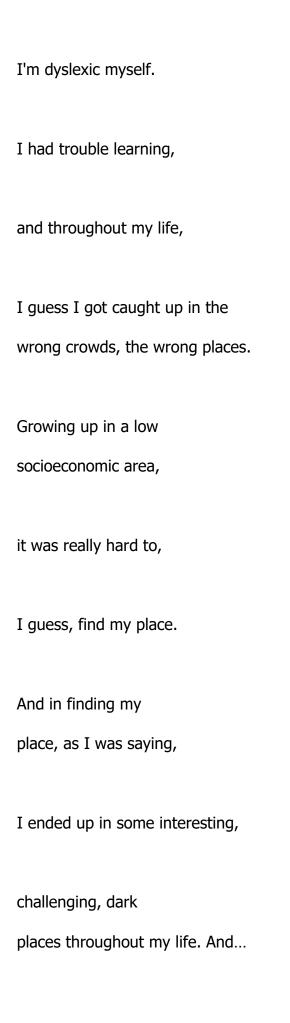


because it's such an invisible disability, isn't it? Mental health, autism. Can you tell us a bit about what you do at Heart-Led Support, and a bit about you? [Jeb] Yeah. Absolutely. So, I'm one of the directors. And the reason why, I guess, Heart-Led Support began for me, was I came through my own lived experience.

and communication,



through that journey, being so lost in my internal compass,

and not understanding myself and not understanding the values,

and I guess, yeah, walking around like Jack Sparrow.

The compass spinning around, that was me.

I'm like, where do I go?
Where do I turn? Who am I?

And all the rest and going through all that as a young boy,

and even a young man.

And through my own challenges and my own setbacks,

I found men's work
and I found a place...
where I got to discover myself,
to learn about myself,
and to learn about why

to understand my mind,

I do the things that I do,

to understand my patterns and behaviours.

And I guess that came through a lot of self-reflection,

which was a really, really big turning point in my life.

And through that, I became,

I don't really want to use the word influencer,

but I became someone that was more of an inspiration.

That's probably

the best word to use.

