

# Mental Health Week

8-15 October



This Mental Health Awareness week we'd like to draw attention to how we can best support the mental health of other people in our lives.

It's normal to feel anxious, stressed or low at times, but if these feelings get worse, go on for a long time, or affect our daily lives then perhaps it's time to get some extra support. If you know someone who is struggling with their mental health, there are things you can do:

**Let someone know** - Letting someone know you're thinking of them is a good way to open up a conversation – it shows you care, have time for them, and that they do not have to avoid things with you. **Act naturally** - Do what you usually do, behaving differently can make someone feel more isolated. Don't be afraid to offer kind words and a space to talk.

**Reassurance is key** - Opening up about our mental health can be a big step. It's positive to recognise this and provide reassurance to help normalise and validate these feelings. Let them know you're there to listen when they need to talk. **Put in the time** - Listening is an important skill, ask open questions that start with "how", "what", "where" or "when". This can help people open up and avoid one-word answers. **Patience is a virtue** - You will never know the full story, there may be reasons why someone finds it difficult to ask for help. Just being present can be helpful to allow someone to open up at a later stage. Remember it is not up to you to "fix" or find a solution to anything, listening and understanding is often enough. **Look after yourself** - It can be upsetting to hear someone you care about in distress. Be kind to yourself and take some time to relax or do something you enjoy. Debrief with your own support network, taking care of yourself is important when taking care of others.

## PARENTING - IT'S A ROLLERCOASTER

When we think about becoming a parent, we often think about all the changes that are about to come. Most people talk about the obvious changes including physical (cravings, fatigue, nausea, body shape), social (relationships, family dynamic, friends, community groups etc) and financial changes (work, roles and responsibilities). Even from a neuropsychological perspective, our mental health can be greatly impacted (while being told to 'relax and enjoy the ride'). We can lose our temper at our loved ones, experience sadness for no good reason, and also have moments of extreme anxiety all throughout fertility, pregnancy and post-partum. It is important to recognize early if you are struggling to cope with all the physical, social, financial and emotional challenges of becoming a parent (birth partners included) and take care of not only your physical health but also your mental health. Click on our [Becoming a Parent](#) information flyer, or for additional support, reach out to your medical team, mental health professionals, and specialist organisations (PANDA [panda.org.au](http://panda.org.au) and COPE [cope.org.au](http://cope.org.au)). Help is available throughout all stages of the parenting journey.



## THURSDAY 8 SEPTEMBER

This year we are being reminded that no qualifications are needed to simply ask someone if they are ok. By doing so, we show them they are not alone in whatever they are going through. It could be one conversation that makes a difference in their life. Click the link to view our latest [RUOK Day](#) video or simply search BSS Psychology in vimeo. [ruok.org.au](http://ruok.org.au)

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



# Women's Health Week

## 5-11 September

This year the focus is around promoting good health and wellbeing for all women, girls and gender diverse individuals. Women's Health Week acts as a reminder to all women to take time to prioritise your health. By giving women and girls space to actively reflect on their wellness, this week can help provide education and highlight the practical steps women can take towards ensuring individual health not only for their bodies but minds as well. As women we tend to juggle many roles, often forgetting to prioritise ourselves. It is time to get to that check up! It is time to make that appointment! And it most certainly is time to give up that bad habit you've been trying to kick for years. The time is now, put you first. Here are some tips to help keep yourself or the females in your life physically and mentally healthy:



2

- Follow a healthy diet at least 80% of the time
- Try to keep up to date with all regular screening appointments
- Time outdoors (off screen time) – get outdoors and move your body
- Plan regular check-ins with your nearest and dearest, keeping connected to family and community.

Be proactive about maintaining mental and physical health. Don't put it on the back burner any longer. Because YOU are the priority and it is time to show up for you NOT just everyone else. For more information visit [womenshealthweek.com.au](http://womenshealthweek.com.au)

### MEET THE BSS TEAM

Meet Monique, our Business Manager and the main contact for our corporate clients. Since joining BSS 7 years ago, Monique finds that no two days are the same and that's what makes her role interesting. "My days include talking to corporate clients about reports, existing and new services as well as organising resources for critical incidents. And always working with my team team to ensure we're all operating in the best way."



"I love the people and the relationships I've made, both internally with the BSS team, and externally with the clients we support. Also the nature of the work we do. It's so rewarding presenting a report and seeing how many individual people's lives we have changed at BSS". Monique's goal for 2022 is to finally get back overseas, and while she lists Hawaii as one of her favourite destinations, it's the Amalfi Coast and Lake Como high on her agenda for this year.

The BSS Psychology STOP training program provides basic suicide prevention strategies for leaders and supervisors in the industry. The program aims to equip participants with practical tools to help recognise and respond to members of their team or other colleagues who may be at risk of suicide by: spotting the warning signs, providing key communication strategies and assisting the person at risk to engage with professional support. To find out more about the training program call 1800 30 30 90 or email [bss@bsspsych.com.au](mailto:bss@bsspsych.com.au)



## 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.

- THURSDAY 01 SEPT** WHAT IS MINDFULNESS
- MONDAY 05 SEPT** THE PURSUIT OF HAPPINESS
- THURSDAY 08 SEPT** OUT OF THE FOREST
- MONDAY 12 SEPT** GRIEF AND LOSS
- THURSDAY 15 SEPT** HOW TO COPE DURING A PERSONAL CRISIS
- THURSDAY 22 SEPT** CAN MEDITATION CHANGE THE BRAIN
- THURSDAY 29 SEPT** ADULT ATTENTION DEFICIT HYPERACTIVITY DISORDER
- MONDAY 03 OCT** PERINATAL MENTAL HEALTH
- MONDAY 10 OCT** TOXIC POSITIVITY

### 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 above or search BSS Psychology.

