

Agriculture & Agri-Business Wellbeing Factsheet

HOLYOAKE

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.

At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis. **HELP IS ALWAYS AVAILABLE.**

MENTAL HEALTH & WELLBEING CONTINUUM:



- THRIVING
- HEALTHY
- SURVIVING
- STRUGGLING
- CRISIS

THRIVING	HEALTHY	SURVIVING	STRUGGLING	CRISIS
<i>"I don't have any stressors in my life"</i>	<i>"I have minimal stressors in my life and can easily manage them"</i>	<i>"I'm managing the stressors of life"</i>	<i>"I don't know if I can continue to manage the stressors"</i>	<i>"I feel like I can no longer manage the stressors"</i>
<ul style="list-style-type: none"> Growth mindset High levels of performance Fully realising potential Actively seeking connections Solution focused Confident and curious Clear and energised Optimal self-awareness High levels of motivation Energised by challenges 	<ul style="list-style-type: none"> Calm and steady with minor mood fluctuations Able to manage stressors in life Consistent performance Able to take advice and to adjust to changes and plans Able to communicate effectively Normal sleep patterns and appetite Good impulse control Mood recovers quickly from stress Good self-awareness 	<ul style="list-style-type: none"> Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Disrupted sleep and eating Activities and relationships you use to enjoy seem less interesting or even stressful Muscle tension, low energy & headaches Low motivation and energy 	<ul style="list-style-type: none"> Persistent fear, panic, anxiety, anger, sadness and hopelessness Exhaustion Poor performance and difficulty making decisions or concentrating Avoiding interaction with family, friends and colleagues Fatigue, aches and pains Restless and disturbed sleep Self-medicating with alcohol and or other drugs or food Inability to problem solve 	<ul style="list-style-type: none"> Disabling distress and loss of function Panic attacks, nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes and inability to focus Feeling numb and lost Withdrawing from relationships Dependance on alcohol, other drugs, food or other numbing activities to cope. Physical and emotional exhaustion

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.



SCHEDULE TIME FOR THINGS YOU ENJOY

Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.



BE ACTIVE AND EAT WELL

Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually).



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

If you have are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.



MAKE A 'TASKS LIST'

Break large tasks into smaller, more manageable tasks which can be prioritised in order of importance.



FOCUS ON WHAT YOU CAN CONTROL

Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets).



BRING OTHERS TO THE TABLE

Another set of ears and a logical brain can help with processing and retaining information.



KEEP THE LINES OF COMMUNICATION OPEN

Schedule regular farm business meetings and don't avoid making decisions.



KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS

They are sources of trusted and valuable information and can also be a good social connection.



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



BE AWARE OF THE RISKS ASSOCIATED WITH BEHAVIOURS OR COPING STRATEGIES THAT ARE UNSAFE AND PUT YOURSELF AND OTHERS AT RISK

Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.



TAKE TIME TO PAUSE, BREATHE AND REFLECT

A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.



PARTAKE IN HELP SEEKING BEHAVIOURS

Please see below for information on Support Services and Helplines available.



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

Increasing your own and others understanding of the risks, protective factors, unsafe/risky behaviours, coping strategies, wellbeing, and community resilience is a powerful tool in improving empathy, connections and the overall safety within a community. Please contact Holyoake's Prevention Team if you would like to organise an information session or workshop for your community. Email

JDrayton@holyoake.org.au or
Jordyn.Drayton@holyoake.org.au

CRISIS LINES

<p>Lifeline</p> <p>Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.</p>	<p>13 11 14</p> <p>Lifeline WA</p>
<p>Suicide Call Back Service</p> <p>Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.</p>	<p>1300 659 467</p>
<p>Beyond Blue</p> <p>Beyond Blue as a reliable source of mental health information, support, and hope.</p>	<p>1300 224 636</p> <p>Beyond Blue</p>
<p>MensLine Australia</p> <p>MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.</p>	<p>1300 789 978</p> <p>MensLine Australia</p>
<p>Drought Response Hotline</p> <p>The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.</p>	<p>1300 489 832</p> <p>Drought Response WA</p>
<p>Kids Helpline</p> <p>Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.</p>	<p>1800 551 800</p> <p>Kids Helpline</p>

PLACE-BASED SUPPORTS

<p>Holyoake</p> <p>Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.</p>	<p>9621 1055</p> <p>Holyoake</p>
<p>Head to Health (co-located with Holyoake)</p> <p>Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.</p>	<p>6383 8040</p> <p>Head to Health Northam</p>
<p>Rural Aid</p> <p>Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.</p>	<p>1300 327 624</p> <p>Rural Aid</p>
<p>The Regional Men's Health Initiative</p> <p>The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.</p>	<p>9314 1436</p> <p>The Regional Mens Health Initiative</p>

Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

1800 612 004

[Rural West](#)

Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

9621 0999

[WA Country Health Service](#)

Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

9842 2797

[Amity Health](#)

Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

9621 5000

[Headspace Northam](#)

WEBSITES FOR INFORMATION & RESOURCES

ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via: [Managing Stress on the Farm Booklet](#)

TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

0488 846 988 (Mon-Fri 8am-10pm AEST)

[TIACS](#)

Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information

Scan the barcode
or CALL 9416 4444

Find us on social media @holyoake  

