



STAY AFLOAT AUSTRALIA

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

Run by industry, for industry

www.stayafloat.com.au

BUILDING STRONGER SEAFOOD COMMUNITIES

Research has shown our industry experiences higher levels of mental distress than the average population.

To help combat this, our program includes:

Community Resilience Grants

Thirty-five* grants of up to \$2,000 will be made available to help bring commercial seafood communities together for activities designed to build and strengthen community wellness, resilience and support networks.

Mental Health First Aid Training

Up to 15 two-day workshops will be held at key locations around the country for commercial seafood employees, their family, friends, and community leaders to learn how to identify and support industry participants in crisis or times of need. Visit www.stayafloat.com.au to find a location near you.

The experts are learning

We're working hard to help health experts understand the stressors and the unique pressures commercial fishers face. We are providing primary healthcare networks with resources to help them understand our operations and our troubles. We want them to understand the life of a fisher so they can better understand you.

**Grants available until September 2021.*



STAY AFLOAT PILOT PROGRAM

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 MentalHealth 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. Currently, an in-community program is being piloted in Darwin, NT; Lakes Entrance, VIC; and Newcastle, NSW; and wellness supports, and education are available nationwide.

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

Phone - 0408 008 344





L-R: Michael O'Brien,
Toni Hedditch and
Fran Davis

FEELING BLUE?

YOU'RE NOT ALONE.

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

We understand

The Stay Afloat program was developed by industry, for industry. This means we understand:

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

Our industry's stressors are unique, and at times they are experienced on top of the stresses of everyday life.

Wellness

Fishers are reportedly diagnosed with a number of serious health conditions at a higher rate than the general population including high blood pressure, high cholesterol and diabetes caused by poor diet, skin cancer due to sun exposure, chronic musculoskeletal problems, hearing-related problems, and fatigue related to long work hours. The Stay Afloat program is here to help you understand and learn mental and physical wellness strategies to keep you well.



WE'RE HERE TO HELP

TSIC CEO Julian Harrington, Andrew Dean of Rural Alive & Well, Senator Jonno Duniam and Stay Afloat's Jo Marshall.

As part of the Stay Afloat pilot program, we're here to help break the stigma associated with Mental Health problems.

A range of learning activities are available to commercial seafood communities nationwide, including accredited Mental Health First Aid Training and grants to allow you to undertake community building activities.

Ways you can learn:

1. Get accredited in Mental Health First Aid in your local area. The courses have been tailored specifically to suit commercial seafood industry members and discuss common experiences. Courses will be run in communities around Australia. Get in touch with the team to find out more.
2. Bring your community together using one of our **Community Resilience Grants to the value of \$2,000.**
3. Find tips on how to identify, support and respond to a person in need or crisis.
4. Identify tools for stress management.
5. Learn how to talk to someone who is having mental health problems.

Good health can prevent illness in our bodies and in our minds; and Stay Afloat Australia has been designed to deliver wellness strategies, tips, and ideas for your body and for your mind. Find out how you can focus on wellness at www.stayafloat.com.au

FIND HELP

The signs and symptoms of mental health problems can appear in a number of different ways. Most of us are familiar with the tell-tale signs such as changes in mood, and heightened reactions like anger and sadness that don't match the situation. But sometimes physical symptoms such as the inability to sleep, a change in appetite, or the level of interest in activities can also be a sign that it's time to reach out for a chat.

Your GP can be a good first step towards finding the support that best suits you. They can help you figure out what is going on, as well as give you a wide range of options to tackle it. Give one of the numbers below a call. They help people like us all the time.

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.