

S U M M E R 2 0 2 2

Psychcare Bulletin

Summer 2022 Edition

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Centre Australia



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A Word from the Editor

Welcome to the summer edition of the Psychcare Bulletin.

In this issue we explore the topic of men and mental health. Although mental health is receiving increased emphasis in contemporary times, men often find it difficult to seek help when faced with mental health problems, including depression, anxiety, and stress management. This can lead to problems associated with alcohol and drugs, as well as relationship issues.

We also look at some ways that the men can better manage their emotions and mental state so that they can continue living healthy, flourishing lives.

I encourage you to read on for some insightful information from staff at the Trauma Centre of Australia.

Ryan Buesnel

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Expressing emotions does not mean losing masculinity

FACT

12.2% of Australian males between the ages of 16 and 85 have ever experienced bipolar illness or depression. In the meantime, anxiety has been a reality for 20.4% of Australian males between the ages of 18 and 65. (Australian Bureau of Statistics,2020)

These statistics are alarming therefore to understand why men reflect these numbers, starts with finding out what are the indicators. Men culturally have traditionally hidden their emotions. They can feel ashamed or concerned that others will perceive them as weak, believe they have no one to talk to, or simply be unsure of where to begin. Things like cost, wait times, stigma around mental health and fear that it will be seen as weakness to seek help, or to talk about feelings, which may be potential barriers.

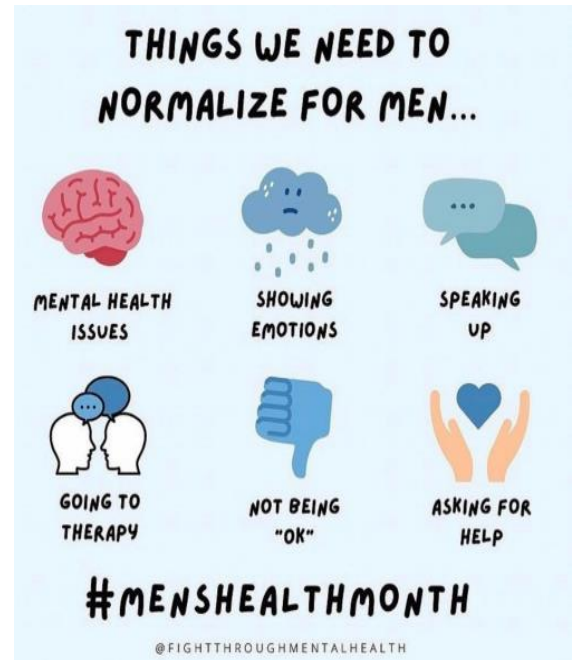
Many things can negatively affect our mental and emotional wellbeing. Feeling stressed, anxious or angry, but still feel like you're struggling, maybe an indicator to seek professional support. Most mental illness can be effectively treated or managed, so if a problem surfaces, by seeking help, may aid recovery.

Common issues such as relationship problems, financial stress, work-related pressures or unemployment, physical illness, social isolation, drug and alcohol use. If they are supported in the early stages, it can often prevent the symptoms from becoming more severe and lower the risk of future complications.

According to current Google research, the choice for men to seek assistance is frequently made after the first call. Some factors are a lack of knowledge of mental illness or a lack of appropriate treatments.

As a result, methods such as sharing personal stories can help others feel safe and understood; making observations of recent changes can allow starting a conversation to express feelings; and asking questions a second time can provide the opportunity someone has been looking for to finally bring up the subject. These techniques help to make people aware of the importance of seeking professional mental health support.

Angie Carrillo



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Boys Do Cry

The hidden vulnerability

Mental health problems affect both men and women, but not in equal measure. National Study of Mental Health and Wellbeing 2020 -21 from ABS (Australian Bureau of Statistics) shows that despite there being a lower prevalence of mental health issues in men, they report to have lower levels of life satisfaction. Men are less likely to access psychological therapies than women, they are 3 times more likely to die by suicide than females and have twice the rate of alcohol and illicit drugs abuse. Many men are struggling as they try to find their balance between work and life, not to mention the demands that come with being a father, father-figure, partner, brother, uncle, or stepdad.

Men in our society are facing considerable emotional pressure and they do feel vulnerable, but what's stopping them getting help?

- Social expectations

From childhood, some men are taught vulnerability equals weakness and therefore they learn to suppress negative emotions and see it as a character flaw.

- Culturally men haven't spoken about their feelings

Men historically were the hunters and gatherers, and their roles define them. Men in general are under the pressure to deal with stuff themselves, they are less likely to admit they are struggling and are less aware anything could be done to help them.

