

BSS UPDATE



STOP Suicide

The theme for this year's World Suicide Prevention Day is Changing the Narrative on Suicide. Each year World Suicide Prevention Day is observed on September 10th to raise awareness, to reduce the stigma and to encourage open conversations. Changing the Narrative on Suicide is a call to "start the conversation."

By starting the conversation, listening without judgment, and responding with empathy, we can help people feel seen, heard, and supported.

BSS and Gryphon Psychology offer 24 hour/7 days a week urgent support for individuals as well as STOP training (Suicide: Training on Prevention) for organisations and your employees. To find out more, contact BSS on [1800 30 30 90](tel:1800303090) email appt@bsspsych.com.au or webchat at bsspsych.com.au.



Women's Health Week 7-11 Sept

Women's Health Week is a timely reminder to prioritise both physical and mental wellbeing. Conditions such as Polycystic Ovary Syndrome (PCOS) and Endometriosis affect many women and can have a significant impact on quality of life, including contributing to anxiety, stress, and depression. If you are experiencing ongoing symptoms, trust your instincts and seek medical advice. Early support and treatment can make a meaningful difference.

Our psychologists and social workers can play an important role in supporting people living with these conditions, particularly when symptoms affect mood, confidence, relationships, work, or day-to-day functioning. If you need support, contact BSS on the details below.



October is Mental Health Month So Let's Talk



Mental Health Month - Let's talk

October is Mental Health Month, and a reminder that all aspects of our lives can impact our mental health. From sleep, diet and relationships to exercise, social media and our workplace. Checking in with each other or your EAP can make all the difference.

Proactive check-ins can strengthen relationships by acknowledging that you're there for someone before a problem arises.

Personally, asking a friend, family member or co-worker how they are going can build trust and create space for honest conversations.

Professionally, regular check-ins can help leaders and co-workers identify concerns early and prevent small things from escalating. Check-ins can also support improved communication and morale, particularly in busy or remote workplaces.

A simple question like 'how are things going?' can reveal needs or issues that might otherwise remain unspoken. Making check-ins a consistent habit can assist to promote healthier, genuine relationships and connect people with support before their challenges become overwhelming.

Beyond the Sessions podcast 🎧

Each month our podcast features honest discussions with our team about work, life, connection, and wellbeing at work and at home. In a recent episode our host Chris chatted to our EAP Manager and psychologist Andrea about her 23 year journey to become a psychologist. Touching on loss, resilience, and the way lived experience shapes who we become, both personally and professionally. To listen, click the banner or visit our [website](https://bsspsych.com.au).





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.

**THURSDAY
17 SEPT**
Dealing with
difficult decisions

**MONDAY
21 SEPT**
When the news
feels heavy

**THURSDAY
8 OCT**
Analysis
Paralysis

**MONDAY
26 OCT**
ADHD
Practical tools for
support

**THURSDAY
29 OCT**
Balancing wellness,
work and life

Vicarious Trauma - how to address it in the workplace

What is vicarious trauma?

Vicarious trauma refers to the cumulative impact of being exposed to another person's traumatic experiences through your work or support role. It can affect how a person thinks, feels, and responds both at work and in their personal life.

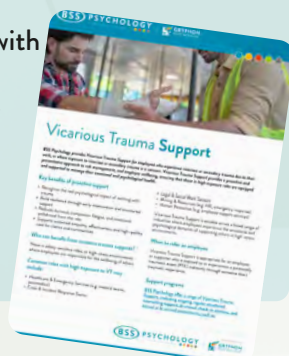
Who does it impact?

Those in safety-sensitive roles, or high-stress environments where employees are responsible for the wellbeing of others.

How can we help?

BSS Psychology offer a range of Vicarious Trauma Support, including ongoing regular structured counselling support, check-in sessions, and annual or bi-annual assessments.

If you would like to speak with our team about Vicarious Trauma Support, email our Formal team at formal@bsspsych.com.au call **1800 30 30 90**



Recently @ BSS - Practical conversations about workplace wellbeing

Our recent Business Breakfast brought together leaders of our client companies to explore how organisations can move from good intentions to practical action when it comes to psychosocial wellbeing. Using the Wellbeing Check project as a real example, we discussed how simple, visible tools can help leaders and employees start supportive conversations earlier.

The session focused on reducing avoidance, clarifying the leader's role, and creating practical pathways to support without expecting managers to "fix" everything. It was a valuable opportunity to reflect on what leaders are carrying, where teams may be getting stuck, and what small steps can make a meaningful difference. To always be in the know about any upcoming events, simply email eapadmin@bsspsych.com.au to be added to our list.



R U OK? Day 10 September 2026

This year we are being reminded that people go through ups and downs every day, and often a simple check in, or conversation can change a life. By doing so, we show them they are not alone. Click the link to view our latest **R U OK Day** video or simply search BSS Psychology in vimeo. And remember, BSS is available for urgent support 24/7 by calling **1800 30 30 90** or to book an appointment email appt@bsspsych.com.au or webchat www.bsspsych.com.au

