

Speak Out Loud:

Stories of Strength from the Southern Downs

EPISODE: STRESS MANAGEMENT

GUEST: Mark Cary, Psychologist

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SUMMARY OF EPISODE

Mark Cary is a Counselling Psychologist who has worked in South-West regional Queensland for more than 22 years. He has a background of experience working therapeutically with children, adolescents, adults, and families in clinical agencies such as Headspace and Mercy Family Services, as well as in independent private practice.

Mark has a special interest in working in childhood and adolescent mental health and especially working to support people with ASD and ADHD, child protection, suicide prevention, refugee settlement, men's mental health and wellbeing and integrated health. He is currently in practice at the Centre For Healthy Living based in Warwick on the Southern Downs in Queensland.

Listen to the podcast conversation to hear Mark explain:

- how stress can show up for individuals during and immediately after a crisis or natural disaster
- the types of stresses that show up in the months and years following a disaster
- the layers of stress that people in the region have been dealing with in recent years
- effective strategies to manage stress during and immediately after a disaster
- effective strategies to manage stress throughout the recovery journey
- the impact of stress on overall health and well-being
- how to develop and maintain a strong foundation of health and well-being
- warning signs to look out for when it comes to stress
- what to do and where to go if you are concerned about your own or someone else's mental health
- where to go for more information about managing stress and looking after mental health

TOP 3 TAKEAWAYS / TIPS

Mark's tips to optimise stress management and boost your mental health and wellbeing:

1. Regularly get together socially with friends and family in the community
2. Engage in physical exercise, activities and pursuits that you enjoy
3. Maintain a perspective- give yourself time alone for quietness to rest your mind, relaxation time, and to absorb life rather than being absorbed by life

RESOURCES MENTIONED IN THE PODCAST

Mark Cary, Psychologist

Centre for Healthy Living

14 Freestone Road, Warwick , QLD 4370 Australia

E: admin@centreforhealthyliving.com.au

P: 07- 4661 3340

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

General Practitioner (GP)

See your GP or hospital doctor for referrals to counselling, allied health and other services

My GP is _____

Phone: _____

Address: _____

See your GP or hospital doctor for referrals to counselling and other services

Mental Health Service Navigator (Helen O'Brien)

Enquire about services, supports and referral pathways currently available that meet your need

E: helen.obrien@rhealth.com.au

P: 0459 022 561 or 1300 012 710

Crisis Support - "Lifeline"

24 hour crisis support and suicide prevention services

P: 13 11 14

Local hospitals

Find your closest hospital on the Darling Downs here:

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

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/>

Black Dog Institute

Mental health and well-being information and support

<https://www.blackdoginstitute.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/>

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www.kathrynwalton.com.au

eheadspace

headspace national online and phone support provides 12–25 year olds and their family and friends, a safe, secure and anonymous place to talk to a professional whenever and wherever they need
<https://headspace.org.au/our-services/eheadspace/>

Reachout.com

Online mental health service for young people and their parents in Australia
<https://au.reachout.com/>

Mindfulness Based Stress Reduction (MBSR) program

Helen Ferrier (based in Stanthorpe)

E: wellbeing@mallow.net.au

P: 0401 557 338

MoodGym

Interactive self-help to learn and practise skills to prevent and manage depression and anxiety
<https://moodgym.com.au/>

APPS

Calm

<https://www.calm.com/>

Headspace

<https://www.headspace.com/>

Smiling Mind

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

Beyond Now

Make a step-by-step plan to help stay safe in times of overwhelm or if you have thoughts of suicide
<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

Kathryn Walton

Kathryn Walton Consulting and Outdoors is my Therapy

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

Darling Downs and West Moreton PHN

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