Supporting men with their mental health



- **Encourage those around men to start a conversation**

We understand that not everyone has the confidence and skills to get involved in a deep conversation with those who struggles, but bear in mind that you don't need a certificate to ask simple questions about how they are feeling and how long they have been feeling this way, let them know that you are worried and make the suggestion of seeking professional help. What's important is to show empathy and let the person know that you care about him. The RUOK day can be a great way to start a conversation.

- **Provide gender- specific services**

Campaigns like Our work with men, Man up, Boys do cry, Hashtag it's ok to talk, or mental health services like Dads in Distress, Blokes psychology, Father-Focused Family Worker are all great resources of male-friendly programs that we can utilise.

- **Men can learn how to express emotions**

Many professional therapies could be beneficial for men to learn to express internal states better, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), or Art Therapy. Or simply find someone you can talk to and who will listen. This can be someone from your family or outside such as a mate, work colleague or a professional. We all need someone to talk to when life gets tough. The initial conversation is hard, but after that, things often become easier.

Vulnerability can be a strength. By allowing yourself to be vulnerable with another person, you create a bond of trust and openness to enhance your life.

June Lu

Looking for Training in Trauma Counselling?



We have developed the Advanced Certificate of Trauma Counselling.

If you would like more information, please visit our website

www.traumainstitute.com.au

Or contact our office of (03) 9852 7797

Men's Guide to Rebalance Mental Health

I was struck by the writings of "Buddha" when thinking about men who struggle with mental challenges.

Buddha states, "There are only two mistakes one can make along the road to truth; not going all the way and not starting."

Therefore, identifying the issue/problem in the first instance is the crucial starting point.



A 10-point guide may help with starting the journey

Consider

1. Your issue is usually a symptom of something else.
2. You are not alone; there are many others who have been through the same thing.
3. You have inner strength and can overcome challenges.
4. Others genuinely care about you and want the best for you.
5. Challenging your negative concept; you are a good person and this situation does not define you.
6. You will make mistakes; but you are not your mistakes.

"Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad."

— Henry Wadsworth
Longfellow

"We all have our struggles & fears, but no one should fight them alone."

— Sterling K Brown

7. No time is ever perfect time, but making the first step does require time.
8. Blaming others; handballing problems is not the answer. You are responsible.
9. Self-belief is a great energy, nothing will stop you once you decide.
10. You are not aware of your strength, you are really stronger than you think, reflect and compare the past to where you are now.



These 10 points help to start your journey. We have many obstacles in our lives and the pathway to happiness and avoiding pain, mental anguish is to take the first step and complete the journey.

The beauty of the 10-point guide for men is the ability to reflect and ground your thinking before starting the journey.

Each step can be a challenge, and you may feel at times that things are hopeless; there is support to help you navigate the road ahead.

Trauma Centre of Australia, Mens help line, lifeline can be the light forward.

Peter Horton

Coming Up

TAPIG

Trauma & Psychology Interest Group

Annual General Meeting

online December 8th, 2022

Contact Peter Horton

03 9205 9488





Trauma Centre of Australia Pty Ltd

WHO WE ARE:

Trauma Centre Australia are one of Australia's most qualified and experienced providers of psychological support and assistance. We specialise in immediate, on-site response for Critical Incident and Trauma Management services, and 24/7 Employee Assistance and Support.

WHO WE SERVICE:

We provide psychological support services to personnel, and strategic advice to organisations in a broad range of settings including Commonwealth, State, and Local government, large and small businesses including, the aviation industry, multi-national corporations, law enforcement, health care workers, hotels, banks, community clubs and emergency first responders.

CONFIDENTIALITY

Our psychological support team make your confidentiality a priority. Our systems, records and data are kept secure. Our conferencing systems are purpose built and ensure the highest degree of security we could find and are purpose built and owned by us. We do not use mainstream video services that can be easily hacked.

SERVICE AGREEMENT BENEFITS

As part of your psychological support plan, we can work with you to tailor a Service Agreement that provides you with the security and confidence of priority, psychological care response whenever and wherever required 24 hours a day, 7 days a week.

A Service Agreement offers:

- A significantly reduced rate of 20-30% on ALL our support services
- To provide you with the confidence of knowing your organisation is cared for by professionals 24 hours a day 7 days a week, onsite or in-person as required.
- Allows your management team to focus on your core business and direct mental health and psychological support issues to caring and qualified professionals
- A typical Service Agreement with us may cost less than \$1 per day

To enquire about a Service Agreement for the mental health needs of your people, please write to me at peter.marshall@traumacentre.com.au