

# HOLYOAKE

Whenever you're ready.

**Building skills,  
confidence, connection  
and wellbeing across  
agriculture, agribusiness,  
and rural communities**



## Free Training & Education

Holyoake now offers targeted mental health training across regional WA as part of the Sheep Industry Transition Assistance Package. Communities can select from one of the following FREE upskilling opportunities:



== **Mental Health First Aid course**

== **Accidental Counsellor workshop**

== **AgriBalance+ workshop**

**Facilitated by Jo Drayton,  
Specialist Training Coordinator**



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Wheatbelt

Mid West

Goldfields

Great Southern

South West

*The Community Wellbeing Program is funded through the Australian Government's Sheep Industry Transition Assistance Package and administered by the Department of Primary Industries and Regional Development.*

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Holyoake is a leading non-government provider of mental health support services in Western Australia. Offering a wide range of evidence-based programs, Holyoake enables lasting change for thousands of individuals, families and communities impacted by mental ill health and alcohol, and other drugs concerns. Our programs have been designed with a holistic, non-judgemental approach and are provided in a safe and caring environment.

Through dedicated Prevention teams, Holyoake works with communities providing support in mental health challenges, suicide awareness, alcohol and other drugs, community wellbeing plans and capacity building. Capacity building is about helping

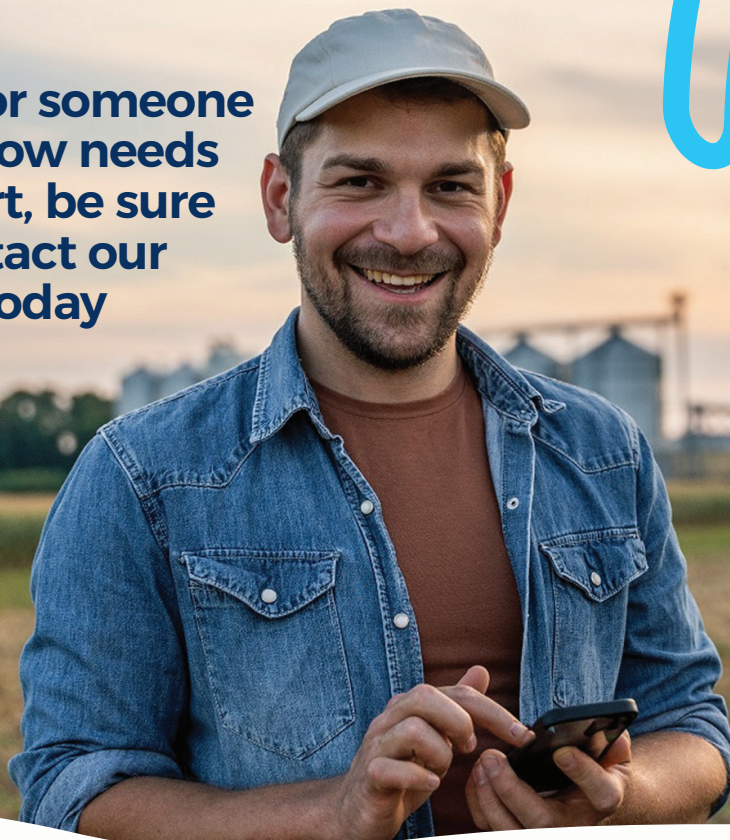
communities recognise their challenges, come up with practical solutions, and encourage positive behaviour change. It creates a lasting impact by empowering people to take action both individually and together, for long-term, meaningful change.

Community capacity building helps to promote understanding through the development and delivery of custom preventive training and education initiatives to suit specific regional, rural community and agribusiness, available to all communities across the Wheatbelt, Mid West, Goldfields, Great Southern and the South West.



**If you or someone you know needs support, be sure to contact our team today**

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## Meet your Specialist Training Coordinator

Jo Drayton brings more than 25 years of experience in mental health, wellbeing and suicide prevention to rural and regional Western Australia. Educated in the Wheatbelt and raised on a farming enterprise near Narrogin, Jo understands agricultural life, seasonal pressures and the realities faced by farming families, agribusiness agencies and rural communities.

Jo has dedicated her career to building the capability of individuals, organisations and communities to effectively respond to mental distress, change and adversity. Her work is grounded in practical, evidence-informed training that is relevant, accessible and fit for purpose in rural and agricultural contexts.

