



Miners' Promise
your family our family

The Promise

Issue: March/April 2017

www.minerspromise.org.au

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Bureau stats show much more needs to be done to prevent growing suicide rates in Australia



Although we are slowly chipping away at the stigma surrounding mental health, through better visibility of organisations like OzHelp and beyondblue, and by actively encouraging more and more people to seek help, it seems the statistics aren't yet reflecting these efforts.

In a report issued by the Department of Mines and Petroleum in March 2017 (based on data from the Australian Bureau of Statistics), it was found 3,027 lives were lost from suicide in 2015, placing it a firm 13th leading cause of death in Australia that year.

When the standardised rates (a form of averaging for comparison) of deaths are compared with previous years, there is a clear increase. In 2006, the standardised rate of death

was 10.2 per 100,000, with suicide the 14th leading cause. In 2015, this rate jumped to 12.6.

The report also cites the 2007 National Survey of Mental Health and Wellbeing (Slade et al., 2009), where it is estimated that at some point in their lifetime, about 2.1 million adults in Australia have had serious thoughts about ending their own lives, with 500,000 having made an attempt.

In terms of the individual States – NT had the highest standardised rate at 21.0, Tasmania was second with 16.3, followed by WA at 15.0 per 100,000 – all above the national average.

These latest statistics also show suicide to be three times higher in males, than females, and the leading cause of death of people between the ages of 15-44.

So what does this mean to us as individuals and to our industry?

Firstly, the Western Australian resources industry is predominantly male, with workers mainly aged between 25 and 45 (Education and Health Standing Committee, 2015). Also, with the median cause of death from suicide being 44.5 years as well as the leading cause of death for all people between the ages of 15-44 – this puts our industry firmly in focus.

Employers therefore need to be increasingly aware of workplace health and safety, by limiting the types of hazards that could impact on an individual's mental health. For our sector this not only covers the workplace itself, but also the impacts of shift-work, fly-in-fly-out, accommodation, recreational facilities, clubs and more.

Other key contributory factors employers need to be aware of according to the report include bullying, harassment and

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Bureau Statistics continued

discrimination at work; being performance managed; work-related interpersonal conflict or relationship breakdown; business restructures, impending redundancies and job uncertainty etc.

For us as co-workers, family and friends we can also support these individuals by making ourselves aware of the key risk factors and warning signs influencing an individual's potential to become suicidal, given an ongoing stressful situation. The risk factors may include (but are not limited to):

- family history of mental health problems;
- being male;
- alcohol or drug use;
- social of geographical location; and
- family discord, violence or abuse.

With warning signs including:

- becoming withdrawn and unable to

relate to co-workers;

- talking about feeling isolated and lonely;
- dramatic changes in mood;
- expressing no reason for living or sense of purpose; and
- threatening to hurt or kill themselves.

Ultimately, we have a collective responsibility to support individuals experiencing mental health issues with the aim of preventing these individuals ever reaching the point of no return.

For more information about preventative measures and protective measures that can be taken by employers and employees, read the full report Mines Safety Bulletin No.139, which can be found in the news section of our website.

Information sources for this article: *Mines Safety Bulletin No.139, released by Department of Mines*

and Petroleum; Australian Bureau of Statistics and National Mental Health Commission.

Who to contact in an emergency

If you, or anyone you know is experiencing mental health difficulties and needs support, make an appointment with your GP or health professional to discuss putting in place a Mental Health Plan.

Alternatively keep a copy of this useful list.

OzHelp 1300 694 357

beyondblue 1300 22 4636

Lifeline 13 11 14

Suicide Call Back Service
1300 659 467

Kids Helpline 1800 55 1800

MensLine Australia 1300 78 99 78

Relocate to the Pilbara, Kalgoorlie, or SPACE!?

“We have crossed continents; we have crossed oceans; we have mastered the skies, now, we can cross into space,” said Chris Lewicki, President and Chief Executive Officer of Planetary Resources, Inc.

Mr Lewicki was speaking in an interview with *Austmine 2017* in preparation for their upcoming conference and exhibition, due to be held in Perth on 22-24 May at the Perth Conference and Exhibition Centre. The former NASA engineer said humanity's quest to develop new frontiers is the driving force into space, with asteroid mining the first step.

Austmine 2017: Mining's Innovation Imperative is Australia's premier conference for showcasing the best

technological innovations across the resource industries. The biennial conference and exhibition program focuses on innovation within the mining and mining equipment, technology and services (METS) industries.

Together, executive-level innovators from the mining and METS industries, senior government officials, and academics from Australia and around the world collaborate and

showcase how they are embracing innovation to increase productivity and competitiveness.

Mr Lewicki is just one of more than 50 speakers from across the globe covering subjects as diverse as mining asteroids, mining's digital revolution and cultural innovation in mining.

To register or find out more information visit the *Austmine 2017* website austmineconference.com.au.



Big thank you to Saracen Mineral Holdings social clubs!

