

SUPPORT FOR YOU + YOUR FAMILY

While we continue to work to protect our farms and our businesses, it is important to take the time to look after ourselves. Think of it as preventative maintenance.

When faced with pressure or an uncertain future, we all want to be strong for our partners and families. However, sometimes negative feelings can become overwhelming. It's important to know that help is available and that it's okay to reach out for support. If you feel that you or one of your family members, or friends, are feeling overwhelmed or overcome with stress, please seek support.

In Far North Queensland, the banana industry employs thousands of people on farms, in service delivery roles, and through each stage of the supply chain. Panama TR4 has the potential to cause stress and worry to any one of us, so we need to keep an eye on all parts of our community and seek help when we feel someone isn't doing okay.

Ask yourself...

- How long could you keep working if you weren't sleeping or eating right?
- How would you make good business decisions if you couldn't concentrate?
- Have you closed yourself off from your family and friends?

We all experience stress at times in our lives, but prolonged stress can have a serious impact on our health and relationships.

What is stress?

Stress is an everyday fact of life. In fact – believe it or not – experts say stress can be helpful. It is the body's natural response to difficult and demanding situations and helps us rise to challenges and overcome obstacles. However, when our body is forced to operate for a long time under stress, it can start to cause problems.

Signs that stress might be an issue can include:

- Problems getting to or staying asleep
- Constant fatigue
- Poor concentration or forgetfulness
- Over-reacting, quick to anger
- Decreased libido
- Muscle tension or pain
- Dizziness
- Changes in appetite
- Being jumpy or easily startled
- Reduced work efficiency
- Increased use of alcohol or drugs
- Headaches or migraines
- Heartburn
- Skin rashes

Stress can also have a very negative impact upon our personal and professional relationships

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Parents and carers

Severe or prolonged periods of stress can have serious impacts on our physical and emotional wellbeing. Children don't have the skills to cope the same way adults do and they respond in different ways to family changes or outside pressures. If you are concerned about changes in the behaviour or actions of your children please seek support.





Long-term impacts of stress can include:

- Concentration and memory problems
- Fatigue
- Anxiety
- Depression
- Insomnia
- High blood pressure
- Heart disease
- High cholesterol
- Stroke
- Reflux and heartburn
- Irritable bowel syndrome
- Ulcers
- Diarrhoea and constipation
- Indigestion
- Bladder infection
- Allergies and skin diseases
- Colds and infections
- Muscles spasms, muscle pains
- Cancer
- Neuro degenerative disorders

Services available

There are a number of support groups that you can turn to if you or someone you know isn't coping well with life's challenges.

Tully Support Centre

(07) 4068 1004

www.tullysupportcentre.com.au

Community Support Centre Innisfail

(07) 4043 8400

info@csci.org.au

Community Services Tablelands

(07) 4091 3850

cstadmin@cst.org.au

Mareeba Community Centre

(07) 4092 1948

enquiries@mccinc.org.au

Tablelands Counselling and Support Service

(07) 4092 6899

Cooktown District Community Centre

(07) 4069 6098

Hambledon House (Cairns)

(07) 4044 3410

Virtual Psychologist | virtualpsychologist.com.au

Text based free psychological and counselling support service available for rural and remote settings. Text 0488 807 266 8am-10pm seven days a week.

National Centre for Farmer Health | farmerhealth.org.au

Tools and support resources for farmers. The Support Hub provides a comprehensive list of available services, including in Queensland.

Lifeline | lifeline.org.au

24-hour crisis support and suicide prevention services. Text 0477 131 114 or live chat available 12pm to 12am.

Beyond Blue | beyondblue.org.au

24-hour support, information and advice to assist with achieving best possible mental health. Chat online or email Beyond Blue - Web Chat

Drought and Farmer Assistance

Hotline: 13 23 16

Parentline | parentline.com.au

Telephone service 8am-10pm providing counselling and support for parents and carers, online chat available 8am-9pm. Email counsellor@parentline.com.au

Kids Helpline | kidshelpline.com.au

24-hour telephone and online counselling service for young people aged 5 to 25, Email counsellor@kidshelpline.com.au

MensLine Australia | mensline.org.au

24-hour telephone and online counselling support for men

Suicide Call Back Service | suicidecallbackservice.org.au

24-hour telephone and online counselling

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