

GAIHH



An invitation to  
invest in the wellbeing  
of our society

Global Alliance of Integrated Hearts & Health

[GAIHH.org](http://GAIHH.org)

# Introducing GAIHH...



**Are you committed to playing your part in creating – and maintaining – a society that values individual opportunity, bodily autonomy, freedom of thought, movement... and speech?**

The consequences of the past three years of lockdowns, mandates and censorship are increasingly becoming apparent to those health professionals who have stepped outside of the mainstream narrative and its current veneer of 'a return to normalcy'.

GAIHH began as a voice that could not be silenced – and we have continued to evolve, with the assistance of our highly skilled volunteers, to fill the unmet needs of health practitioners and members of the general public who need a 'safe haven' – and a 'bridge' to recovery.

During the past year, GAIHH has magnetised a cohort of highly skilled mental health professionals, and practitioners from other related fields, some of whom were mandated out of their roles. Many are now supporting the clients that the mainstream has rejected – some in a volunteering capacity.

We have survived on volunteering and donations to this point. However, to more fully serve the public – and our professional colleagues – we are now at the point where we need funding to develop the infrastructure that will enable us to take our 'next steps'.

A key part of that involves creating an integrated platform that empowers health professionals to provide services and practical support to members of the public who are continuing to suffer as a result of our current broken, dysfunctional health system.

**GAIHH is creating a new collective of 'caretakers' that supports individuals to reach their potential at all levels... physical, emotional, mental and spiritual.**

**We invite you to invest in a healthy future – locally and globally – by contributing to GAIHH so we can continue to support the healing of our community.**

## What GAIHH currently offers

GAIHH is a platform that serves both members of the public – and health practitioners.

### Support for the Public

GAIHH is committed to delivering services, tools and resources that support members of the public to recover their wellbeing in various ways, many of which are not readily accessible in our current increasingly-politicised mental health and medical system.

Most people who find their way to GAIHH have been impacted in some way by questioning the dominant narrative. Many have lost their livelihoods, homes and relationships. Some have been injured themselves – or find themselves caring for injured or traumatised family members. The vast majority do not feel validated or adequately supported by the existing healthcare system.



*I have benefitted immensely from being able to meet with other people who share serious concerns about what has been happening to people over the last two or more years. Many churches have been closed, many lives lost and livelihoods of others taken or threatened. Meanwhile, some have profited. It seems that there have been many people persuaded by a particular narrative – and that few are willing to question what they are being told. It can be very exhausting and lonely swimming against a tide of belief, especially when even those close to us may staunchly oppose a view we may hold. GAIHH has been a blessing, where myself and my wife have found support and encouragement at an extremely stressful time.*  
~ Adam S. Campbell | Pre-service Teacher (ACT)

### Support for Practitioners

We provide an arena for all practitioners to communicate freely.

It includes access to support for those who have experienced censorship or silencing around topics within their field of expertise – and those who have refused to promote 'messaging' mandated by their regulatory bodies that conflicts with their personal and professional ethics.

In many cases, this has resulted in unlawful and unjust attacks – and for some, the loss of licensing and livelihood without recourse to procedural fairness.

Others have simply had their employment terminated for inability to comply with mandates – and students in various health disciplines have been unable to complete their studies or fulfil their requirements for internships, etc.



*I first came across GAIHH in 2021 during the Melbourne lockdowns when I needed to know there were other people who were going through similar circumstances as myself. The regular Zoom meetings and Practitioner Forum platform have provided support, knowledge, friendships and connection during times of isolation and uncertainty. Through GAIHH I have been able to extend my skills by volunteering to help run public online support meetings and by becoming involved in the many new initiatives that GAIHH will be providing for both practitioners and the general public in the near future.*  
~ Andrea McFerran | Art Therapist (VIC)

## Why we need GAIHH

Although the collateral damage being done to children was the issue that ignited the impetus for GAIHH, the increasing scope of the crisis resulting from the 2019-21 'Public Health' responses to Covid in Australia quickly became clear.

We identified a glaring gap in the management of societal trauma made worse by the increased censorship of genuine experts and professionals who raised questions. This was compounded by media coverage designed to increase fear and accelerate compliance with the current 'Public Health' narrative.

Whilst we have seen some excellent platforms evolve in response to the needs of marginalised members of the public, they typically address legal, medical, human rights or professional union matters.

**The GAIHH offering is unique in that it offers support around mental and emotional health and wellbeing from experts that is not available within these other organisations.**

The large number of mental health and other professionals who have joined GAIHH are well-equipped to identify and manage the inevitable anger, fear and existential threat that people were and are continuing to experience, regardless of their beliefs. We provide a space for people to safely express and process their emotions and to develop the skills to deal with the polarised positions that have fractured families, workplaces and communities.

