

National Suicide Prevention Trial Update

December 2019

As 2019 draws to a close we would like to take this opportunity to highlight the achievements of the National Suicide Prevention Trial in Country SA.

Multiple Lifespan strategies have continued to be rolled out throughout the trial region simultaneously testing out the theory that they are likely to generate bigger effects than just the sum of individual parts due to synergistic effects. This has involved evidence-based interventions from population level to the individual, implemented simultaneously within the trial region.

Improving emergency and follow-up care for suicidal crisis

2019 saw Country and Outback Health and the Pika Wiya Aboriginal Health Service continue to deliver follow-up care after an attempted suicide. Country and Outback Health deliver a mainstream service (My Life) across the whole trial region, whilst Pika Wiya Aboriginal Health Service provide an Aboriginal Specific Aftercare Service in Port Augusta. Both services have been well received throughout the trial region and are continuing to receive steady referrals.

Additionally, Country SA PHN were recently approached by The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP) who would like to use the aftercare model which was co-design with the Aboriginal Working Group as an example of best practice on the CBPATSISP website. We are very proud that the model of care will be showcased on a National level.


Our Chair Kym Thomas travelled to Melbourne with Chez to present at the Indigenous Suicide Prevention Forum on incorporating culture and Indigenous worldviews in the way mainstream services and support responds to the Indigenous crisis, using the above as a case study.

Equipping primary care to identify and support people in distress

During the community, GP and youth consultations, a key message we received was that GPs needed training in suicide prevention, specifically how to support a suicidal patient and how to become more youth friendly.

To address these concerns, we have commissioned GPEX to deliver a suite of accredited webinars to GPs and health professionals focusing on Suicide Prevention. The first of these webinars was held in November and was attended by over 40 health professionals. The next Webinar will be held on Wednesday 29th January 2020. For more information on these webinars please contact Hayley.

Additionally, we have collaborated with Headspace National to provide GPs with free, evidence based Nationally Accredited Youth Mental Health Online Training to help them support young people with mental health concerns. Furthermore, GPs were encouraged to access the Headspace National Clinical Toolkit which provides the GPs with easily digestible evidence summaries, treatment guidelines and reference material to help support youth within their community.



Promoting help-seeking, mental health and resilience in schools

This year in partnership with the Department of Education (DOE) we continued to deliver Youth Aware of Mental Health (YAM) training to Maitland Area School, Tumby Bay Area School and John Pirie Secondary School. To date over 290 students have participated in YAM.

Over 400 Department of Education staff have undertaken the Question, Persuade, Refer (QPR) training assisting a whole school approach to education, awareness and capacity building in suicide prevention. **Preliminary data has indicated that the schools where 100% of staff undertook QPR have shown to have made students feel more supported when seeking help from a teacher for a mental health problem compared to the schools where only 50% of staff undertook QPR training.**

Training the community to recognise and respond to suicidality

Training the community to recognise and respond to suicidality has continued to be a large focus in 2019 with several Questions, Persuade, Refer (QPR) campaigns being held throughout the year. These campaigns have been very successful with over 1500 people accessing the training to date.

Mates in Construction (MIC) have been busy rolling out suicide prevention training throughout the trial region targeting industries whom have a large male workforce. To date over 730 people have been trained. Furthermore, we would like to congratulate the Wakefield Regional Council whom were awarded the Mates in Construction SA Suicide Prevention Training Accreditation.

If you are an employer interested in participating in the training being offered by Mates in Construction, please contact [MIC](#) for further information.

Engaging the community to be part of the change

Community groups and organisations continue to play an important role within their communities in suicide prevention by helping to reduce stigma, provide training and encourage help-seeking behaviours.

Due to the great success of the small grants that were offered in 2018 we decided to run another round of small grants to help communities be part of the change. Successful applicants included: Mentally Fit Ep, SOS Yorke, Australian Red Cross, Mission Australia, Whyalla Suicide Prevention Network, SIPLAG and the Lower Eyre Suicide Prevention Network. We look forward to seeing these projects come to life throughout 2019 and 2020.

Finally, a sincere thank you to all whom have engaged with the NSPT, provided feedback, advice, support and or delivered activity under the NSPT during 2019.

We look forward to working with you all in 2020.

Hayley, Chez, Chloe and Reg

For more information, contact Hayley Colyer - Project Officer Suicide Prevention at
E: hcolyer@countrysaphn.com.au or on M: 0439 203 958