In the space of mental health,

in the space of addiction,

in the space of just men doing it tough,

fathers that were struggling with home life,

juggling all the balls that we juggle as men,

```
protecting, serving,
loving our family,
you know,
providing to our family.
And...
It led me down a path
of supporting those men.
And then I had a mentor that
I was working with at the time.
And I'm really big on
having mentors in my space,
and people that I
want to learn from,
or I don't get what
they're talking about,
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but I want to understand it, and putting myself in places like that. And yeah, as I was saying, I was working with a mentor, and he mentioned the NDIS. He said, hey man, I've had a... referral come through for a client. I don't think I'm a really good match for him, but I think you'd be really good with him.

I was like, I've always been interested in the NDIS space.

I just didn't know how to access it. And through asking a lot of questions, and putting myself in those places that I didn't know what they were talking about, but wanted to know, I started to support people on the NDIS. And through that, it was one, so incredibly rewarding.

I was able to bring
something that at the time,
well, maybe not at the time,
but something
through my life that
potentially looked dark and
looked messy and distorted.
I was able to bring all
that into supporting men.
A deep understanding
and a place of
a lot of empathy and compassion,
because I could
relate to a lot of men.

And
I started, as I was saying, supporting a lot of men.
I was by myself.
I was a one-man
band at that stage.
You know, Heart-Led Support wasn't
wasn't even a thing.
It was just Jeb Ryan out there,
you know, helping men, and
getting a really great name for for the work that I was doing,
because I was changing
a lot of men's lives.

You know, participants that... hadn't really left their home for 15 years, was one participant. [Narelle] Yeah. [Jeb] And by the time, you know, I really got the ball turning, and with the snowball effect that was happening, he was out living his best life, you know? He had a dream to go to the Bathurst 1000 for his 30th,