Our intent within GAIHH, is to foster the continuous self-development work required to bridge the 'divisiveness' – on all of the 'issues' intended to polarise us – and moving forwards, to evolve trusted solutions outside of our current broken medical health model.

We have developed relationships both locally and internationally with a cohort of well-respected organisations that have similarly emerged in response to these 'unprecedented' times. The need for our contribution in this newly evolving global community is clear – and we are now seeking the resources to fulfil our vision and mission to provide individual, group and societal support in alignment with our values and guiding principles.

## Four Guiding Principles

Continuous, conscious self-evolution

Compassion for all

We all create the Future

Compassionate, right action



**We are creating a new future – and we all have a part to play... including you.**

*I cannot praise GAIHH highly enough for their holistic and unwavering support of both fellow practitioners and members of the general public who were finding life very stressful over the last 2 years. Being heard is one of the most important experiences of being human, and GAIHH has done a fantastic job in providing a virtual forum to host a safe platform to hear members' concerns and struggles.*

~ Stephanie Rea | MA. (Couns) BSc. (Hons) Nutrition/HumanBiol. Dip. Bus Dip.Ed (WA)

## How GAIHH solves the need

GAIHH provides three main strands of support:

### 1. Public Support Meetings

Online interactive group meetings have been running bi-weekly since late in 2021. A team of GAIHH professionals is present to hold space and provide support to individuals who have reached out because they feel isolated, confused, anxious or depressed – and in many cases, have nowhere else to turn. Last year, 2022, saw an increasing number of people discovering GAIHH, despite doing zero promotion of our services due to our incapacity to scale up to meet demand.



Strong bonds of trust, respect and mutual support are formed between individuals who attend these meetings – some have continued to attend since their inception and now provide encouragement and support to newer attendees. Many report that they were initially sceptical and resistant to anyone who challenged mainstream narratives, but started asking questions after experiencing physical and/or psychological harms themselves – or witnessing this occur in someone close to them. In GAIHH they find compassionate, open-minded conversations and support that they have been unable to find in mainstream services.

### 2. Practitioner Support

Regular online meetings have been held for our community of mental health practitioners since mid-2021. They provide a forum for discussion, as well as sharing ideas, knowledge and skills that enrich each individual's practice.

They have also provided support to manage the trauma experienced by professionals who experienced workplace bullying and discrimination – sometimes resulting in an unprofessional workplace termination that then further impacted their already traumatised clients and patients.



These groups have also provided support for professionals targeted by their accrediting associations and bodies – as well as an opportunity to clarify the ongoing confusion resulting from endlessly changing 'rules' that varied between states and regions, types of practitioners, the locations where they saw their patients, and a host of other variables.

In many instances, professional bodies avoided or shut down any attempt at open-minded debate and professionals were unable to get their most simple questions answered – let alone receive the support needed to deal with the individual and collective trauma occurring. GAIHH has filled that gap enabling emotional and collegial support.

### 3. Expanding GAIHH options to resource wellbeing

Healthcare professionals have been providing triage care in the public support circles as well as resources, tools and techniques to support individuals to manage their emotions more effectively, to improve their communication to benefit their interpersonal relationships... and more. This has included referrals where 1:1 support is required.

To develop and manage the provision of further tools and services – and to expand these in alignment with our envisaged 'next steps' – GAIHH will require additional dedicated resources.

*When I joined the Public Zoom calls, I found people from all areas of life and work, who had been seriously impacted by the rules and regulations imposed on us. Like most of us who joined these calls there were tears, anger, frustration and uncertainty about what was happening. But most importantly there was a camaraderie amongst the participants. We all had experienced things that were totally outside of what we expected or knew. Some had been stood down from long term careers, many had been cast out of their extended family units – and all were feeling alone and vulnerable to the pressures of not being allowed to make decisions for ourselves with regards to medical treatments to our bodies.*

*I soon discovered that the GAIHH Public Zoom calls were a lifeline, a new family, a group who understood, were non-judgmental and were always ready to support, accepting everyone without question. I cherish the times spent on these calls.*

~ Jan A. | Retired Radiographer/Mammographer (NSW)

#### GAIHH's next steps

GAIHH has engaged a solicitor expert to establish a registered Not for Profit (NFP) and seek charity registration.

This is being funded by donations from our current supporters, their families, friends, and also corporate sponsors.

To continue to fund ongoing operations as well as the essential expansion of our services, GAIHH is seeking funding through the following mechanisms:

- a. **Donations:** i) corporate sponsors ii) philanthropists iii) the general public
- b. **Subscription Fees:** i) members of the public ii) health professionals / practitioners

These funding streams will contribute to developing resources to respond to the growing need for solutions not accessible within our current healthcare system.

