



FIFO CAMP TOUR



1/3 OF FLY IN FLY OUT WORKERS EXPERIENCE HIGH OR VERY HIGH LEVELS OF PSYCHOLOGICAL DISTRESS, COMPARED TO ONLY 17% OF NON-FIFO WORKERS

according to a newly published research by Rural & Remote Mental Health in conjunction with Edith Cowan University and Orygen (The National Centre of Excellence in Youth Mental Health).

The research found that...

THE PREVALENCE OF HIGH LEVELS OF PSYCHOLOGICAL DISTRESS WERE MORE THAN 2 1/2 TIMES GREATER AMONG FIFO WORKERS

...than the Australian population with workers aged 25-34 and...

THOSE ON A 2/1 ROSTER MOST AT RISK

Some of the other key research findings included high levels of stress among workers associated with relationships and missing out on special events (e.g. family birthdays), financial issues, daily work tasks, shift rosters and social isolation.

In addition, FIFO workers have a demographic profile (gender, age, education, job role) in which suicide likelihood is greater, while also reporting feelings of loneliness, stigma, bullying and perceived lack of autonomy.

Published on 14 May in the Medical Journal of Australia, the research is one of the most comprehensive studies undertaken into the prevalence and contributing factors of psychological distress among FIFO workers.

Rural & Remote Mental Health CEO Dr Jennifer Bowers said...

THE STIGMA RELATED TO MENTAL HEALTH REMAINED A MAJOR ISSUE FOR MINING WORKERS

"Our research found that workers who felt there was stigma attached to mental health problems on site were the workers at greatest risk of high psychological distress," said Dr Bowers.

A black and white close-up portrait of Dwayne 'The Rock' Johnson. He is bald, has a goatee, and is looking directly at the camera with a neutral expression. The background is dark.

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Regardless of who you are or what you do for a living, [depression] doesn't discriminate... The key thing I found is... especially [for] us as guys... you gotta talk about it, you're not alone.

Dwayne 'The Rock' Johnson

WHAT'S THE PROBLEM?

As FIFO mining and gas sites are usually remote, workers are far from their families and home for extended periods of time. Working long shifts means entertainment is integral to balance on-site – boosting morale, relieving stress, and fostering an increased sense of wellbeing.

To help boost team morale and increase awareness about men's mental health, Kick On will be touring mining and gas sites Australia-wide, in partnership with the mental health organisation, Mates in Construction.

The aim of the Tour is to encourage workers to engage in conversation about mental health for the benefit of their own psychological wellbeing, and to support the wellbeing of their mates.

It will do this by encouraging supportive, empathic conversation around the struggles inherent not only to the working conditions, but also in the culture of masculinity and the hardships of managing long-distance family relationships.

Key objectives of the Tour are:

- Addressing stigma around mental health
- Identifying warning signs of mental health issues
- Providing a set of coping strategies
- Coaching workers to manage relationships when FIFO'ing

A big part of what we do is connecting employees with existing support systems so they can get help after we leave. The Tour itself aims to address stigma around mental health by opening up conversation in a safe space, tackling it in a way that is accessible to the highly masculine site culture. Participants will learn how to identify warning signs of mental health issues in oneself and others, and how to cope with and seek help for a range of issues that may be experienced. Advice on how to manage relationships with loved ones enduring the hardships of distance and reduced opportunities for contact and communication will also be provided, and information will be made available regarding support services that can assist.

Contact us today to find out more about the Tour and how we can help your team start a conversation about mental health.

HOW CAN WE HELP?

The program is designed and delivered by people with personal experience in the mining and gas sector and aims to:

- Provide entertainment to FIFO mining and gas workers
- Deliver a message of the importance of good mental health
- Provide a set of coping strategies
- Provide information regarding follow-up support

It is designed to open up opportunities for relating and sharing in three ways:

Comedy

A half hour comedy set will relax the audience and prepare them for the information being given, as well as delivering the mental health message in an accessible and entertaining format. Shad Wicka (Host of Hit FM Morning show) and Richo (ex FIFO comedian) will each perform a 15 minute set.

Storytelling

After the fun warm up, a presentation will be delivered by a life coach. The speaker will touch on reality and the nature of change. Key messages about using emotional intelligence to identify mental health issues arising in oneself and others, and employing mindfulness to manage thoughts, emotions, and behaviour, will be woven in to the story. Following the presentation, information regarding help-seeking and support services will be made available to audience members, and our Team will be present to have a chat with anyone who may wish to talk at that time.

Music

A concert will cap off the event and provide opportunities for reinforcement of the mental health message between songs. Drewboy is an international act that has performed at some of Australia's largest festivals including Groovin The Moo and The Grass Is Greener. They have also supported acts like Pete Murray, British India, Shannon Noll, and Peking Duck to name a few.

We understand that different camps can have different time constraints and needs. If you require adjustments to the proposed program, we are happy to tailor a program to suit you – just ask!



Start a conversation

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