



## Bullying - No Way

Bullying No Way Week (11-15 August) is a timely reminder that parents play a vital role in preventing and responding to bullying. In Australia—where one in four students report being bullied—working closely with schools is the most effective way to support you and your child.

Bullying is the ongoing misuse of power in relationships, taking many forms: verbal, physical, social, and online. It may be obvious or hidden, but its impact can be deeply harmful—both emotionally and psychologically. Sadly, Australia ranks second-highest in bullying among OECD countries.

Signs a child may be experiencing bullying include unexplained bruises, fear of school, damaged possessions, withdrawal, and even physical illness. If you notice these signs, don't wait—support is available through services like BSS.

To help your child, try keeping a closer eye on their interactions with their peers,

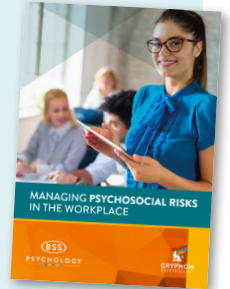
educate them about bullying, set clear behaviour expectations, praise cooperation, and encourage open communication. Help them build social skills and confidence in standing up for themselves safely.

Also, teach children to be up-standers. They don't need to confront bullies directly—small actions like showing disapproval, supporting the victim, or reporting the incident can make a big difference. Together, parents, schools, and communities can create a safer environment where bullying is not tolerated.

To make an appointment with a BSS Clinician call 1800 30 30 90 or email [appts@bsspsych.com.au](mailto:appts@bsspsych.com.au)

## NEW PSYCHOSOCIAL TRAINING

Psychosocial hazards psychological and social conditions in the workplace can significantly impact employees' mental and physical health. These risks often arise from poor work design, ineffective management practices, inappropriate behaviour, and unresolved workplace conflict.



To address this, BSS offers a training program designed for supervisors and leaders, equipping them with essential knowledge and skills to manage psychosocial risks effectively. The program covers Australia's psychosocial codes of practice, common hazards such as high job demands, fatigue, unreasonable behaviour, and poor sleep, and highlights how these issues can escalate when left unmanaged.

Leaders will learn the difference between discomfort and feeling unsafe, how stress can convert risks into harm, and strategies for maintaining psychological safety without compromising accountability.

Key skills developed include effective communication, giving constructive feedback, handling strong emotions, and clarifying workplace concerns.

The training also emphasizes the critical role of supervisors in responding to inappropriate behaviour, supporting those affected by bullying or harassment, and fostering a respectful, inclusive environment.

BSS offers psychosocial support and training Australia wide.

To find out more about the psychosocial risks and how BSS can help navigate the requirements in your workplace, email our Training Team [training@bsspsych.com.au](mailto:training@bsspsych.com.au) or call 1800 30 30 90.

## RECONCILIATION WEEK

As Reconciliation Week (May 27–June 3) approaches, we're reminded of the vital role we all play in fostering inclusion, empathy, and healing. This year's theme 'Bridging Now to Next' encourages reflection, education, and meaningful action—values that align deeply with our psychological practice and leadership. Reconciliation Week commemorates key milestones in Indigenous rights and invites all Australians to engage in truth-telling and cultural understanding. This week is more than symbolic—it's a commitment to cultural competency, ethical practice, and social responsibility and reminds us that it is a continuous journey through education and commitment. As individuals, we can start to build from now to next by creating a few new habits; Using culturally appropriate language; Asking individuals about their ethnicity and learning about their cultural identity and calling out and rejecting racist behaviour wherever and whenever we see it. For more ways to get involved in Reconciliation Week visit [reconciliation.org.au](http://reconciliation.org.au)



NATIONAL RECONCILIATION WEEK 2025

**Bridging  
Now to  
Next**

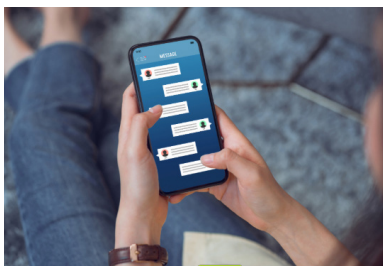
27 MAY – 3 JUNE | #NRW2025  
RECONCILIATION.ORG.AU

Please call 1800 30 30 90 or 0800 820 035 (NZ)  
to book a face-to-face, on-site, telephone or video counselling session



## WEBCHAT - COMING SOON

We're excited to announce the BSS Psychology website will soon feature a live webchat option. During business hours, the BSS Psychology Responder chat service will be managed in-house by our trained responders, who will manage simple queries for assistance or information, and act as a point of escalation to our clinicians in urgent cases. Next time you visit our website look for the chat icon, support will be just one click away.



