



## FIND HELP



The signs and symptoms of mental health problems can appear in a number of different ways. Most of us are familiar with the tell-tale signs such as changes in mood, and heightened reactions like anger and sadness that don't match the situation. But sometimes physical symptoms such as the inability to sleep, a change in appetite, or the level of interest in activities can also be a sign that it's time to reach out for a chat.

Your GP can be a good first step towards finding the support that best suits you. They can help you figure out what is going on, as well as give you a wide range of options to tackle it. Give one of the numbers beside a call. They help people like us all the time.

If you, or someone you know, needs help or support please call:



13 11 14



1300 22 463



1800 551 800



1300 78 99 78

**BUILDING STRONGER  
SEAFOOD COMMUNITIES**

### Not all fishers are okay - and that's not okay.

Stay Afloat Australia is the national mental health pilot program for the Australian seafood industry, run by **Seafood Industry Australia** (SIA) and is supported with funding from the Australian Government Department of Health's Mental Health Program. Mental Health is one of SIA's top priorities.

This pilot program is being run in partnership with **Women in Seafood Australasia** (WISA), and extends the great work the **Tasmanian Seafood Industry Council** has undertaken with the Tasmanian Stay Afloat program. We are grateful to CEO Julian Harrington and his team for agreeing to share this branding. We remain committed to working together as we undertake various activities across the nation to increase the wellness of our seafood community.

**IF THERE IS IMMEDIATE DANGER, PLEASE CALL 000 OR VISIT YOUR NEAREST HOSPITAL EMERGENCY DEPARTMENT.**

# FEELING BLUE?

Reach Out

## YOU'RE NOT ALONE.

Australia's commercial fishers endure mental health problems at almost double the rate of the general population.

Almost half who reported problems hadn't reached out for help because they thought no one would understand them - but, we're here to make sure they do.

*Our industry's stressors are unique, and at times they are experienced on top of the stresses of everyday life.*

This calendar has been produced to support Mental Health and wellbeing of Victorian commercial abalone divers. It has been supported by Abalone Council Victoria and Stay Afloat the Seafood industry mental health and wellbeing group established through Seafood Industry Australia.

At any point in time 1-in-5 Australians are experiencing a common mental illness. Up to 65 per cent of them may not even know it, and only 35 per cent of people experiencing diagnosable mental illness receive the help they need.

## WE UNDERSTAND.

The Stay Afloat program was developed by industry, for industry. This means we understand:

- Work-related stressors
- The uniqueness of our community
- Extended periods at sea
- Wild catch, aquaculture, and post-harvest sectors

Fishers endure levels of psychological distress at a level almost double the general population, with the top three stressors being:

- Government red tape
- Uncertainty about future access regulations
- Changes to access regulations

If you feel you need a hand, talk to an expert. If there are not many services in your area, or you'd prefer something more private, there are confidential phone lines and online services you can use to support your social and emotional wellbeing.

## WELLNESS.

Fishers are reportedly diagnosed with a number of serious health conditions at a higher rate than the general population including high blood pressure, high cholesterol and diabetes caused by poor diet, skin cancer due to sun exposure, chronic musculoskeletal problems, hearing-related problems, and fatigue related to long work hours.

The Stay Afloat program is here to help you understand and learn mental and physical wellness strategies to keep you well.



Scan the QR Code above or visit the Stay Afloat website for a list of contact details for a range of emotional and social wellbeing support helpline contact details.

<http://www.stayafloat.com.au/find-help>



**Stay Afloat for your  
mental health.**

- Diver Joel Theodore

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mans best friend gives me support.

- Diver Ric De Vries & Mans Best Friend, Wrasse



IMAGE CREDIT: NICOLE CLEARY

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Our “deckies” are critical to keeping our divers safe and provide support. Reach out if you need more support.

- Deckie Brodie Palmer





# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

If your feeling blue, your not  
alone, reach out for help.

