



# BSS UPDATE

## Female FIFO life

Before starting at BSS I didn't know much about mining or the FIFO world so I was just a little nervous. I had friends that worked FIFO years ago that would tell me sometimes life for women onsite could be difficult.

During my induction, I had to introduce myself to others who were also starting their FIFO journey. I had a few come to me and say they 'hopefully didn't have to come and see me onsite.'

This made me feel worried about stigmas around mental health within FIFO context, but I knew BSS would support me should I ever feel uncomfortable. Since my induction, I've felt welcomed and respected by everyone. I've been pleasantly surprised by the culture, their strong focus on psychosocial wellbeing and positive, respectful behaviours onsite.

Each swing I feel proud to see women across site as leaders, operators, trainers, and professionals; Some in the office, some in the pit. All under the Pilbara sun. *Carolina is an onsite Clinician, who joined BSS in 2025.*

*International Women's Day is Sunday 8th March and gives focus to issues such as gender equality, reproductive rights, and violence against women.*



## Irritable, brain fog, can't sleep? It's a wild hormonal ride

Perimenopause and menopause are not only physical transitions; they can be major mental health turning points. Perimenopause refers to the years of hormonal fluctuation leading up to menopause, while menopause is confirmed after 12 consecutive months without menstruation.

During perimenopause, fluctuating estrogen levels directly affect brain systems that regulate mood, stress response, and emotional processing. Estrogen interacts with serotonin, dopamine, and GABA (Gamma-Aminobutyric Acid) chemicals that influence depression, anxiety, motivation, and sleep. As levels shift unpredictably, some women experience new or worsening mood disorders.

Rates of depressive symptoms increase during the perimenopausal years, even among women with no prior history of mental illness. Anxiety, panic attacks, irritability, tearfulness, and feelings of loss of control are common. Cognitive changes often described as "brain fog" can also affect confidence and self-esteem. Poor sleep from night sweats further heightens emotional vulnerability.

Recognising that these symptoms are hormonally influenced, not personal failings, is crucial. Counselling, nutrition, exercise, hormone treatment, and social support can all play important roles in protecting mental wellbeing. At BSS we can provide support to assist with this stage of life, if you would like to speak to one of our clinicians with an interest in women's health, please contact BSS on **1800 30 30 90**, email [appt@bsspsych.com.au](mailto:appt@bsspsych.com.au) or webchat at [bsspsych.com.au](https://bsspsych.com.au)

## Beyond The Sessions

Introducing our new BSS & Gryphon Psychology monthly podcast. The podcast features honest discussions by our team about work, life, connection, and wellbeing at work and at home. Each month we will hear real conversations sharing voices, stories and lived experience. To listen, visit our [website](#) or click the banner below.





## 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

**5 MAR**

The psychology of conflict and deescalation

MONDAY

**15 MAR**

The boys are alright

MONDAY

**6 APR**

Perspective

THURSDAY

**16 APR**

ADHD and Autism

MONDAY

**20 APR**

Algorithm Anxiety

## New Adelaide office now with private practice

We are excited to share we have moved to a new location - just two doors down from our original BSS Adelaide office. With our new premises comes a new service offering. BSS Adelaide is now available to private and GP referred clients. Our practice still remains person-centred and flexible, offering both long-term therapy as well as short-term support when needed. Our experienced Clinicians work with a wide range of presentations, bringing diverse experience and evidence-based approaches to support individuals, couples and children with compassion and care. Our team also works closely with GPs and other healthcare providers to ensure holistic and coordinated care for the individual.

To make an appointment call **1800 30 30 90**  
email [appt@bsspsych.com.au](mailto:appt@bsspsych.com.au)  
or webchat [www.bsspsych.com.au](http://www.bsspsych.com.au)

## Dietitian Support & Financial Coaching - All part of the service

**Did you know we offer dietitian and financial coaching support?**

Just like a standard EAP referral, individuals and couples can now access confidential support through our trusted partners for reasons including:

### Financial Coaches

- ▶ Budgeting and money management
- ▶ Planning for changes in life circumstances
- ▶ Learning to invest
- ▶ Navigating redundancy or employment changes

### Dietitian Support

- ▶ Improving mood and mental health through nutrition
- ▶ Weight management (loss or gain) and gut health
- ▶ Eating disorders
- ▶ Sports and performance nutrition

To book a session, call **1800 30 30 90**



## Making the most of your EAP sessions

Life gets busy, and we know adding appointments to your calendar can feel like one more thing to juggle. Booking your EAP sessions in advance is a great way to secure a time with your chosen clinician and maintain continuity in your support. Locking in appointments early helps you build momentum and get the most from your sessions.

You'll also receive a text reminder 48 hours before your appointment. If something unexpected comes up, you can simply reply "no" at this time to cancel, and it will not affect your session entitlement. We understand that flexibility matters.

Remember, the therapeutic relationship is key. Feeling comfortable, heard, and supported by your clinician makes a real difference. If at any point you feel another clinician may be a better fit, you're welcome to request a change, no awkwardness, no explanations required, though feedback is always welcome.

If you do change clinicians, you can let reception know if you'd like to provide consent for your new clinician to access your clinical notes. Your wellbeing is always the priority. For more information on our commonly asked questions around counselling view our [37 Questions](#) resource. To book an appointment, call **1800 30 30 90** email [appt@bsspsych.com.au](mailto:appt@bsspsych.com.au) or webchat [www.bsspsych.com.au](http://www.bsspsych.com.au)