

# Speak Out Loud:

## Stories of Strength from the Southern Downs

EPISODE: COMMUNITY AND PERSONAL RECOVERY

GUEST: Sue Hamlet

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### SUMMARY OF EPISODE

Sue has been working in various capacities within the community sector on the Southern Downs since 2015. She is an accredited ASIST Suicide Prevention Trainer and is currently balancing her time between creating art and facilitating artistic/therapeutic workshops through her practice Sue Hamlet Creative. Sue was involved in the initial community recovery response to the bushfires in 2019.

Listen to the podcast conversation to hear Sue explain:

- some of the impacts she noticed the bushfires had on the people of the Southern Downs region
- additional stresses that have impacted people
- the strengths of the people who live and work in the Southern Downs region
- practical things people can do to strengthen their mental health on their personal recovery journey
- reflective activities to help you check in with yourself after a traumatic event
- signs that indicate your mental health and wellbeing may benefit from some additional support
- where to go for assistance

### TOP 3 TAKEAWAYS / TIPS

Sue's tips to strengthen mental health on your personal recovery journey:

1. If you've lost your sense of hope, find a way to keep yourself safe for now while you develop a longer term plan to strengthen your mental health
2. Learn mindfulness skills; get active with physical activities that soothe your mind; eat well
3. Reflect back on what has been helpful for you in the past

## RESOURCES MENTIONED IN THE PODCAST

### Contact Sue Hamlet at Sue Hamlet Creative

P: 0427 619 381

<https://suehamletcreative.com/>

### CRISIS SUPPORT

#### Emergency Services

P: 000 (Triple Zero)

#### Lifeline

24 hour crisis support and suicide prevention services

P: 13 11 14

#### 1300MHCALL

P: 1300 642 255

#### Local hospital emergency department

Find your closest hospital on the Darling Downs here:

<https://www.health.qld.gov.au/darlingdowns>

### Suicide Call Back Service

P: 1300 659 467

### General Practitioner (GP)

My GP is \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Mental Health Service Navigator (Helen O'Brien)

E: [helen.obrien@rhealth.com.au](mailto:helen.obrien@rhealth.com.au)

P: 0459 022 561 or 1300 012 710

### Disaster Mental Health Recovery Team

E: [Disasterrecoveryprogram.DDHHS@health.qld.gov.au](mailto:Disasterrecoveryprogram.DDHHS@health.qld.gov.au)

P: 0407 333 118

### DV Connect / Womensline

Helps Queenslanders find pathways to safety, away from domestic, family and sexual violence; emergency transport and accommodation for your entire family including pets; safety planning; crisis counselling; intervention; information and referrals at no cost to you.

P: 1800 811 811

<https://www.dvconnect.org/>

### **ASIST Suicide Prevention Workshop**

In ASIST, people learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help.

E: [info@livingworks.com.au](mailto:info@livingworks.com.au)

P: 1300 738 382

<https://www.livingworks.com.au/programs/asist/>

### **Mental Health First Aid Workshop / Course**

Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about.

E: [mhfa@mhfa.com.au](mailto:mhfa@mhfa.com.au)

P: +61 3 9079 0200

<https://mhfa.com.au/>

### **Community Mental Health Service (Southern Downs, Queensland Health)**

#### **Child and Youth Mental Health Service (Southern Downs, Queensland Health)**

Free, confidential service treating individuals who have or are at risk of developing moderate to severe mental illness

P: 07 – 4660 3901

### **New Access (Beyond Blue)**

Mental health coaching support

<https://www.beyondblue.org.au/get-support/newaccess>

### **Beyond Blue**

Mental health and well-being information and support

<https://www.beyondblue.org.au/>

### **headspace Warwick**

Early intervention mental health services to 12-25 year olds including mental health, physical health (including sexual health) alcohol and other drug services, and work and study support

P: 07 4661 1999

<https://headspace.org.au/>

### **Black Dog Institute**

Mental health and well-being information and support

<https://www.blackdoginstitute.org.au/>

### **Mindfulness Based Stress Reduction (MBSR) program**

Helen Ferrier (based in Stanthorpe)

E: [wellbeing@mallow.net.au](mailto:wellbeing@mallow.net.au)

P: 0401 557 338

### **Lifeline Darling Downs & South West Queensland**

(Including services such as Gambling Help, Financial Counselling, Children and Family, Mental Health, NDIS support)

P: 1300 991 443

<https://www.lifelinedarlingdowns.org.au/>

### **Kathryn Walton**

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

### **Darling Downs and West Moreton PHN**

<https://www.ddwmphn.com.au/>

Use the clickable map to find mental health services in the region

*The information shared in the podcast and handouts is intended for general support only.*

*To the best of our knowledge, this information was correct at the time of publishing.*

*Please consult with your doctor or health provider for support based on your individual needs.*

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*Speak Out Loud: Stories of Strength from the Southern Downs Podcast*

[www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)