

The Panama TR4 support service

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 our families. However, sometimes negative feelings can become overwhelming. It is important to be aware that help is available and that it is okay to reach out for support. If you feel that you or your family are being negatively affected by stress, please consider seeking support.

What is the Panama TR4 support service?

The Panama TR4 support service (PSS) operates out of the Tully Support Centre and provides qualified, confidential support to help cope with stress and minimise any long-term impacts. The PSS provides individual and couples counselling, and support to cope with change. The PSS can also link you with financial counselling, training and employment options and identify possible choices, decisions and plans for the future.

Who is the service for?

The PSS is available to anyone in our community affected or impacted by Panama TR4. This includes; banana farmers and their families, farm workers and contractors, those employed in associated industries like transport and trucking, agricultural supplies and services, other business owners and employees, individuals or other community members, who have been negatively impacted.

For more information visit biosecurity.qld.gov.au or call 13 25 23

What is stress?

Stress is an everyday fact of life. In fact, stress can actually 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.

What are the long-term impacts of stress?

Severe or prolonged periods of stress can have serious impacts on our physical and emotional wellbeing.

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

Information adapted from *Taking Care of Yourself and Your Family* by John Ashfield.

For parents and carers

Parents and carers should be aware that stress can also have a significant impact upon the wellbeing of children. 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.

Contacts:

For all emergencies (Police, Fire, Ambulance) dial 000

Tully Support Centre Panama support service

T: (07) 4068 1004

E: info@tullysupportcentre.com.au

Support services for other north Queensland communities

The Queensland Government funds a number of services who can provide qualified, confidential support in banana growing districts, as follows:

Innisfail

Community Support Centre Innisfail

T: (07) 4043 8400

Atherton Tablelands

Community Services Tablelands

T: (07) 4091 3850

Mareeba

Mareeba Information and Support Centre

T: (07) 4092 1948

OR

Tablelands Counselling Support Service

T: (07) 4092 6899

Cooktown

Cooktown District Community Centre

T: (07) 4069 6098

Cairns

Hambledon House

T: (07) 4044 3410

Alternatively, you can contact:

Lifeline: 13 11 44

Beyondblue: 1300 224 636

Parentline: 1300 30 1300

Kids Helpline: 1800 551 800

MensLine Australia: 1300 789 978

Suicide Call Back Service: 1300 659 467

DVConnect: 1800 811 811

The Salvation Army Moneycare: 13 72 58