

NEWSLETTER

Edition 1

1st November 2025



Welcome!

We are happy to introduce you to our first newsletter where we will share insights from experts, current data and research as well as shining a light on key issues relevant to mental health and wellbeing in the Pilbara region.

At Empowered Wellbeing Services, we specialise in the use of data to personalise wellbeing programs that are intentional to meet identified wellbeing needs within businesses and teams. We offer support for workplaces through education and training workshops as well as counselling (*Employee Assisted Program – EAP*).

We are passionate about everything mental health and we are driven to have a positive impact in our community to shape how mental health is viewed and supported in workplaces. We believe that early intervention is key; however, without the knowledge and skills to spot early signs of ill mental health and the awareness of how to support those impacted by mental health, early intervention is often not utilised and the need for support quickly shifts to greater, targeted interventions.

We would love to live in a community who knows they could walk past a stranger and say their mental health is suffering and they need help, and in return, the stranger feels equipped and confident with the skills and knowledge to seek and provide appropriate and affective support. We are driven to be able to facilitate this vision!



October Review

In Australia, October is *Mental Health Month* and is an opportunity to highlight mental health and wellbeing themes and issues.

This month we focused on providing information via social media that put a spotlight on how mental health disorders and neurological disorders impact a person's mental health and shed light on the concept of comorbidity – the fact that a person can be diagnosed with more than one diagnoses (e.g., ADHD and Autism are often co-occurring). We wanted to bring attention to the fact that we may know someone close to us who has a diagnosis and have an idea of their symptoms, but this is not always the case for those we work with. What are the consequences when people are not supported in the workplace and their mental health is impacted? There are many consequences. From increased staff absenteeism, burnout, litigation and the unimaginable loss. We were intentional in sharing content that sparked reflection from individuals and teams about how mental health is prioritised and supported in their workplaces and to encourage seeking our services if there were recognised gaps and needs to improve in this space. To continue to support the community and round out *Mental Health Month*, we are offering a 15% discount on a workshop that is booked by the 7th of November 2025!

We also were able to attend the KDCCI *Inclusion & Diversity* workshop where a variety of experiences of diversity were

shared to highlight the benefits of recognising diversity in our workplaces and community and how it allows for individuals to feel valued and respected, which can result in greater input and outcomes in a work environment. It was a privilege to hear the stories of some community members and witness their genuine vulnerability to understand their lens and their drive as leaders who share the passions and vision as us at Empowered Wellbeing Services for creating safe environments to support individuals' goals and mental health. This was another wonderful event by KDCCI that we have valued being a part of, so we extend out thanks for this opportunity to attend, learn and grow from.



What's Next?

This month we will be supporting men's mental health and *Movember* initiatives, along with the continuation of conversations and connections within the community.

November is a key moment to focus on men's mental health, not only across Australia but here in regional WA. Nationally, men are disproportionately affected by poor mental health outcomes. Up to **43%** of Australian males have

experienced a mental health problem in their lifetime (Australian Institute of Health and Welfare, 2023). While about 21.5% of all people aged 16-85 had a 12-month mental disorder in 2020-22, men were significantly less likely than women to seek professional help when they did. (Australian Bureau of Statistics, 2023). Among adults, the leading cause of disease burden for men aged 25-44 is suicide and self-inflicted injuries (Australian Institute of Family Studies, 2020).

When we look closer to home, in the Pilbara region of Western Australia, the picture is especially acute. A recent health needs assessment shows that mental health (including depressive disorders and suicide) is the **second leading cause of disease burden** in the Pilbara (Western Australia Primary Health Alliance, 2023). The report also notes that compared to other areas of WA, the Pilbara has a **low supply of mental health services**, especially for youth, making early intervention and prevention critically important (Western Australia Primary Health Alliance, 2023). These local realities mean that men living in remote or regional areas like the Pilbara face not only the same mental health pressures as urban men, but added geographic, service-access and social-isolation challenges.

This is where Movember plays a powerful role. Movember is more than growing a moustache for the month of November — it is about raising awareness, breaking stigma, and funding evidence-based programs that support men's mental health and suicide prevention. According to the latest Movember *Real Face of Men's Health* report (2024), males aged 15-44 face suicide as the leading cause of death, and men represent **75% of all**

suicides in Australia. Supporting Movember gives voice to the fact that many men feel unable or reluctant to seek help - around half say it is “normal for men” to avoid health check-ups (Life In Mind, 2024). In the context of a region like the Pilbara, where service gaps exist and men may be more isolated, this awareness and funding can directly translate into more tailored support, connection and services.

By engaging with Movember and spreading the conversation this month, we shine a light on the unique pressures men face (especially in regional setting), while promoting a culture where asking for help is seen as strength, not weakness. It aligns with our mission at Empowered Wellbeing Services - to embed evidence-based wellbeing programs and foster workplace environments where men feel safe, supported and connected.

We look forward to continuing supporting our clients and the mental health of their employees, particularly those engaging in Movember.

Help Is Always Available

If you would like to explore how we can help your business promote and support mental health for the wellbeing of your employees and your company's productivity, please reach out and be part of the change we are aiming to make in our community. It's time to work together to do better, be better and save lives!

You can email us at: empoweredwellbeingservices@outlook.com or, visit our website to book your free consult today.

HOTLINES

Lifeline – **13 11 14** (24/7 national crisis support)

Beyond Blue – **1300 22 4636** (24/7 support for anxiety, depression)

Suicide Call Back Service – **1300 659 467** (24/7 telephone & online counselling for suicide)

MensLine Australia – **1300 789 978** (24/7 support for men)

Kids Helpline – **1800 55 1800** (24/7 support for ages 5-25)

Indigenous and regional: 13 YARN – **13 92 76** (24/7) for Aboriginal & Torres Strait Islander crisis support

Rurallink - 1800 552 002 (4.30pm – 8.30am weeknights 24 hours at weekends and public holidays)

mental
health
matters