokes sometimes operate. The cultural context for blokes means our approach to risk taking (we are hard wired risk takers); our need to get the job done (task orientated/deadlines); and our approach to winning, can cloud our judgement around keeping safe both in the workplace and in our personal life.

Keeping safe needs to start somewhere, it is no different to our individual health. I always say that my health is my responsibility, it is not my doctors, my workplace or my wife's. However, my wife is very good at giving me a good kick up the backside (nagging) to get me to the doctor to do my annual service visit, my dentist appointment or my skin check.

Therefore, when it comes to keeping safe, both as an individual and collective it is everyone's responsibility. It is up to all of us whether we are in the workplace, belong to a community group, or within our family setting to be vigilant about working and keeping safe.

Some tips for keeping safe:

- Constantly remind ourselves about work protocols;
- Look out for work colleagues, be aware and respond to behaviour changes. Talk to them about it;
- Try and maintain a balanced life, we can only do so much before fatigue becomes an issue;
- Outside busy times take time out to enjoy life.

When another year winds down, let's keep safe by staying focused on the job at hand, so we all can get to enjoy the holiday break when it arrives.

By The Regional Men's Health Initiative

Ph: (08) 6314 1436

Website: www.regionalmenshealth.com.au

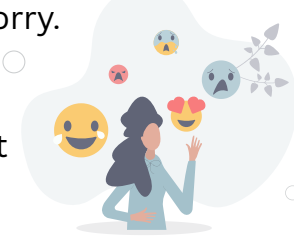
Did you know you can access support for your mental health online that is free?

Self guided, therapy assisted and credible information can be found online if you have the means to access online services. Here is a little bit about the benefits of using them...

If you live remotely, using online services and supports can be very convenient, saving you time away from work or home, travel expenses and worry.



You might be unsure what you are experiencing and just want some general advice.



You can get the help when you need it. Accessing online help is generally quicker than accessing face to face services.



Using online services gives you flexibility. You can go online when you are emotionally ready. Many services can communicate via text, email, online chat or video, which gives you lots of options to get started.



The information and resources available online from credible services can help you to understand what is going on for you. Many of the sites have online assessments you can do in the comfort and safety of your own environment.



Online mental health services can be a great alternative for small business to support staff who may not be doing so well.



You can access this information to improve your understanding of mental health, ways to support yourself and most importantly, start to address problems early to avoid further decline in mental health and wellbeing.



Some of us may worry about stigma and confidentiality. Using online services can support our needs by providing a safe space to work through issues individually or therapy assisted, depending on your level of confidence.

If you are helping someone who may not be well, online services can support you on how you can best support them.



Many online services work with your GP, giving you the convenience of working alongside a professional you are familiar with.

Safety – online services are bound by standards that ensure you are receiving a credible and safe service.

For more information about online mental health services go to...

Local and online mental health service providers in the Great Southern



Department of Health and Aged Care



medicare Mental Health



Postvention Information

What is postvention?

Postvention refers to activities or interventions occurring after a death by suicide, to support those bereaved or affected (family, friends, professionals, peers, responders, community) to cope with stressors and manage the experience of loss and grief.

Research shows that there are approximately 135 people who are directly impacted by a single suicide death.

Everyone experiences grief differently in their bereavement process. Although individual bereavement experiences vary, they share similar features and reactions. People bereaved by suicide, similarly to people bereaved by other types of death, experience general grief reactions such as shock, denial, sadness, confusion and anger, and may need additional support to help them cope.



StandBy is Australia's leading postvention program dedicated to the assisting people and communities impacted by suicide. The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including:

- Individuals, families and friends
- Witnesses
- First Responders
- Service Providers

StandBy is accessible seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual

Keen to learn more?

What Do I Say? What Do I Do?

Targeted at: All community members.

Purpose: To increase understanding of suicide bereavement and learn basic support skills.

Topics covered: Postvention, Crisis, trauma and grief, What makes suicide different from other sudden death, Support approaches and best practice.