- Diver Beau Found



# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



**Some of the pioneers of  
Eastern Zone circa 1965.**

IMAGE CREDIT: JOHN MINEHAN

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**Rugged cliffs around  
Mallacoota**

IMAGE CREDIT: J BURKINSHAW

# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

It's alright not to be okay.

- Diver Craig Fox





# JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



**We don't like to talk about  
sharks in our line of work.**

- Diver Jason York

# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

I'm OK. Are you okay?

- Diver Beau Found



# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

It's important to talk to  
your mates, or a trusted  
friend or seek professional  
help if you don't feel right.

- Diver Joel Theodore



IMAGE CREDIT: JOEL THEODORE

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Take time to celebrate what you do, laugh with your mates and share the good times.

- Grant Shorland Jnr





# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



**No one should eat alone  
on christmas day. Reach  
out to a mate.**

**- SANTA (AKA Harry Peeters)**

# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



NEW SOUTH WALES  
VICTORIA BORDER

LAKES ENTRANCE

MOUTH OF  
HOPKINS RIVER

VICTORIAN EASTERN  
ABALONE ZONE

VICTORIAN WESTERN  
ABALONE ZONE

VICTORIAN CENTRAL  
ABALONE ZONE

39° 12' S

TASMANIAN WATERS  
FOR ABALONE

SOUTH AUSTRALIA

142° 31' S

143° 40' S

40° 00' S

148°

There are **71 fishery** access licences in the Victorian Abalone Fishery, which is subdivided into three management zones. The licences are distributed across the three management zones, with 14 in the Western Zone, 34 in the central zone and 23 in the Eastern Zone.

**This means a maximum of 71 divers can operate on any particular day.**



## WORRIED ABOUT A WORKMATE?

Many of us get to know our workmates pretty well, and when something's not right we can usually tell. We might want to ask "are you okay?" but these three little words can be scary if you're not sure what to do if the answer is "no".

### DO

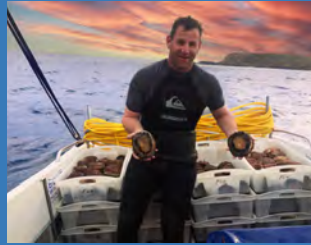
- Find a **quiet private place to talk**, or go for a walk or help your colleague with a task.
- Start by **chatting about something neutral**.
- Ask if they are "okay?" and be ready to share an example of something you've noticed that worries you: **"You haven't seemed yourself lately and I'm worried about you."**
- Be **honest, listen and allow pauses** for them to reply.
- **Ask how** you can help them.
- Encourage your mate to **seek help** – ideally through a local GP.
- Have the number on hand of a **support service** like



- If there is **immediate danger please call 000** or visit your nearest hospital emergency department.

### DON'T

- **Avoid the person.**
- **Try to fix their problems** for them.
- **Make jokes** about their mood or what is worrying them.
- **Push them to talk** about it, instead help them connect with a professional.
- **Compare them to yourself** or someone else you know.
- **Say things like:**
  - Toughen up.
  - We're all in the same boat.
  - Get over it, you'll be fine.
  - You're worrying about nothing.
- Be **dismissive of their problems** for changes or blame them for changes in their behaviour.



It was fun gathering and taking the photos that have been captured for the production of this calendar.

Those who have provided images or been included in photo shoots were pleased to do so knowing it was to support Mental Health.

We hope you enjoy this calendar as much as those who helped to put it together.

We celebrate what these unique individuals do and we hope that if you have purchased this calendar you gain a greater understanding of the life of an abalone diver.

## Thank You For Supporting This Initiative.

**TO THE VICTORIAN COMMERCIAL ABALONE DIVERS, THEIR SUPPORT CREWS, DECKIES, QUOTA OWNERS, ASSOCIATION EXECUTIVE OFFICERS, ASSOCIATION BOARDS, PROCESSORS, AND STAY AFLOAT AUSTRALIA.**

*Any Proceeds (More Than Production Costs) Will Be Used For Future Mental Health Initiatives.*