An accredited facilitator in a range of nationally recognised mental health and suicide prevention programs, Jo specialises in the design and delivery of training and education programs that strengthen knowledge, confidence and practical skills

for those working in and alongside farming enterprises.

With a strengths-based training approach, Jo is grounded in the understanding of how farming enterprises operate, with the flexibility to ensure that training aligns with production cycles, sector pressures with a focus on early intervention, connection and wellbeing. The coordination and delivery of training and education to build capability within the agriculture sector and rural communities is key to respond confidently and effectively to mental health challenges during periods of change and uncertainty.

Jo is widely respected for her ability to translate complex concepts into clear, practical learning that can be applied immediately and her contribution to training, health promotion and suicide prevention has been recognised through nine state awards.

Jo has also presented at national and international conferences on the work undertaken in mental health and in prevention, postvention and aftercare for individuals, families and communities.

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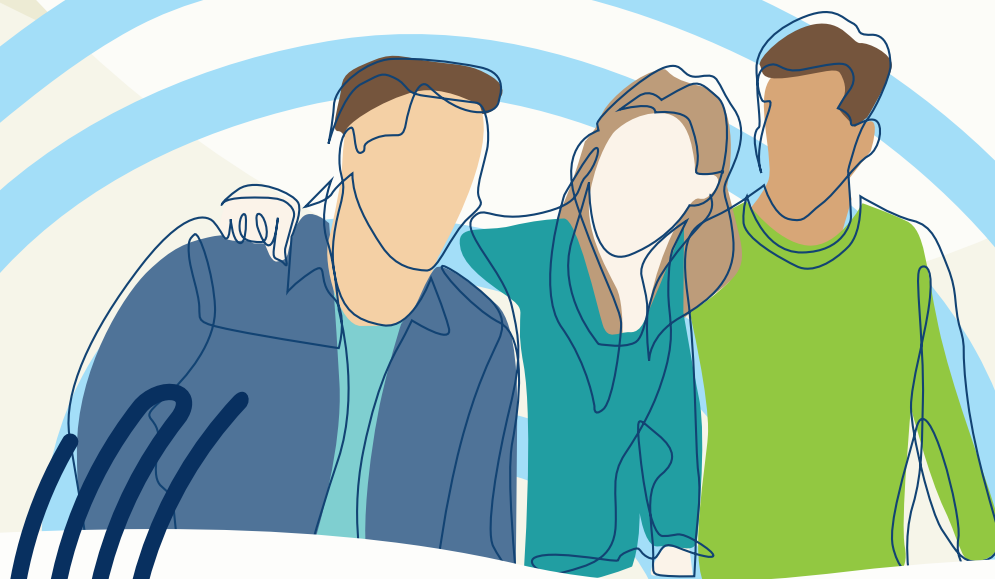
# Standard Mental Health First Aid Course

The Standard Mental Health First Aid (MHFA) course is an evidence-based training program designed to equip adults with the knowledge and practical skills to support other adults experiencing mental health problems, crises, or distress. Developed by Mental Health First Aid Australia, the course teaches

participants how to recognise common mental health conditions, provide initial help using the MHFA Action Plan, and guide a person towards appropriate professional support. This interactive course promotes understanding, reduces stigma, and helps build mentally healthy communities.

## Modules covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events



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# Accidental Counsellor Workshop

The Accidental Counsellor Workshop is a practical training program designed to equip individuals who find themselves supporting individuals in distress. The workshop teaches participants how to recognise when someone is in distress, respond with empathy and confidence, and

refer them to appropriate professional support. Through interactive discussions, participants develop the ability to remain calm, listen effectively, and provide immediate, compassionate assistance - without taking on the role of a professional counsellor.

## Modules covered:

- What is an Accidental Counsellor
- Communication and Listening Skills
- Recognising common communication blockers
- Understanding different emotions and their impacts on our communication
- Overview of mental illness, mental wellbeing, and suicide awareness, and strategies on how to support others
- The importance of personal and professional boundaries
- The importance of self-care, for ourselves and those we are supporting



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# Agribalance+ Workshop

AgriBalance+ is a practical workshop developed by Holyoake to build mental health literacy and confidence among individuals involved in agriculture. The workshop provides an overview of mental health, situational distress and suicide awareness within agricultural contexts, helping participants understand

how stress and cumulative pressure can impact individuals, families and businesses. AgriBalance+ equips participants with an array of practical, solution-focused tools. Participants gain practical guidance on recognising risk, responding appropriately, sharing support options and referral pathways, and maintaining boundaries.