## ONLINE PRESENTATIONS

Each session runs for 30-60 minutes and will be uploaded at 10am Australian Western Standard Time on the date stated and will be available for 5 business days. These sessions are available at no cost.

[CLICK HERE](#) A Vimeo link will take you to the current presentation that is available for viewing or simply search BSS Psychology.

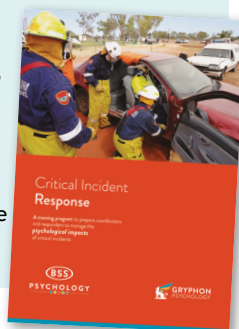
MONDAY 02 JUN	UNVEILING SCHEMAS
THURSDAY 05 JUN	WHEN THEY HAVE GONE
MONDAY 09 JUN	TINGLES STRAIGHT TO THE BRAIN - ASMR
THURSDAY 12 JUN	MOTIVATION TO LIVE LONGER
THURSDAY 03 JUN	ADHD - WHAT DOES IT MEAN?
THURSDAY 19 JUN	HEALTH ROMATIC RELATIONSHIPS
MONDAY 07 JUL	AUTISM DEBUNKED
MONDAY 14 JUL	TIME MANAGEMENT
MONDAY 21 JUL	DRY JULY

## COMPASSION IN CRISIS - GENEEN'S ROLE IN CRITICAL INCIDENT RESPONSE

No one wants a critical incident to occur—but when it does, having the right support makes all the difference. Since 2022, our dedicated clinician Geneen has responded to 29 critical incidents, offering essential support to BSS clients during some of their most vulnerable moments. With over 20 years' experience in palliative care and complex bereavement, Geneen shares: "Critical incidents require counselling not just because there has been an event, but often because it awakens past grief, loss, and trauma. It is important to provide clinical support that is trauma informed and that we remain highly visible and emotionally present. It can provide relief for employees and their families to understand that grief and loss are not an event but a 'process.' A clinician's role in providing counselling in critical incidents and grief does not involve analysing or advising, but to listening with humility and connecting with people in their pain."

To learn more about our Critical Incident Response services, visit [bsspsych.com.au](https://bsspsych.com.au) or email us at [training@bsspsych.com.au](mailto:training@bsspsych.com.au)

First Responders Day is 11 June and is a chance to acknowledge and thank first responders and their families who support them.



## MEET THE TEAM

Scott is a psychologist, who has been with BSS for just over a year. In that time, he's made a meaningful contribution to the team, bringing a calm, reflective presence to his clinical work. A typical day for Scott involves delivering counselling sessions across various formats; face-to-face, video, and telehealth. "The core of my role is client-centred, and at times it can be easy to stay in that zone too long. I remind myself to maintain that 'third space' and take time to recharge outside of sessions. "I love reading and creative writing and music is also a very important part of my life and is always nearby, whether I'm playing an instrument or just listening." Outside of the house, I love being in the ocean – flat or wavy, it's my happy place, my wife and I also love travelling." When asked why BSS, Scott replied. "I wanted to consolidate my counselling work, expand my skills, and keep growing as a psychologist. BSS has a strong reputation, and I've been really glad I made the move."

Looking ahead, a personal goal stands out: completing and submitting a short story for publication. "Right now, I'm just focusing on finishing the writing. Saying it out loud definitely adds a bit of accountability, wish me luck."



## BSS ON LINKEDIN

Keep up to date with the latest BSS Psychology news, updates on our programs and helpful videos and tips. Click the LinkedIn icon or search BSS Psychology.

