



BSS UPDATE



All In for Reconciliation Week

This Reconciliation Week (27 May – 3 June) we are reminded of the important role we all play in fostering inclusion, empathy, and healing. This year's theme, "All In for Reconciliation," encourages reflection, education, and meaningful action – values that strongly align with our psychological practice and leadership.

As part of Reconciliation Week, we are once again leading the BSS Psychology Act of Promise. Our promise is to support and encourage the education of our country's history and Aboriginal and Torres Strait Island culture.

We do this by supplying a selection of children's picture books to a WA primary school annually. These books are written by, illustrated or tell stories of our First Nations People and Country.

This year, the books were presented to Onslow Primary School Principal Lisa Campbell by our Clinician Ronelle, who supports the Onslow community.



First Responders Day - Caring for the Carers

To mark First Responders Day on 10 June, we asked one of our onsite Clinicians, Cade about what it means to be one of the first on the scene when the unexpected occurs.

"Working as a FIFO psychologist attending critical incidents on mine sites has highlighted just how strong the sense of community can be within these environments. Whilst no one wants to experience a critical incident, these moments often reveal people at their best, supporting one another, checking in, and stepping forward when it matters most.

When people think of first responders, they often think of paramedics, police, or emergency services personnel. On site, however, first responders can also be the people we work alongside every day. Emergency Services Officers (ESOs), supervisors, leaders, and even workmates can find themselves first on scene or providing immediate support to someone in distress. In many cases, they are responding to challenging situations while also managing their own thoughts and emotions in real time.

Something that consistently stands out to me is the care people show for each other. While attention is understandably given to those directly impacted by an incident, it is equally important to remember those providing support.

Looking after our onsite first responders and support networks is a reminder that wellbeing is a shared responsibility, and that no one should have to carry difficult experiences alone."

BSS offers training designed to prepare leaders and first responders to manage the psychological impacts of critical incidents either through our Critical Incident Response or Vicarious Trauma training programs. To find out more, call 1800 30 3090 or email training@bsspsych.com.au

BSS PSYCHOLOGY | **GRYPHON PSYCHOLOGY**

BEYOND THE SESSIONS

[LISTEN HERE](#)



Common Concerns Webinars

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.

<p>THURSDAY 4 JUN Motivation - Why Waiting On It Won't Work</p>	<p>MONDAY 15 JUN Breaking the Stigma of Mental Health</p>	<p>THURSDAY 2 JUL The ADHD Effect on Couples</p>	<p>THURSDAY 16 JUL A Satisfying Life</p>	<p>MONDAY 3 AUG What to Expect in an EAP Session</p>
---	---	--	--	--

The Kids are Alright

It can be hard having a conversation with our children on topics they may feel the most vulnerable about, their mental health. We want to help them, but we don't know if they're going to react poorly when we ask. Is there another way to go about this?

Good mental health is not just about an absence of illness, it is also about the presence of strengths and achievements. Commit to reflecting on what your child does well, what they are proud of, and how they have managed to cope so far.

Start the conversation there and your child will be more likely to open up when navigating difficult situations. Mental health concerns with children can be challenging, but support is available through your EAP. Family members of employees and contractors may be eligible to access up to six sessions.

Simply call **1800 30 30 90** to check eligibility.

Many of our clinicians have extensive experience working with minors, providing tailored support.

Dietitian Awareness Session

Register for our complimentary 30 minute online webinar (plus Q&A) to learn how working with a qualified Dietitian through your BSS EAP sessions can help you manage nutrition around busy schedules and shift work and discover how nutrition support complements mental health care.

Format: Online webinar

Duration: 30 minutes + Q&A

Dates: 17th of June 12:30pm and 14th of October 12:30pm AWST

Register Here

NAIDOC Week 5-12 July

This year marks the 50th NAIDOC Week celebration and we are reminded about the importance of celebrating culture, honouring strength and recognising change for our First Nations people.



From Counting Zeros to Hero Trekking for Youth Mental Health

Recently, our Group Finance Controller Joe, undertook the 135km Cape to Cape trek, raising over \$450k for Youth Mental Health charity Zero to Hero. "I undertook this as a physical challenge but it became so much more than that," said Joe.

"Coming together with a group of strangers, we quickly found commonalities that unite us, whether it was past struggles or current challenges, we had a lot of time to gain different insights and learn from each other, when our legs wanted to give up, it was the strength of our minds and resilience that carried us along." The trek also closely reflects the work we do every day



at BSS Psychology. Supporting mental health is not just about responding in moments of crisis, it's about building resilience, fostering connection, and helping people navigate challenges before they become overwhelming. The experience highlights the same principles we see in our clients and communities: that shared experiences, open conversations, and the right support can make a meaningful difference in strengthening mental wellbeing and enabling people to keep moving forward, even when things get tough. When asked if he would complete the trek a second time, Joe said, "As soon as my toes heal!"

Men's Health Week runs from June 15 to June 21. This global initiative aims to promote physical and mental wellbeing amongst men and boys.