## Modules covered:

- Understanding the impacts of mental ill-health and situational distress
- De-escalation techniques and communication strategies
- Tools and strategies to help navigate change and uncertainty
- Introduction to suicide awareness / prevention
- L.A.N.D.S - a practical tool to support individuals in distress or crisis
- Staying Well and Healthy - practical strategies to minimise the negative impacts of supporting others and ways to maintain a healthy work/life balance



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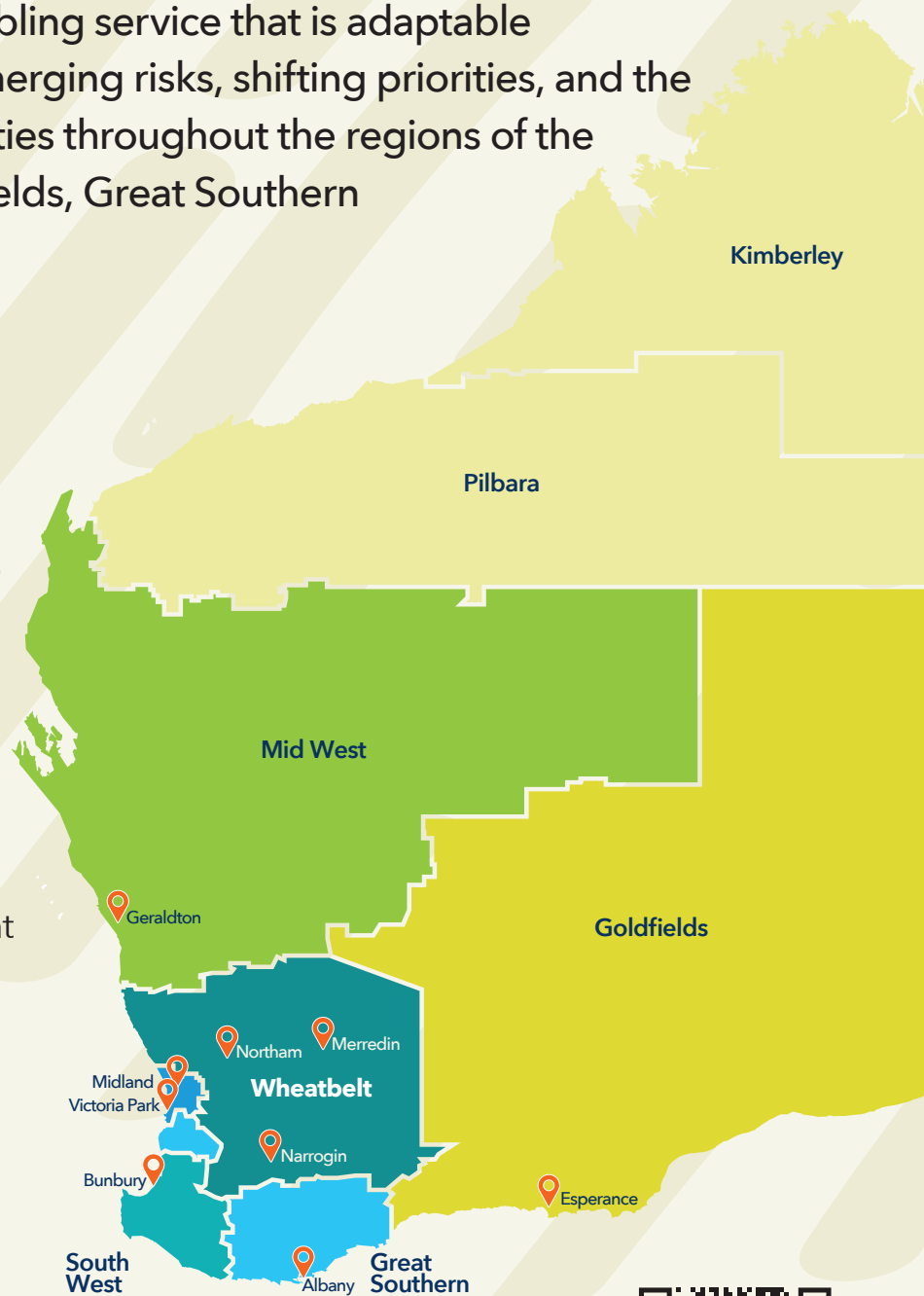
# Training and Education schedule