and I made that dream come true with him.

You know, and I got everyone in.

I actually snuck around the Bathurst 1000 crowd

and I got everyone to...

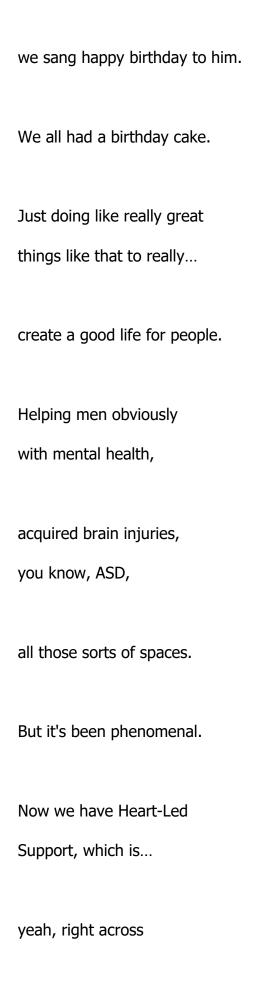
know a little bit about who he was.

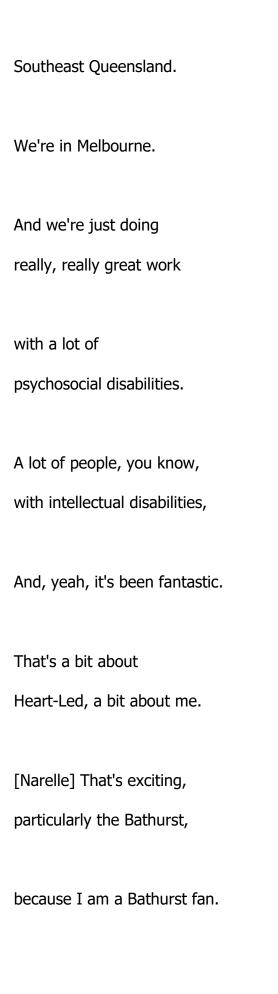
I wanted to get everyone to sing happy birthday,

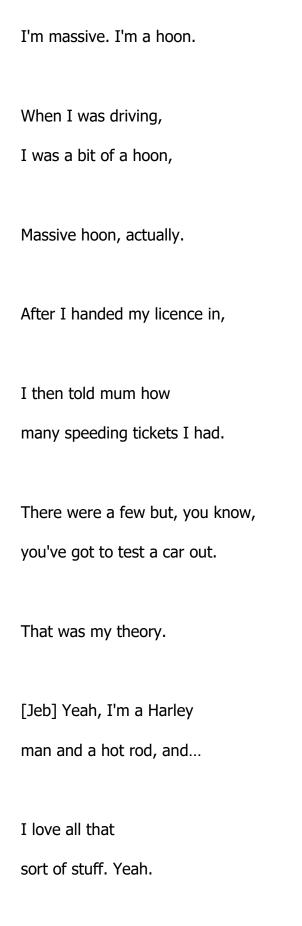
and I snuck a cake in.

And the crowd in the local, or the area that we were sitting,

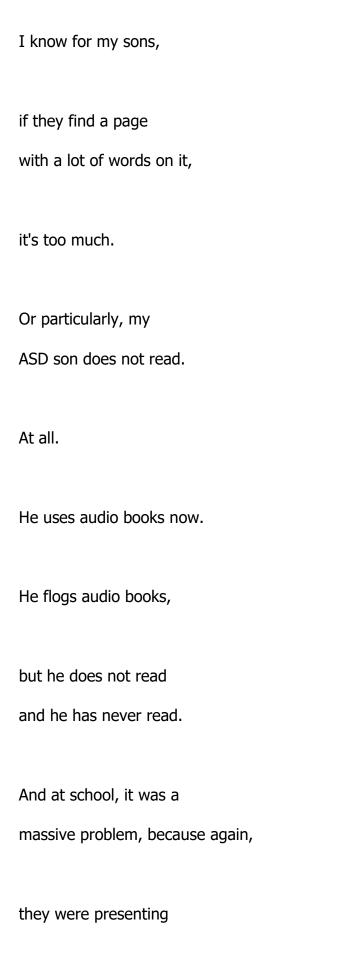
I was like one, two, three, and

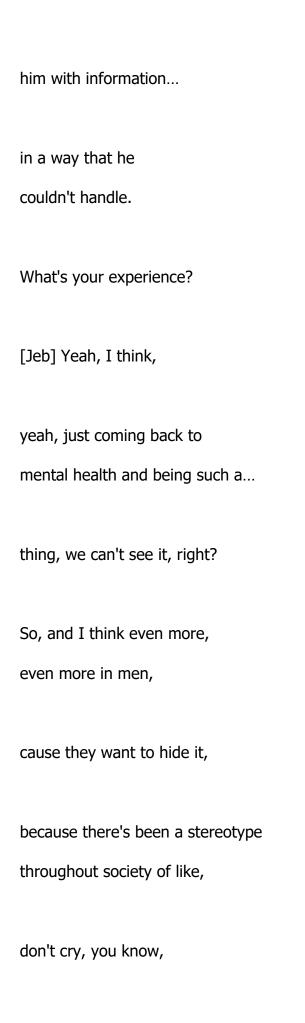


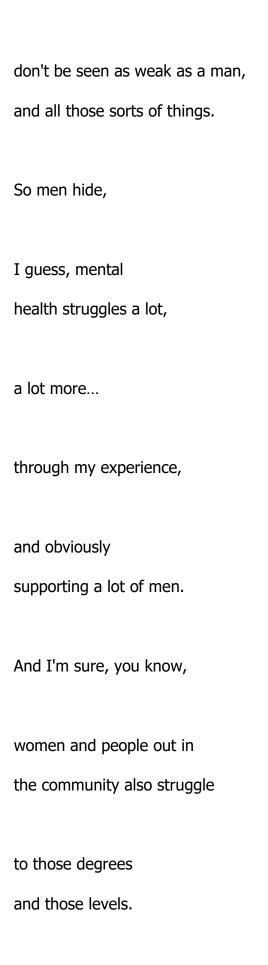




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[Narelle] Yeah, no.
I was never allowed to
drive a V8 for some reason.
But anyway,
what I wanted to
talk about with it is,
and from my
knowledge with my sons,
there's a huge problem
in that it is an invisible...
disability, number one.
And number two,
digital communication is really
a problem for them, isn't it?
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But I'll speak on the men, because that's what I'm really passionate about. And yeah, it's definitely, even through my own experience, I didn't want to talk about the struggles that I was having... until I found safety. And safety was a really big piece for me. And that was safety in other men, and relatability, because I saw other men

going through similar things,

and I was like, oh, wow, I'm not alone in this.

And also, I feel really safe to share what's going on for me,

which was a big turning point.

And also, again,

coming back to when there's too many words and all that,

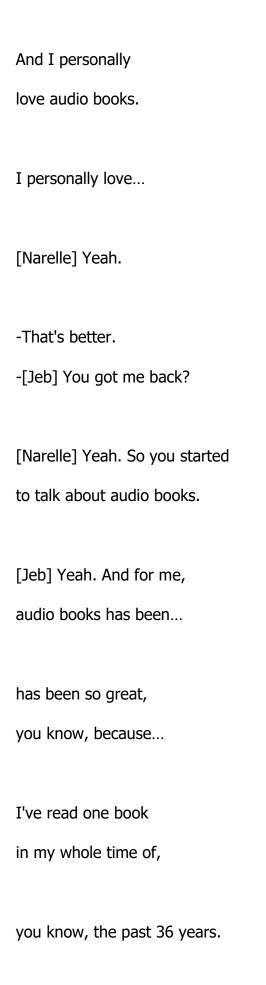
or if someone puts a paper in front of me,

and it seems like it's thick,

I instantly, even in school,

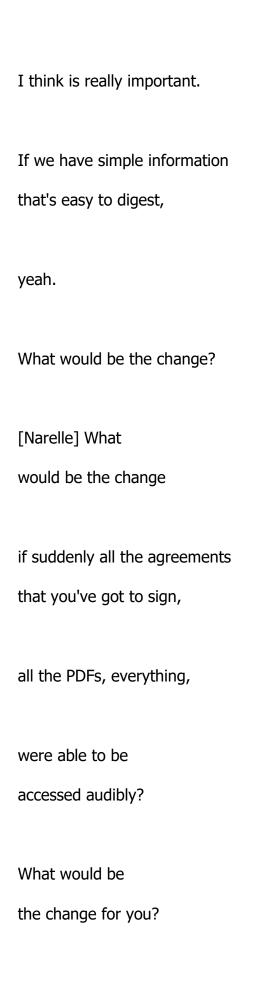
I struggled in school so much

because I'm a hands-on learner.
I can turn a spinner.
I can rebuild an engine.