Some of the offerings we envisage including for our subscribers are:

**Expanded public meeting offerings:** Beyond the current public online meetings, we perceive a need for GAIHH to develop offerings that cater to different groups based on age/stage of life (e.g. teens, parents, grandparents), various professions (e.g. frontline workers, first responders, business owners), international hubs (with access to translators or in other languages) – as well as specific themes and topics that lend themselves to a 'group' conversation e.g., vaccine injured.

**Practitioner referral database:** A natural extension of our public meeting offering is a database of practitioners to provide referral pathways for those who require more in-depth 1:1 support and treatment options.

**Content library:** The need, demand and opportunity to provide professional content as an additional level of support (courses, self-help resources, etc.) is increasing with the growing numbers joining our public and professional meetings.

**Professional development:** Practitioners have been sharing their expertise informally via webinars – and our intention is to develop and offer free webinars, as well as paid courses and trainings, that can contribute towards professional development (CPD, OPD) – and that will generate revenue.

**Supervision, mentoring & internships:** To support our professional subscribers, we intend to provide opportunities for supervision and mentoring – and potentially internships for students.

**These are just some of the growth areas in our GAIHH vision that your contribution will assist with.**

*Over the past 12 months I've valued being with committed professionals that genuinely care. Thank you for your sincerity.*

~ J. Bucholz | Social Worker/Practitioner (QLD)

## Finally...

It is through the generosity of people like you – who understand the critical need for the work we do and the difference we can make – that GAIHH will continue to expand as a vibrant community of healers united in supporting individuals to reach their potential: physically, mentally, emotionally ... and spiritually.



*At a time when I felt so isolated and alone in my beliefs, GAIHH was there to welcome me with an unwavering commitment to helping others. It's been a safe space in such uncertain times, offering kindness, empathy and compassion.*

~ Renée B. | Mental Health/Suicide Prevention (NSW)

**For further information or to make your donation, please contact:**

**Ros Nealon-Cook**

**E** [ros.nealon-cook@gaihh.org](mailto:ros.nealon-cook@gaihh.org)

**M** +61 416 170 420

**Suzie Pollock**

**E** [suzie.pollock@gaihh.org](mailto:suzie.pollock@gaihh.org)

**M** +61 458 544 067

**A** PO Box 7137, Leura NSW 2780 AUSTRALIA

For free resources, support and online groups: **GAIHH.org**



NOTE: This document was created by our dedicated GAIHH volunteers.

# Appendix

## Founder & Steering Committee

### Ros Nealon-Cook | Founder, former Psychologist

Ros Nealon-Cook, Founder of GAIHH, is a former registered psychologist (currently suspended by AHPRA) with more than 15 years' experience working with children and youth in private practice, NGOs and school settings. She is trained in Functional Medicine and uses an integrative approach to assist children with ADHD, autism, trauma and attachment issues.



Prior to becoming a psychologist, Ros had a business career specialising in computer science and worked with numerous blue-chip companies globally. Despite her success in this field, the values demonstrated by many of the organisations she worked for, as well as those of the majority of clients they served, conflicted with her personal values. Hence her decision to change career and retrain as a psychologist in order to support people in ways that aligned with her ethics and values.

A well-respected mental health practitioner, Ros felt compelled to speak out publicly about the negative consequences of lockdowns, social distancing and masking for young people. As a result, she was suspended and unable to practice as a psychologist. This journey strengthened her resolve to do the right thing and led her to liaise with professionals all over the world who understand and are qualified to address the fall-out of the 2020-21 directives and their ramifications at all levels – personal, social and cultural.

Ros is passionate about helping individuals, families and communities to grow through adversity. The support and direction provided by GAIHH since its inception is testimony to the imperative for expanding the GAIHH platform. The need to address increasing levels of trauma and psychological distress continues to grow in ways that our current health system cannot adequately support.

### Suzie Pollock | Legal Counsel

Suzie obtained her law degree from Queensland University of Technology and was admitted to practise law in NSW in 1999. For 15 years she worked with top-tier banks and law firms in Australia and overseas. She spent the last four years working as a senior manager of regulatory compliance for a large mutual bank, managing the bank's relationship with its industry regulators – ASIC, APRA and AUSTRAC. In 2018, she led the bank's response to the Banking and Financial Services Royal Commission. Being a single mother of four school-aged children, along with the pressure of leading a team in a project that demanded high-level strategic, political, financial and legal acumen, resulted in severe burnout – and in 2020 she stepped away from the corporate world to heal – and to support her children.



By March 2020 when Australia went into lockdown, it was immediately apparent to Suzie that the corporate-sponsored regulatory over-reach and accompanying media bias that she had witnessed during the Banking Royal Commission had spread to Public Health – with far more extensive and detrimental consequences, especially for children. She commenced her own due diligence on the Therapeutic Goods Association (TGA) which led her to liaise with various groups of health professionals and political figures who were willing to address these issues. The silencing of medical professionals who spoke out against public health policies and their deleterious physical and psychological effects by AHPRA (the Australian Health Professionals Regulatory Association) led her to connect with Ros Nealon-Cook. Suzie plays a key advisory role in the GAIHH Steering Committee.



