

# FIND HELP

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

The healthcare provider below has taken the time to get to know more about the Lakes Entrance seafood industry and the pressures you face:

**Gippsland Lakes Complete Health**  
18-28 Jemmeson St, Lakes Entrance VIC 3909  
Phone: (03) 5155 8300

Keep an eye on our website for updates to this list as we educate more local health care experts.

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

 Lifeline

13 11 14

 Beyond Blue

1300 22 463

 kidshelpline  
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  
Email - [jo@seafoodindustryaustralia.com.au](mailto:jo@seafoodindustryaustralia.com.au)  
Phone - 0408 008 344

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



## STAY AFLOAT LAKES ENTRANCE

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 Lakes Entrance 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

### 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.

#### Arthur Allen - 0447 028 159

Arthur is a fifth-generation commercial fisher whose business sadly closed along with the closure of the Gippsland Lakes Fishery. He is an active member of the community and was recently appointed to the Lakes Entrance Shire Council as a Councillor.

#### Samantha Mahlook - 0427 888 060

Sam is a highly regarded businesswoman and chef who opened a seafood restaurant in Lakes Entrance more than 20 years ago. She has a passion for the local industry and is an active member of the community.

#### Chris Newman - 0428 002 493

Chris is a fourth-generation commercial fisher, with a strong commitment to improving the mental wellness of industry and to supporting the sustainability of our industry for future generations to come.

#### 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.](#)

L-R: Arthur Allen,  
Samantha Mahlook  
and Chris Newman