



Fisheries FaBs are helping you stay afloat

Seafood communities are resilient and resourceful, with people practiced at being able to solve problems and overcome challenges. However, at times, being a seafood producer can be an uncertain, isolating and dangerous occupation.

Our Fisheries FaB Support team

A new program has been established to raise awareness and support the mental health and wellbeing of those working in the seafood industry.

The Fisheries Family and Business (FaB) Support Program together with the seafood industry initiative 'Stay Afloat' is now available to support those in the fishing and aquaculture industry, as well as their families, experiencing tough times.

Our Fisheries FaB Mentors are experienced in discussing and addressing difficult issues that come about as a result of hardship and other adverse events. They are available to meet and listen – no issue is too small or too big.

The mentors work closely with other service providers such as Centrelink, Rural Financial Counselling and local health networks and will connect people to those services as required.

Fisheries FaB mentors provide a free, informal, confidential, independent and understanding approach available for individuals, families or fishing and aquaculture businesses in South Australia who may be affected by hardship.

Our Fisheries FaB Support team are:

FaB Support	Mobile	Email
Helen Lamont	0409 885 606	lamontconnections@gmail.com
Colleen White	0409 388 649	cwhitecounselling@gmail.com

Please note, for technical advice regarding a fishery, a licence or a lease, contact PIRSA on 8226 0900 during normal business hours or email PIRSA.CustomerServices@sa.gov.au

Health and wellbeing for the seafood industry

When we are busy or stressed, looking after our mental and physical health can often be forgotten. It's important to manage our health to ensure that we can make clear decisions and cope with other stressors in our life.

It's important to understand the signs of stress and to seek help when you need it.

Signs that someone may be stressed

- anger or irritability
- worry or nervousness
- loss of concentration
- loss of interest
- low energy
- relationship issues
- unusual headaches and body aches
- changes in sleeping and eating patterns
- increased drug or alcohol use

When someone is under prolonged stress, they may have difficulty making decisions regarding their finances, business practices or relationships. If someone is showing signs of significant stress, it's important to talk about it and take action as soon as possible.

Looking after yourself

In tough times we also need to remember to look after ourselves. Taking care of yourself is important, as it will increase your capacity to deal with stress.

- Take some time out and do things you enjoy
- Keep in touch with family, friends and neighbours
- Don't self assess... Seek advice!
- Reflect on the good stuff
- Eat well, sleep well and only use alcohol in moderation.

Additional Resources

Regional Access Program

Phone: 1300 032 186

Web: saregionalaccess.org.au

Regional Access is a free telephone and online professional counselling service (24/7 days a week) open to everyone residing in country South Australia.

Professionally trained counsellors will listen, support, and help develop strategies to manage what is causing the worry or stress.

Other ways to take action

GP – Contact your local general practitioner.

Country Health SA – 13 14 65 – 24/7

Contact a mental health clinician who can provide advice, referral and support.

Lifeline – 13 11 14 – 24/7 confidential phone service for crisis support.

Kids Helpline – 1800 551 800 – 24/7 for people aged 5 to 18 years.

Suicide Call Back Service – 1300 659 467 – 24/7 service for anyone affected by suicide.

Beyond Blue – 1300 22 4636 or beyondblue.org.au
Free telephone and online counselling 24/7 days a week.

Rural Financial Counselling Service

1800 836 211 or ruralbusinesssupport.org.au/RFCS
Independent, confidential and professional business support and information for families and individuals involved in fishing and aquaculture.