We were delighted that Carosue Dam Operations (CDO) Gold Diggers Social Club for the second year running nominated Miners' Promise to receive the proceeds of their Christmas Raffle. Miners' Promise Membership Coordinator, Helen Antonas, was invited to attend the raffle draw on 20th December and collect a cheque for the incredible amount of \$6,000. Helen also was able to meet and thank Jackie Dowell, the organiser, and all those involved.



News of Miners' Promise had clearly traveled from Carosue Dam Operations, as we were also delighted to hear from Saracen's Thunderbox Social Club President, Letetia Maher pledging the proceeds of their Christmas Raffle, through which a further \$2,515 was raised and also donated to Miners' Promise.

So a huge thank you to both the Gold Diggers and Thunderbox social clubs and all personnel at both sites for their fantastic generosity.



Helen Antonas (pictured right, front) accepts a cheque from the CDO Gold Diggers Club.

Attention all health and safety Professionals! – Don't miss this event

Health and safety is paramount within the resources industry (minerals, oil and gas).

We therefore invite those responsible for, passionate about, researching in and living with health and safety across all sectors of the resources industry to register for **Minesafe International 2017 - The Resource Industry Health & Safety Conference** NOW!

Minesafe International 2017 will provide the opportunity for health and safety practitioners to discuss their findings

and research, network, and share their achievements and challenges with peers and colleagues across the resources industry.

Also look out for Miners' Promise, who as health and safety advocates for our industry, will be hosting a stand at the exhibition. So be sure to come and say hello.

For further information, or to register, visit www.minesafe.ausimm.com.au/registration.

**MINESAFE
INTERNATIONAL
2017** The Resource Industry
Health & Safety Conference

1 – 2 May 2017
Perth, Australia

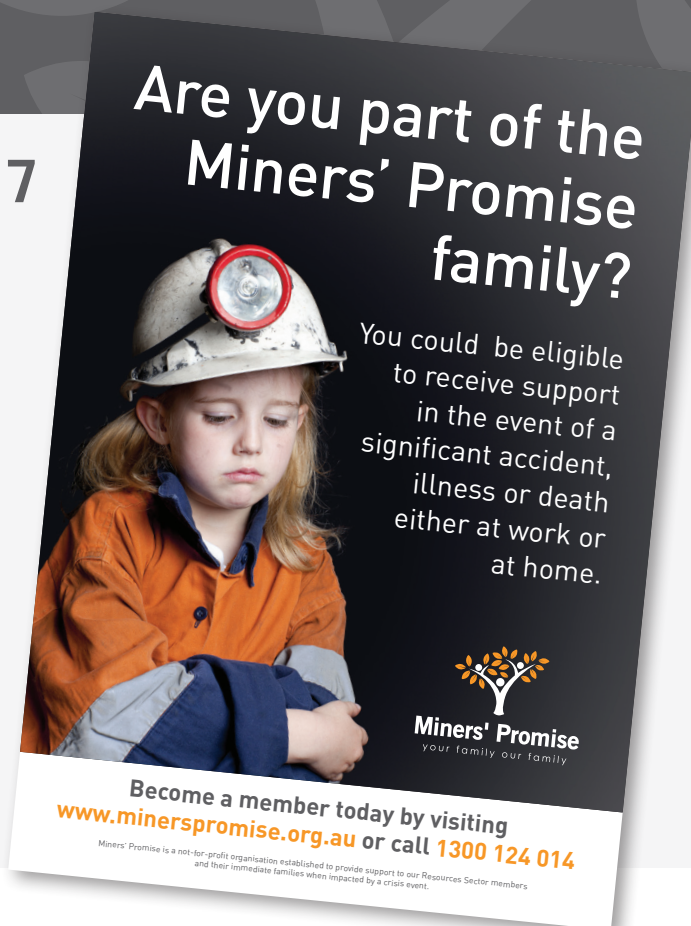


Miners' Promise on tour in 2017

In anticipation of a busy schedule of site visits around Western Australia this year, the Miners' Promise team has been putting the finishing touches to a range of new marketing and promotional material to accompany our membership team on the road.

Part of this package includes our new and improved Miners' Promise poster, which aims to draw people to our website to find out more about who we are and why they should become a member.

If you would like copies of the poster or to arrange for a Miners' Promise representative to visit your site to provide more information, please contact us on 1300 124 014 or info@minerspromise.org.au.



Have you moved?

It is important for us to have your current contact information, especially if you or your family ever needs our assistance.

We also want to ensure you don't miss out on the potential to win some of the great prizes and gifts on offer in our frequent competitions and giveaways.

So if your contact information has recently changed, make sure you update your details with us as soon as possible.

You can use our **Member's Only Login** area on the website to update your details.

Our Contact Details

Postal Address: PO Box 7165,
Cloisters Square WA 6850

By phone: 1300 124 014

By email: info@minerspromise.org.au

This feature enables you to set up your own online account that can be accessed at any time to update your contact information.

If you haven't already set up your account, or have forgotten your login details e-mail us at

info@minerspromise.org.au

or call **1300 124 014** and we will gladly assist you.

Prefer not to register for an online account? Just call us and we will update your contact information over the phone.



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