I can pull the wheels
off a motorbike.
I can create a
phenomenal business
that's serving in
a powerful way.
But if you were to put a
like a policies and it's
like 10, 20 pages long,
I'm just like, oh my God,
that's so overwhelming.



I maybe read books as a kid, but I guess one educational book, you know, and... I read that, it was a gift from a friend, and it was talking about the black dog and about depression. I was like, you know, this is a great book. And I read that, and it was a sense of achievement for me to get to the end of that book.

But the amount of audio books that I have in my... Spotify and Audible is greater than my book collection at home, because I'd rather, for me, listen to an audio book. I'm kind of like a multi-type. I can listen to an audio book, and I can do a bit of work on the side, or I can drive the car or whatever, whatever I'm doing. So yeah, again, just making it really simple,



[Jeb] For me, I wouldn't just put it aside and just trust in what someone else has told me. For example, we discussed briefly about service agreements, you know, before we jumped on the call. If I had for myself a service agreement that was audible, then the likelihood of me listening to that... is far greater than the likelihood of...

myself actually reading through that 20, 30, even up to 40 pages.

It depends what they have in their service agreements.

Ours are very easily digestible, I believe,

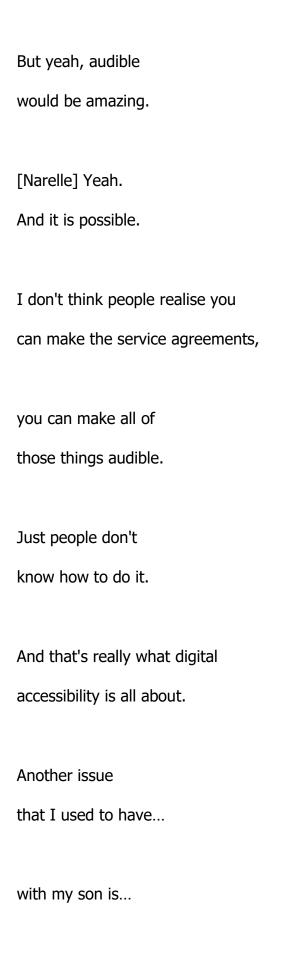
and no doubt there's more work that we can do on that,

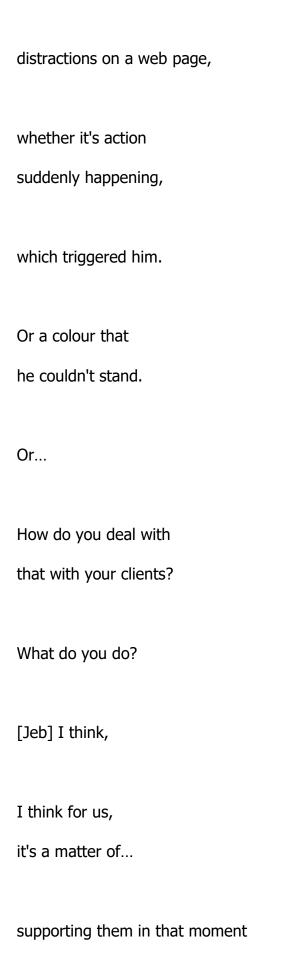
because there's always room for improvement.

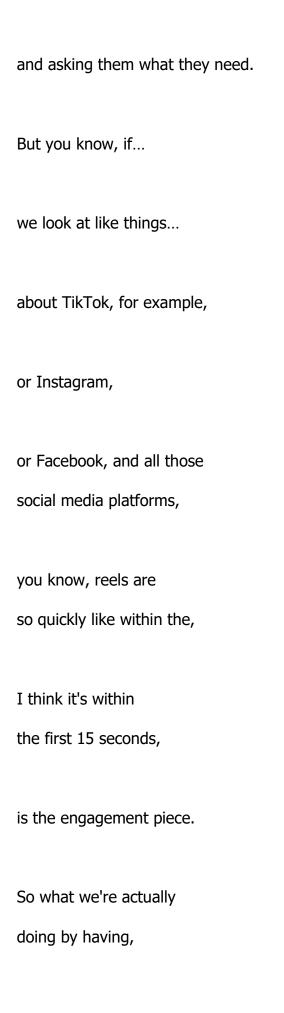
And having this conversation,

for me, is a really great reminder to re-look at that,

and look at how we can improve that service for people.







you know, TikTok, by having like
Instagram reels and those things,

which I'm an advocate for.

I get on Instagram and share things about Heart-Led,

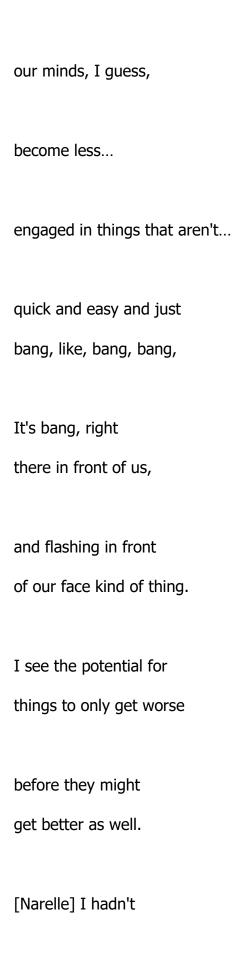
or I share things about my own personal journey...