Holyoake's Training and Education schedule has been developed as a fluid and responsive enabling service that is adaptable and flexible to respond to emerging risks, shifting priorities, and the identified needs of communities throughout the regions of the Wheatbelt, Mid West, Goldfields, Great Southern and South West.

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**This initiative aims to strengthen community resilience as part of the Sheep Industry Transition Assistance Package, funded by the Government of Australia.**

These workshops will complement services delivered by Rural Aid and the Blue Tree Project, with all partners collaborating to ensure activities respond to local needs and integrate with other regional supports such as the Rural West.



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# Training and Education schedule

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## 2026 Training

### MARCH

Katanning  
Kojonup  
Brookton/Pingelly  
Narembeen

### APRIL

Kulin  
Kellerberrin  
Broomehill/Tambellup  
Narrogin

### MAY

Morawa  
Geraldton

### JUNE

Lake Grace  
Hyden /  
Kondinin

### JULY

Esperance  
Gibson

### AUGUST

Wickepin  
Boddington

### SEPTEMBER

Northam  
Wagin  
Williams

### OCTOBER

Jerramungup  
Ravensthorpe

### NOVEMBER

Cranbrook  
Mount Barker

## 2027 Training

### FEBRUARY

Mingenew  
Three Springs

### MARCH

Beverley  
Merredin  
Corrigin

### APRIL

Boyup Brook  
Bridgetown

### MAY

Coorow  
Dongara

### JUNE

Beverley  
Moora  
Dowerin  
Cunderdin

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**JO DRAYTON**  
**Specialist Training Coordinator**  
**JDrayton@holyoake.org.au**



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## Building skills, confidence, connection and wellbeing across agriculture, agribusiness, and rural communities

### Free Training & Education

#### Standard Mental Health First Aid course (2 days)

The Standard Mental Health First Aid (MHFA) course is an evidence-based training program designed to equip adults with the knowledge and practical skills to support other adults experiencing mental health problems, crises, or distress. The course teaches participants how to recognise common mental health conditions, provide initial help using the MHFA Action Plan, and guide a person towards appropriate professional support.

#### Accidental Counsellor workshop (1 day)

The Accidental Counsellor Workshop is a practical training program designed to equip individuals who find themselves supporting individuals in distress. The workshop teaches participants how to recognise when someone is in distress, respond with empathy and confidence, and refer them to appropriate professional support.

#### AgriBalance+ workshop (1 day)

AgriBalance+ is a practical workshop that builds mental health literacy and confidence among individuals involved in agriculture. The workshop provides an overview of mental health, situational distress and suicide awareness within agricultural contexts, helping participants understand how stress, cumulative pressure can impact individuals, families and businesses.

Facilitated by Jo Drayton,  
Specialist Training Coordinator



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## Perth Metro

### Victoria Park

**a** 75 Canning Highway,  
Victoria Park, WA 6100

**p** (08) 9416 4444

**e** [clientservices@holyoake.org.au](mailto:clientservices@holyoake.org.au)

### Midland

**a** 4 Stafford Street,  
Midland WA 6056

**p** (08) 9274 7055

**e** [nemcads@holyoake.org.au](mailto:nemcads@holyoake.org.au)

### Outreach Services

Outreach services are also available  
across Perth and the Wheatbelt

## Wheatbelt

### Northam

**a** 133 Fitzgerald Street East,  
Northam, WA 6401

**p** (08) 9621 1055

**e** [wcads@holyoake.org.au](mailto:wcads@holyoake.org.au)

### Narrogin

**a** 80 Federal Street,  
Narrogin, WA 6312

**p** (08) 9621 1055

**e** [wcads@holyoake.org.au](mailto:wcads@holyoake.org.au)

### Merredin

**a** Kitchener Road,  
Merredin, WA 6415

**p** (08) 9621 1055

**e** [wcads@holyoake.org.au](mailto:wcads@holyoake.org.au)

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