

W I N T E R E D I T I O N 2 0 2 1



Psychcare Bulletin



A Word from the Editor

The era of Covid-19 has seen a rise in anxiety, depression and the spread of misinformation when it comes to vaccines. Belief that there is an overreaction being made about Covid-19, a diminished confidence in our health care system, and those who do not hold an optimistic view about the future can impact your willingness to follow the government's health advice and get "The Jab".

Why are we seeing this increase in avoidance for vaccines when throughout history vaccines have led the way in the eradication of some of the most deadly viruses we have seen in the modern world.

In order to combat this virus, we all need to rely on reputable sources of information to help make informed choices and it's important for us all to stay up-to-date on the latest information about COVID-19 vaccines.

In keeping ourselves informed we can keep any anxiety we may feel about it low, knowledge holds the key increasing our mental health flowing in the right direction. By ignoring unchecked websites and reading peer-reviewed facts and information about the vaccine this will allow us to build our confidence back up so we can get back on track to moving towards a more positive future.

Keely McDonald

**Psychcare Bulletin is
published by Trauma
Centre Australia:**



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Anxiety with a Job



While all of us are contemplating life after lockdown, part of our thinking focuses us toward the future and life of “Normal”. The current measured role our vaccine has raised questions of mortality. Mass Media reports of blood clots have many people re-assessing their position on whether to have a job or not, moreover which job to have?

As reports from media sources become more frequent, the hysteria of getting a job to shield us from the pending and various strains of Covid-19 are creating anxiety. Self-questioning about the media validity, our constant obsession with what is real news: or what is fake news is further creating anxiety in our work and private lives.

Questions ruminate and pile up about society and the workplace position of “No Job, No Job”, “Can I travel without a job?” and “Can I work in certain workplaces?”

A minefield of litigation paves our lives as we move forward. As I pen this article news flashes of the job being halted in England on children are awash in the media. Anxiety continues to grow and primarily being fuelled by the constant barrage of news.

The anxiety that you are maybe feeling is reflected in the following symptoms and it’s important to remember that 1 in 10 people are anxious about injections and some already have a fear of needles. Anxiety is usually self-diagnosable:

- Racing Thoughts
- Sleep Issues
- Appetite Changes
- Irritable
- Panic
- Over thinking
- Poor Concentration
- Heightened Alertness

You may feel dizzy or faint; have a shortness of breath, sweating and dryness of the mouth. If a number of these symptoms continue, then support can offer management and control of these affects. A tip to follow is the **5,4,3,2,1** method, which is a grounding technique for anxiety attacks. It takes you through your five senses to bring you back into the present:

5. **Look:** around and say out loud 5 things that you can see
4. **Feel:** think of 4 things you can feel in your body
3. **Listen:** to the sounds around you
2. **Smell:** say 2 things you can smell
1. **Taste:** say 1 thing you can taste

Some of us require professional support, seek a psychologist. Perhaps contact the Trauma Centre for a helpful brochure on the “10 Methods for Managing your Anxiety” or visit our website www.traumacentre.com.au for further information and techniques if you need it.

Peter Horton



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www.addeducation.com.au

www.aaaawareness.com.au



Effects of the Second Lockdown

Melbourne’s first lockdown was a new experience for everyone the word ‘unprecedented’ echoed around the world. When this lockdown ended people were filled with hope again as they gained back a sense of previous freedom when restrictions slowly eased.

However, this progress was soon disrupted for Melbournians when a second lockdown was imposed after another spike in cases. After being through it once we all had a better of idea of what to expect, the rules and restrictions, as well as the negative impact on our mental health. The initial impact of Covid-19 on mental health was severe and the second spike would be equally devastating.

This second lockdown came with such a sense of dread and fear as our small freedoms were taken away again. Any enjoyment from the first lockdown in learning a new hobby or skill, guilt free binge watching or catching up on rest and relaxation was completely lost in the second lockdown.

Furthermore, the consistent extending of lockdown increased uncertainty and insecurity further negatively impacting mental health. The longer periods of quarantine and isolation have proven to worsen mental health as avoidance behaviors, anger and post traumatic stress symptoms increase. In addition, fears on infection, frustration, boredom, inadequate supplies and lack of information are further stressors which impact mental health.

Covid-19 has such a tight grip on our lives and this lack of control was a major factor for many regarding increased stress, anxiety and depression. This virus has not been a single shock event but rather a continuing disaster and this chronic stress will have lasting impacts on mental health.

Remember, support is always there, all we have to do is act and reach out to available services, a qualified and reliable person of your choice or simply reaching out to friends and family for a helping hand.

Amelia Kimpton



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

Mental Health and the Covid-19 Vaccine

People living with Mental Health Illnesses already face barriers when it comes to accessing public health services on average, so what happens when this also impacts them accessing the Covid-19 Vaccine and should they be made to receive it even if they refuse a vaccination. Doctors and Health Officials may find themselves with an ethical dilemma between respect for their patient's autonomy and physical integrity and public health concerns.

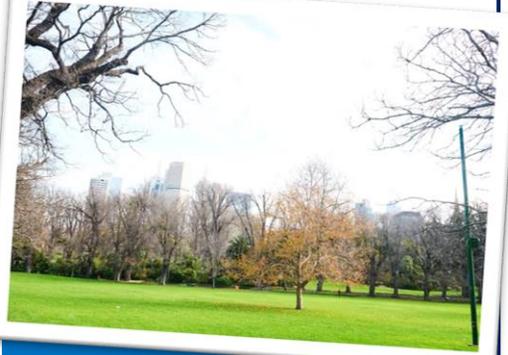
There are large voices arguing that compulsory vaccination in the general population could be considered ethically acceptable. However such was the change in laws surrounding Mental Health Treatment, when they brought in the *Mental Health Act 2014*. This Act ensured people with a mental illness were placed at the centre of decision making about their treatment and care. Meaning it promotes Voluntary treatment over Compulsory treatment and protects the rights, dignity and autonomy of people living with Mental Illness.

Compulsory medical interventions should only be used as a last resort and must be supported by an ethical debate, proper legislation and guidelines to ensure that patients are not left with a traumatic experience, which may further diminish their trust in the public health system.

Health workers who are faced with patient's disinclination or rejection to being vaccinated should make an informed assessment of that person's mental status, decision making capabilities, and their knowledge of the vaccination program and then provide them with satisfactory information and counter any misinformation they may bring up in a polite and respectful way. By discussing advantages and risks of not taking the vaccine, patients will be able to make informed decisions and be able to give proper informed consent for vaccination.

It's important to remember that although this virus has brought the world to a standstill we need to work together and with the individual to combat the virus and promote the vaccination program, and not bring about any traumatic experiences to further exacerbate the symptoms of someone living with a Mental Illness.

Keely McDonald



"Technology now allows people to connect anytime, anywhere, to anyone in the world, from almost any device. This is dramatically changing the way people work, facilitating 24/7 collaboration with colleagues who are dispersed across time zones, countries, and continents."

Michael Dell

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

Socrates

"Be open to adjustments. There's nothing about this current moment in history that allows for stubbornness."

Unknown



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 Please contact our office on (03) 9095 7156 or
 Email us reception@psychcare.com.au



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 teams 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