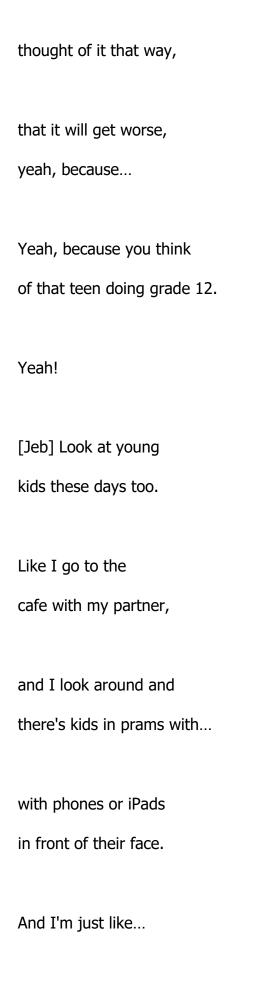
for engagement to support other people,

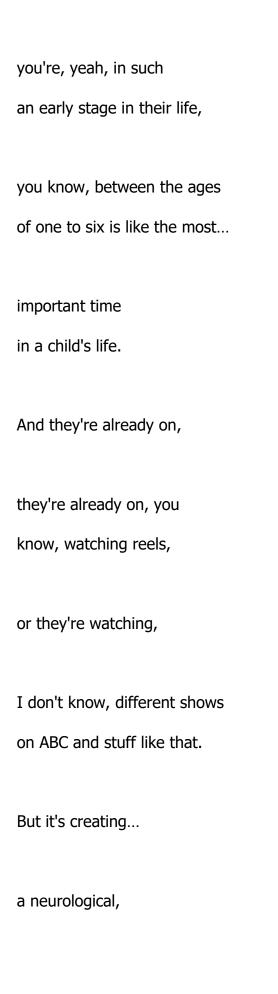
and not for any social fame or anything like that.

It's more about creating awareness.

But what we are actually doing is we're making...







potentially creating, I wouldn't say, I'm not a scientist or anything like that, but yeah, it's potentially creating a more... a bigger problem for the future. So, yeah. It's... It's challenging to, I guess, face, but we've got to face it, and we've got to find solutions to these problems. And the solution, I believe, begins,

I guess, in that space, it begins with the parents.

It begins with the people that are looking after those children,

and their responsibility...

that they need to uphold to make sure their kids are...

digesting or, sorry, ingesting the correct information,

and the right things that support their development.

For us, we loved our little bub to play with.

Like toys and engaging toys that are created to help the mind.

[Narelle] I actually agree with you.

I know for me, when my kids were young,

it was books and lots of books,

and lots of puzzles and things like that.

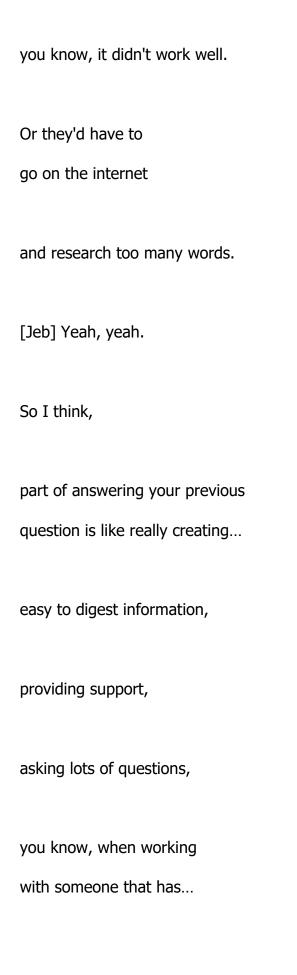
My kids were heavily into the puzzles and things.

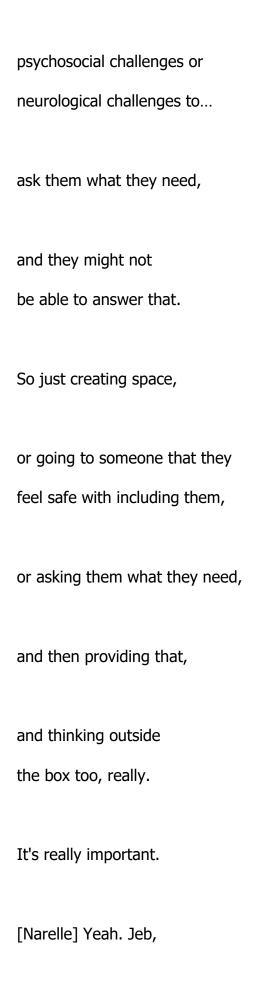
And to be honest, you know, the big puzzles,

I go, yeah, yawn, but they would get into it.

But my kids are also runners and they needed to run.

And I always used to find if my kids went and ran, when they got home, then they sit down and do their homework. It's like letting off that energy that gives them the ability to concentrate. But again, the problems then came in of heaps of words, forms, you know, homework that was really squashed together and,





you've just given me three best,

I was going to ask what's some advice you can give people,

and you've just done it.

Jeb, how can people keep in contact with you

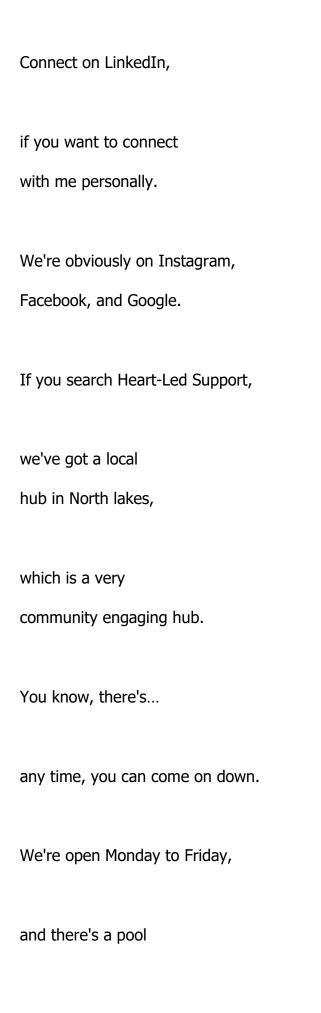
to find out more about what you do,

and you know, maybe come along if they need to help,

