

GoodYarn

ENABLING FARMING COMMUNITIES
TO TALK ABOUT MENTAL HEALTH



CHARTERED ACCOUNTANTS™
AUSTRALIA + NEW ZEALAND



Let's have a

GoodYarn



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Why have a **GoodYarn?**

People who live and work on the land regularly have to cope with a number of challenges – from long working hours, to unexpected weather events, isolation and constant financial pressure. They're all factors that can impact negatively on their mental wellbeing. That's why it's so important for people in rural communities to be able to have a GoodYarn about mental health.

Chartered Accountants Australia and New Zealand (CA ANZ) recognises our members located in rural New Zealand come into regular contact with client pressures, fatigue and stresses. Members have sought support to help with dealing with the tide of mental fatigue and increased concerns for welfare within their client bases. We have listened to your feedback and needs, and have been working with WellSouth Primary Health Network (WellSouth) a primary health organisation, to bring you the GoodYarn programme.

What is GoodYarn?

If you regularly talk to people who are in farming, agribusiness, businesses in the primary sector, and those working and living in rural communities, GoodYarn is a practical workshop for you. The workshop is designed to give you the tools and confidence to help you include mental wellness as part of the conversation.

Developed initially by DairyNZ and WellSouth, GoodYarn is aimed at those living or working in a rural community, including:

- Farmers and farm workers
- Rural employers and contractors
- Stock agents and rural consultants
- Agribusiness professionals

CA ANZ has arranged with WellSouth for the GoodYarn programme to be delivered to our members. The workshops will be facilitated by trained rural-based experienced and recognised Chartered Accountants who appreciate the pressures of rural life.

What does GoodYarn cover?

- Tips for maintaining mental wellbeing
- How to recognise the signs of stress and common mental health problems
- Practical tools to help you initiate a conversation when you're concerned about someone
- How to access the appropriate support services.

GoodYarn benefits

Good Yarn promotes positive mental health and wellbeing of participants, their clients, colleagues, families, and friends.

Some benefits of good mental health are:

- Increased ability to cope with challenging situations
- Increase performance & productivity
- Decreased rates of physical illness
- Improve immune system
- Improved personal and professional relationships
- A longer and more enjoyable life



CPD Hours

CA ANZ members who attend and complete the GoodYarn workshop are eligible to 2.5 hours of verified CPD.

Further enquiries

For enquiries please:

Email: service@charteredaccountantsanz.com

Phone: 0800 469 422

Disclaimer

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The GoodYarn programme is not intended to enable members to diagnose or treat mental illness. Members should encourage their clients who may have a mental illness to seek support or treatment from appropriately qualified mental health professionals.

Further information on mental health and mental illness is available at the following links: mentalhealth.org.nz, depression.org.nz and dairynz.co.nz/people/wellbeing

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