

NEWSLETTER

EDITION 4

1ST FEBRUARY 2026



Welcome!

If you're easing back into routines after the Christmas break, you're not alone. This edition is a slightly slower one — intentionally so. Reflecting the way January unfolded for us and setting the scene for what's ahead.

For us, January was about transition.

After a full and demanding year in 2025, I made a conscious decision to begin this year at a slower pace. An extended holiday with my family allowed space to reset, recover, and celebrate a season that included my first year postpartum, completing further study at the University of Notre Dame, launching Empowered Wellbeing Services, and stepping into the reality of business ownership.

Behind the scenes, the team continued collaborating on upcoming projects and shaping some exciting opportunities that will roll out across 2026. January reminded me that sustainability isn't about doing more, faster. It's about doing what matters, well, and in a way that supports long-term wellbeing.

As always, thank you for being part of this community and for taking the time to read, reflect, and stay connected.

From us at Empowered Wellbeing Services, wishing you a great February.

What's Been Going On?

From a business perspective, our client base remained intentionally stable throughout January. This allowed background operations to continue smoothly (with huge appreciation for my administrative team who kept everything ticking along) while also giving space to reflect, review, and plan.

Behind the scenes, the team continued collaborating on upcoming projects and shaping some exciting opportunities that will roll out across 2026.

As we move towards picking up the pace in February, we've reflected on our motivation – what truly drives us to do what we do at Empowered Wellbeing Services. Funnily enough, it has not changed from when we first began. What has changed though is how much this motivation motivates us to enhance our services and how we can extend our reach to Pilbara in more industries and at all levels of employment. So, what motivates us? This...

- Mental health is a **significant contributor to the overall disease burden in the Pilbara**, accounting for around **16% of the total disease burden** in the region, a figure that underscores the *prevalence and impact of mental health conditions locally*. (WA Primary Health Alliance [WAPHA], 2022)
- Emergency department data show that in regional WA, mental health-related presentations make up a non-trivial share of all ED visits — and almost half occur after hours, underscoring the urgency of accessible support across all times of day.

(WA Primary Health Alliance [WAPHA], 2022)

- Around **1 in 5 workers in Australia are affected by a mental illness in any given year**, with burnout and stress increasingly reported. (Australian Institute of Health and Welfare, 2023)
- Serious mental health conditions are also among the leading contributors to workers' compensation claims in recent national data and claim rates have increased substantially over the past decade. (Safe Work Australia, 2024)

These figures underscore a simple human reality... mental health and wellbeing don't pause when we walk through the doors of a workplace — and in many ways, work itself can influence wellbeing, positively *and* negatively.

In the Pilbara — like many regional communities — the interplay between work, wellbeing, social support, and geography creates both opportunity and challenge. Workplaces can be powerful settings for wellbeing, not only because people *spend a lot of time there*, but because supportive work cultures and systems ripple out to broader community health.

When organisations intentionally prioritise mental health and wellbeing through leadership support, practical training, connection with community services, and real psychological safety - lives are genuinely changed. Stigma is reduced, help-seeking is encouraged, and resilience is strengthened.

This is why the work we're doing matters! Not just in theory, but in lived

experience and why we are committed to *working with*, not just *for*, our communities as new projects unfold.

What's Next?

February marks a shift from reflection into *purposeful action*. Here's what we're focusing on this month:

Moving projects into development

Several new initiatives are underway — crafted with evidence, shaped by community insights, and designed with a real-world impact in mind. Some are in early stages, and we will be inviting community input as they evolve. If you're passionate about wellbeing in workplaces and communities, there will be ways to contribute, share perspectives, and help co-create solutions that matter.

Strengthening connections with current partners

We'll be reconnecting with clients to review recent data, unpack insights together, and ensure every step forward in our projects aligns with real needs, outcomes, and lived experience.

Workshops, learning, and community engagement

Upcoming workshops are booked, and we have more community learning planned. From reflective spaces to practical skill building - all informed by evidence and delivered with care.

Growing our digital and regional footprint

We are actively working to expand our digital presence and regional impact so that our work can be more accessible, whether you're in Karratha, Port Hedland, Newman, or beyond.

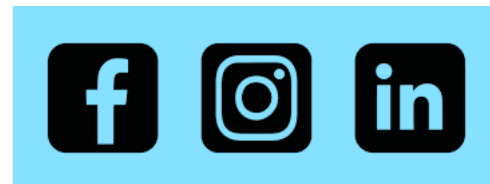
An Invitation to you! Join Us in Shaping Wellbeing Together

We believe that wellbeing is *collective work* and that solutions are stronger when informed by lived experience, local insight, and shared understanding.

In the weeks ahead, as we invite community input on new projects, we genuinely hope you will consider being part of the conversation. Your voice matters whether you're a manager, worker, community leader, service provider, or someone simply invested in stronger wellbeing for all.

Thank you for being here — for reading, engaging, and caring about wellbeing in meaningful and practical ways. Here's to a February of intentional action, shared progress, and wellbeing that supports human flourishing — at work and in life.

Follow Us!



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)

