

National Suicide Prevention Trial Update

November 2018

We are pleased to announce the Country SA National Suicide Prevention Trial site team have finalised the five-regional suicide prevention consultation reports. One for each of the communities within the Country SA Trail. Each report details the consultation findings and provides recommendations for each community. These are the first place-based findings and recommendations for regional suicide prevention to be developed in South Australia. The final reports can be found [here](#)

The reports are a resource for the region and will assist suicide prevention networks, service providers, local government and the wider sector when developing their own strategic plans, workforce and or designing services.

The NSPT team will now use the findings from these reports to inform our future decisions and work with key stakeholders from each community to develop community driven action plans. which will complement existing regional suicide prevention action plans, providing and overarching view of the community, primary and tertiary suicide prevention activity and strategy within the trial region.

Youth Consultation

The NSPT Youth Project Officer based at headspace Whyalla is currently undertaking a youth consultation to ensure the voices of youth aged 12-25 in the trial region are heard and to enable youth to drive change in youth suicide prevention. To date we have had approx. 120 responses to the survey and 71 young people consulted face to face throughout the trial region.

Community Suicide Prevention Training


The team are continuing to help address the need for suicide prevention training in our communities and used R U OK? Day as a call to action for **Question Persuade Refer (QPR)** training, which is being offered for free to people living in Country South Australia. We were excited to receive support from local community champions who provided press releases encouraging the community to undertake the training.

GFG Alliance Executive Chairman, Sanjeev Gupta, said *“The mental health of his workforce and indeed the entire community was of utmost importance and encouraged all our employees and community members to undertake this simple yet effective training.”*

Whilst **Port Augusta Mayor Sam Johnson**, said *“The advice offered as part of this training is excellent; even if you think you are across how to handle these types of conversations, there are some invaluable tips which can really help to make the difference.”*

To date over 1000 people have accessed QPR training and the data is showing an increase in understanding from community regarding suicide risk factors, myths and confidence in supporting someone at risk of suicide.

The training of local trainers and the delivery of **You Me Which Way (YM-WW)** has commenced throughout the trial region. YM_WW is a culturally appropriate suicide prevention program delivered by local Aboriginal community members who have undertaken training to become accredited trainers.



Furthermore, Lifeline Broken Hill Country to Coast have been continuing to roll out **SafeTalk**, Applied Suicide Intervention Skills (**ASIST**) and **Accidental Counselling** across the region.

With the year quickly coming to an end we have started to plan activity for 2019, we have been working with the University of South Australia to produce a calendar that will showcase photographic images and stories of mental health and help-seeking that will breakdown stigma and facilitate conversations about mental health across the Yorke and Eyre Peninsula. These calendars will be available in December.

2019 Activity

Early next year we will focus on **males and male dominated industry** in a targeted effort to decrease stigma, increase skills and add a protective layer across this priority population.

A roadshow will visit the Yorke Peninsula, Port Pirie, Port Augusta, Whyalla and Port Lincoln throughout February and March and will showcase some great national speakers including former NRL player and boxer [Jo Williams](#), [Anthony Hart](#) and tradies favourite [Jeremy Forbes](#) who all have a unique story to share that will resonate with males

Suicide Prevention Training – Industry

We are currently in discussion with **Mates in Construction** regarding the roll out of suicide prevention training in industry across the trial region in 2019, targeting those industries whom have a large male workforce.

Suicide Prevention Training – Media and Communications

February will also see **Mindframe Plus training** in Whyalla and Port Pirie to build a collaborative relationship with the media, and encourages responsible, accurate and sensitive representation of mental illness and suicide in the media and other sectors that influence the media. This training is important for anyone who would like to know more about how to communicate responsibly about suicide and mental illness such as our mayors, members of parliament, local government, suicide prevention networks, stakeholders and service providers. If you would like to be kept up to date about this training, please register your interest with hcolyer@countrysaphn.com.au

NSPT Small Grants

Will again be available early in 2019, a reminder to register with [Tenderlink](#) to ensure you receive a notification as soon as they are released.

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 2018. We look forward to working with you all in 2019.

Hayley, Chloe, Chez and Reg

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