### **Julie Santall | Trauma-Informed Holistic Counsellor, Addictions Therapist, Former Nurse**

Julie began her career 35 years ago as an emergency nurse in the UK and later specialised in Advanced Trauma Life support. She served on the Faculty of Brighton University (UK) to train nurses and doctors in the management of major trauma. In 2003 she was sponsored by the Alfred Hospital Trauma Centre in Melbourne and moved to Australia with her daughter.



As a Drug and Alcohol Nurse and later pharmaceutical nurse, she went on to manage Complex Care programs in a large Melbourne Hospital. Her experiences led her to train in drug and alcohol counselling before retraining as a Holistic Counsellor and she now runs a private counselling practice. She also provides professional education and support to healthcare professionals who have lost their jobs due to recent mandates. Her passion is to guide people on discovering how empowered they can be in their own lives and appreciate how their emotions and symptoms are messages from within to develop greater strength, purpose and direction.

She has worked closely with the GAIHH team from the outset and has run regular support groups for the public as well as to assist professionals to deal with the consequences of the 2020-21 directives.

### **Vanessa Fudge | Business Start-Up Expert**

Vanessa is the Founder of Leading Well, a national team of systemic leadership practitioners who understand that exceptional leadership ensures the wellbeing of an organisation as a living, breathing, human ecosystem. Through her extensive experience across numerous industries, Vanessa discovered that companies that thrive ensure they raise the wellbeing of the overall human system.



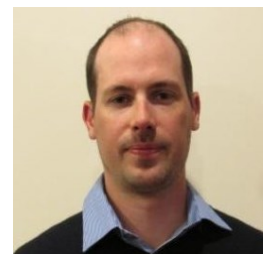
Her core focus includes top team facilitation to transform dynamics within and across teams, leadership coaching, organisational transformation, mentoring program design and facilitation, and strategy facilitation. Her clients include non-profits such as Many Rivers, Amnesty International and Girl Guides, Government Departments (both National and State), as well as Corporations and Industry bodies.

Vanessa is a highly accomplished leader herself, and she holds the credentials of Accredited Master Level Coaching Practitioner with the European Mentoring and Coaching Council, and Accredited Certified Meta Coach (ACMC) through the Institute of Neuro-Semantics. She is also an Organisational Development Resources (ODR) Practitioner and Leadership Circle 360 Assessment Coach. For almost a decade she has worked with an international cohort in London to enrich her expertise through the study of Systemic Leadership and advanced facilitation using Organisational Constellations. Vanessa designed and delivered Australia's first Masters in Organisational Coaching for the Sydney Business School and Wollongong University and she has co-authored three books with Professor David Clutterbuck, the founder of the EMCC.

She plays a key part within GAIHH, facilitating values-alignment across leadership and teams to maximise effectiveness.

### **James Hutchinson | Systems Specialist, Process Design and Development**

James Hutchinson is Systems Specialist who is currently expanding his education to work in the field of human psychology. He has a Masters in Energy Systems and previously worked at the heart of the energy industry in a 24-hr operations environment. He also has extensive expertise in contributing to the knowledge and strategic application of environmental research and application. James has contributed to a number of think tanks as a founding member of Beyond Zero Emissions which was rated the world's top energy and environment think tank of 2020 by the UK's Prospect magazine.



His main focus is supporting the development of organisations that can make a positive impact at scale. A report that he co-authored, 'The BZE Stationary Energy Plan', was awarded the Banksia Foundation Mercedes-Benz Environmental Research Award in 2010. James plays a key role in working creatively to develop and scale the day-to-day operation of GAIHH.

## Financial strategies to sustain GAIHH

Various streams of income will enable the development and growth of GAIHH including:

- **Investors:** We are currently seeking seed funding and donations.
- **Paid subscription levels:** We propose a tiered subscription offering that caters for students through to professionals (practitioners, supervisors, etc.) – as well as the general public. Details to be determined.
- **Advertising, Sponsorship, Promotions:** We envisage ongoing relationships with aligned groups, and listing product offerings on our website including events, conferences, courses/trainings, etc.

## How will funds be utilised?

- Administration costs, salaries
- Infrastructure (website, hosting)
- Communications, Marketing, Social Media
- Accounting & Book-keeping
- Compliance & Legal

**We welcome enquiries from serious investors who require more detailed information-**

**For further information or to make your donation, please contact:**

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**E** [ros.nealon-cook@gaihh.org](mailto:ros.nealon-cook@gaihh.org)

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