they need some help.

What can they do to contact you?

[Jeb] Yeah. Thanks for asking.



table, a ping pong table.
There's a gym area for
guys to move their bodies.
There's a sauna there.
There's an ice bath.
So, we get into those holistic
ways of supporting people.
There's a chill out area
that's a bit more slow,
a bit more calm for
people that might be,
you know,
getting too stimulated.
-[Narelle] Yeah.
-[Jeb] Yeah.

[Jeb] Feel free to just reach out.

There's so many different ways to connect with us.

I think coming through the website,

or jumping on our socials and sending us a message.

Or jumping on
LinkedIn and adding me.

Yeah. I'm more than happy to have a chat,

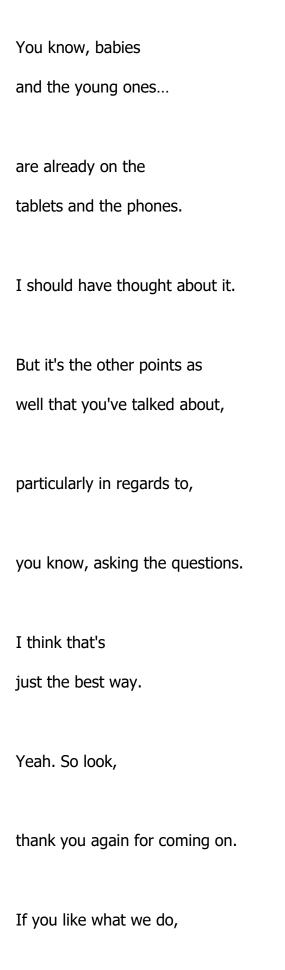
connect and see how I can support other people.

Yeah. So that's some ways.

And for other providers out there, other allied health services or support coordinators, people like that, I run free breath work and burnout workshops. So if your team needs any support around understanding burnout, understanding what breath work is, and how to regulate the nervous system, and how to support themselves, I'm more than happy to come

and run that, and it's free. So, yeah, it's something, part of my mission is to... help people understand more about their nervous system, understand the vagus nerve, understand what breath work is and how to support themselves, and just create more awareness around burnout, because it's a challenging industry at times. Yeah, it's part of what I love to do.

[Narelle] Thanks, Jeb. I'll actually put the website at the end of the... at the end of the podcast, God, I had a brain, my brain snapped there. -[Narelle] Jeb, thank you. -[Jeb] It's okay. [Narelle] You've explained things to me that I hadn't thought of, particularly about the babies, cause obviously, having a severe vision impairment, I don't realise it.



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[Jeb] My pleasure.

[Narelle] We will see you next

time on the Digital Access Show.

[music playing]