

National Suicide Prevention Trial Update June 2020

In February, the National Suicide Prevention Trial received a further extension until June 2021 as part of the Federal Government’s national approach to suicide prevention.

This extension will allow us to ensure the significant work already achieved over the past three years continues across the 5 communities within the trial region including Port Lincoln, Whyalla, Port Augusta, Port Pirie and the Yorke Peninsula.

Some of the key achievements of the Country SA trial that can now be continued include: improving emergency and follow-up care for suicidal crisis, including the Aboriginal specific Aftercare service in Port Augusta; GP training in how to support a suicidal patient; the integrated program of community development and support for male dominated industry and workplaces delivered by Mates In Construction; and engaging the communities to be part of the change through the NSPT small grants scheme.

Additionally, we will continue to provide training to the community to recognise and respond to suicidality.

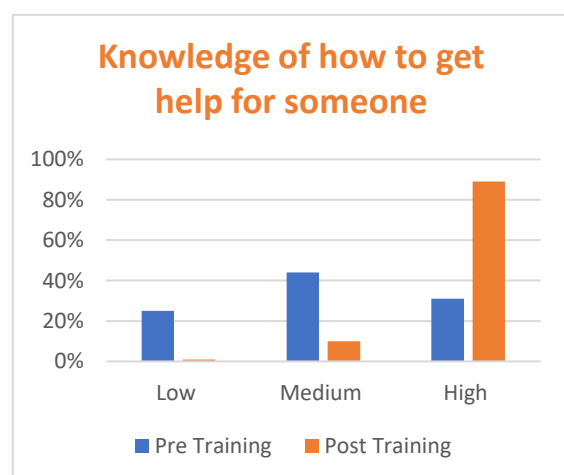
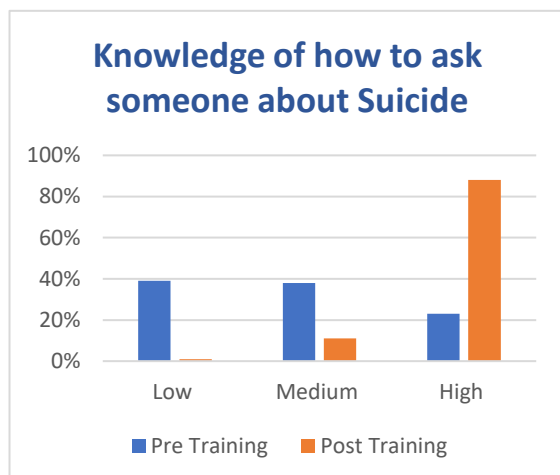
Training the community to recognise and respond to suicidality

A new television and social media campaign which features local community members promoting QPR, the online suicide prevention training that is available to all people residing in regional South Australia to undertake for free will launch this month.

More than 1600 people from across regional South Australia have already accessed the QPR training which has created a vital layer of additional community protection. We want to keep building that community protection so we’re encouraging anyone who hasn’t done the training yet to go ahead and do it – you never know when you might need to use the skills it teaches to help someone.

Preliminary evaluation of the QPR training in Country SA has identified that after completing QPR, 88% of participants rated their knowledge of how to ask someone about suicide as high to very high – as opposed to only 23% prior to completing the training.

Furthermore, 89% of participants rated their knowledge of how to get help for someone as high to very high range – as opposed to only 31% prior to completing the training.



Additionally, EveryMind Australia has advised that QPR is the best option for online evidence-based gatekeeper training in Australia.

To access the **free QPR training** go to www.countrysaphn.com.au and use the code **CSA** or click [here](#).

We will also continue to commission Mates in Construction to deliver male targeted training to build scale and sustainability of suicide prevention knowledge and skills within regional industries. In 2019 the Mates in Construction team provided training to over 730 people and we look forward to seeing that number grown over the next twelve months.

If you are an employer interested in participating in the training being offered by Mates in Construction, or would like to work towards the Mates in Construction SA Suicide Prevention Training Accreditation, please contact [MIC](#) for further information.

Improving emergency and follow-up care for suicidal crisis

Moving into the final year of the trial we will continue to commission Country and Outback Health and Pika Wiya Aboriginal Health Service to deliver a mainstream Aftercare Service (My Life) across the whole trial region and a Aboriginal specific Aftercare Service in Port Augusta. Both services continue to receive steady referrals and are showing positive outcomes for clients accessing the service.

Pika Wiya's Aftercare service continues to attract attention on a National level and was recently showcased on the SBS News. NSPT Steering Committee Chairperson Kym Thomas, along with Pika Wiya's Healthcare Worker Rick Dadleh and Chez Curnow, Manager of Suicide Prevention and Youth Services at Country SA PHN shared their views on why the service is important to the Port Augusta community. Click [here](#) to view the full article.

Equipping primary care to identify and support people in distress

GPEX continue to deliver their suite of accredited suicide prevention webinars and have provided suicide prevention training to over 115 GPs and health professionals over the past 6 months. Topics covered in these webinars have include: Having the courage to ask the suicide question and What next after a patient suicide attempt.

The next webinar will be held on Wednesday July 1, 2020 and will focus on Support after Suicide. The webinar will be presented by Jill Chapman, CEO MOSH Australia and Tracey Wanganeen, Standby Support After Suicide Coordinator and will be facilitated by Associate Professor Jill Benson AM. By the end of the webinar participants will be able to: Understand the complexities of suicide grief and its impact on individuals and families and how to support them; Recognise strategies to discuss post-mortem and coroner outcomes with patients and families; and discuss accessible resources and local support available for primary health care practitioners, individuals and families.

For more information or to register for this webinar please visit [GPEX](#).



Engaging the community to be part of the change

Suicide prevention networks and other community groups continue to play an important role within their communities in suicide prevention by helping to reduce stigma, provide training and encourage help-seeking behaviours. That is why we have just awarded a further \$70,000 in small grant funding to allow the local suicide prevention networks to continue the valuable work they do. The successful networks include SOS Yorke, SOS Copper Coast, Whyalla Suicide Prevention Network, SILPAG, Mentally Fit EP and Lincoln Alive.

To be kept informed of the great work these networks are doing be sure to visit their Facebook pages for up to date information on activities happening across the region.

Trial Evaluation

As we move into the final year of the trial, we will work to commission an analysis of the trial activities to further understand what strategies or activities were most effective in prevention of suicide at a local level. The findings from the evaluation will be shared with the 31 PHN's nationally, the Commonwealth Department of Health and the wider South Australian Suicide Prevention sector and will help to plain future suicide prevention activities and services.

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