



## STAY AFLOAT NEWCASTLE

A program dedicated to improving the mental health and wellbeing of the Australian seafood industry.

*Run by industry, for industry*

[www.stayafloat.com.au](http://www.stayafloat.com.au)



# FEELING BLUE?

## YOU'RE NOT ALONE.

Australia's commercial fishers endure mental health problems at almost double the rate of the general population; and almost half of those who reported problems hadn't reached out for help because they thought no one would understand the pressures of the industry - but, we're here to make sure they do.

### We understand

- Work-related stressors
- Uniqueness of our community
- Wild catch, aquaculture, and post-harvest
- Extended periods at sea

Our industry stressors are unique, and at times we can experience these on top of the challenges of everyday life. We are here to help you understand your mental health and wellbeing, and most importantly Stay Afloat.

### The experts are learning...

We're getting to know the health experts in Newcastle, and they're getting to know us and our industry. We're helping them understand your stressors and the unique pressures you face being a commercial fisher. We have provided them with resources to help understand our history, our operations, and our troubles. We want them to understand the life of a fisher.



# SOMEONE TO TRUST

We've worked with local industry leaders to find three local Trusted Advocates who understand the challenges you are facing, are here to lend a listening ear, and support you to connect with local healthcare services.

## Your Trusted Advocates can support you by:



Offering you tips on wellness and stress management;

Helping you to connect with local, relevant healthcare experts and support services;



And, they're working hard to educate your local healthcare providers on the commercial fishing industry so they'll understand what you're up against when you reach out for help.

## CONFIDENTIALITY

Your Trusted Advocates will maintain the highest standards of confidentiality at all times. Your details will not be provided to SIA or any other person or organisation. We will only keep a record of the number of people we engage with.



# GET TO KNOW

L-R: Robert Gauta,  
Grahame Lewis and  
Diane Pracy

## YOUR TRUSTED ADVOCATES

You might already know us, and if you'd like to chat with one of us, even just to find out about the Trusted Advocates program, you can give us a buzz on the details below.

### Robert Gauta - 0435 739 404

Robert is the CEO of the Newcastle Fisherman's Co-operative. With many years' experience in the industry, Robert has relationships with most of the fishers, processors, retailers and other industry members in the region. Robert has a desire to help build a sustainable framework for Mental Health and wellness support in the region.

### Grahame Lewis - 0412 151 015

A veteran of industry, Grahame has seen many years of change in the Nelson Bay-Port Stephens area and understands the pressures facing the local industry. He sees the pilot as a great opportunity to set up a support program in the region.

### Diane Pracy - 0432 088 506

A long-term employee of the Tacoma depot of the Co-op, Diane has strong relationships with local fishers and their families. She wants to support her industry colleagues and develop support systems in the region..

## CRISIS SUPPORT

Your Trusted Advocates are only trained to provide a listening ear and help guide you to professional support services, if appropriate. They are not crisis counsellors. [Please see over-page for local and crisis support services.](#)

# FIND HELP

Your GP can be a good first step towards finding the support that best suits you.

We're working with local healthcare providers to provide them with information on the Newcastle seafood industry and the unique pressures you are facing.

Please keep an eye on our website for a list of local healthcare experts we've spoken with and understand what you're up against.

If you, or someone you know, needs help or support please call:

 Lifeline

13 11 14

 Beyond  
Blue

1300 22 463

 kids**helpline**  
Anytime Any Reason

1800 551 800

 MensLine  
Australia

1300 78 99 78

*If there is immediate danger, please call 000 or visit your nearest hospital emergency department.*

Stay Afloat Australia is the national mental health pilot program for the Australian seafood industry, run by Seafood Industry Australia, in partnership with Women in Seafood Australasia, and supported with funding from the Australian Government Department of Health's Mental Health Program.

As part of the Federal Government's 2019 Budget, SIA was successful in seeking funding for an industry-specific mental health pilot program for commercial fishers, similar to that provided to land-based farmers.

The program is being piloted in Darwin, NT; Lakes Entrance, VIC; and Newcastle, NSW. It has been designed to help break the stigma associated with poor mental health, connect industry with existing local services, and engage with primary healthcare networks regarding the local industry's operations and unique stressors our fishers face.



For more information on the pilot please contact Program Manager Jo Marshall via

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Phone - 0408 008 344

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