All workshops are **FREE**. For more information, or to enquire about any of the Standby workshops, please contact Dee Melbourne:

dee.melbourne@anglicarewa.org.au



Phone
1300 727 247



Email
standby.greatsouthern@anglicarewa.org.au

Website
www.standbysupport.com.au

THOSE WE LOVE
DON'T GO AWAY,
THEY WALK BESIDE
US EVERY DAY.
UNSEEN, UNHEARD,
BUT ALWAYS NEAR.
SO LOVED, SO
MISSED AND VERY
DEAR

For those grieving a loved one, Christmas can be particularly difficult. Absences from family celebrations can feel more obvious during the festive period, and can often cause people to feel a rollercoaster of emotions while they navigate through their grief. The first Christmas without a loved one can feel particularly hard, and for some, the loss of their loved one will never feel easier.

People may find Christmas without their loved one to feel lonely, daunting and may not be feeling up to celebrations. Other people take comfort in creating new traditions, and finding ways to honour their loved ones. There is no right or wrong way to grieve, and it's important to give yourself permission to do what feels best for you, and implement boundaries for yourself where required. It's okay if you don't feel up to participating in your usual festivities, but seeking support from family and friends may help you to feel less alone.

Whilst everyone will manage their grief differently, there are some ways we can remember loved ones during the festive season.



*In loving
memory this
Christmas*

Share Memories

Don't be afraid to talk about the person who died. It is important for people to know their loved one is being remembered. If appropriate, share memories, photos or funny stories of the person.

Set a place at the table

A simple way to honour your loved ones, is to set a place at the family dinner table. This allows families to hold space for the person.

You could also honour your loved one by having a memorial ornament on the Christmas tree, or hanging a Christmas stocking for them.

Light a candle

Lighting a remembrance candle is a simple way to honour lost loved ones, and is a symbolic way to bring light into your home. You can even choose a scent they loved.





Toast to your loved one

When gathered with friends and family, take a moment to mention your passed loved ones, and share a toast in their memory.



Our language matters

The way we communicate about mental health and wellbeing, mental health concerns, suicide, and alcohol and other drugs (AOD) can have either a positive or negative impact on a person's life. The words we choose to use can make all the difference. When talking about mental health and suicide, consider using the following language:

 Consider the language you use		
Issue	Problematic	Preferred
Presenting suicide as a desired outcome	✗ 'successful suicide' 'unsuccessful suicide'	✓ 'died by suicide' 'took their own life'
Associating suicide with crime or sin	✗ 'committed suicide' 'commit suicide'	✓ 'took their own life' 'died by suicide'
Sensationalising suicide	✗ 'suicide epidemic'	✓ 'increasing rates' 'higher rates'
Language glamourising a suicide attempt	✗ 'failed suicide' 'suicide bid'	✓ 'suicide attempt' 'non-fatal attempt'
Gratuitous use of the term 'suicide'	✗ 'political suicide' 'suicide mission'	✓ refrain from using the term suicide out of context
 EVERYMIND  Mindframe  mindframe-media.info		

For more information, visit <https://mindframe.org.au/>

Support Services

BEYOND BLUE: 1300 224 636

HEADSPACE: 1800 650 890

HERE FOR YOU: 1800 437 348

KIDS HELPLINE: 1800 551 800

LIFELINE: 13 11 14 (24-HOURS)

MENSLINE: 1300 789 978

13YARN: 13 92 76

QLIFE: 1800 184 527

THIRRILI: 1800 805 801

STANDBY: 1300 727 247 (24-HOURS)

GRIEF LINE: 1300 845 745

RURAL LINK: 1800 552 002 (24-HOURS)

SUICIDE CALL BACK LINE: 1300 659 467

ALCOHOL & DRUG SUPPORT LINE: 1800 198 024



For more information on service providers available to the Great Southern, scan the QR code below or visit <https://www.albany.wa.gov.au/documents/14774/great-southern-mental-health-service-providers>

