

National Suicide Prevention Trial Update

April 2019

This year the Country SA National Suicide Prevention Trial team have hit the ground running using the findings and recommendations from the local suicide prevention community consultation reports to progress several strategies throughout the trial region.

Additionally, with the final year the of National Suicide Prevention Trial approaching the team have been working on the final activity work plan 2019-20. Equipped with the findings from the community consultation and the youth consultation reports, we will continue to focus on Aboriginal Torres Strait Islander people, Males (25 -45 years) and Youth (12-24 years).

The 2019-20 activity work plan has been endorsed by the National Suicide Prevention Trial Steering Committee and members of the Lived Experience Reference Group. The activity workplan has now been submitted to the Commonwealth Department of Health for approval.

Training the community to recognise and respond to suicidality

February saw the official launch of the Mental Health and Wellbeing Awareness Calendars with the Yorke Peninsula Suicide Prevention Network SOS Yorke hosting an event to thank those the true champions of lived experience who shared their stories, helping to reduce stigma in Country SA.


The calendars have proven to be a very powerful resource for the local communities it has assisted in breaking down the stigma, generating discussions around the community and allowing people to seek help using the local wellbeing and mental health supports available in their region.

February also saw the **Save our Mates Roadshow** tour the trial region visiting Maitland, Kadina, Port Pirie, Port Augusta, Whyalla and Port Lincoln during February and March showcasing some great national speakers including former NRL player and boxer Jo Williams, Anthony Hart and tradies favourite Jeremy Forbes, who all had a unique story to share that resonated with males from across the region. The event was a huge success with over 600 men attending.

Following on from the roadshow we have engaged **Mates in Construction** to roll out suicide prevention training throughout the trial region targeting industries whom have a large male workforce. To date over 160 males from the Whittens Group in Port Augusta and the Wakefield Regional Council have participated in General Awareness Training (GAT) with over 30 of these males indicating they would like to complete the Connector Training.

Furthermore, Mates in Construction will be delivering SafeTalk training to over 60 staff at St Marks College in Port Pirie and 4 GAT sessions will be delivered for the Port Pirie City Council this month. With Mates looking to extend to other areas within the trial region in the coming months.

If you are an employer interested in participating in the training being offered by Mates in Construction, please contact Hayley for further information.



Encouraging Safe and Purposeful media reporting

In February the **Everymind** team travelled to rural South Australia to deliver the Mindframe Plus training in Port Pirie and Whyalla. These workshops assisted people who worked in media and communications to learn how to portray mental health and suicide prevention in regional South Australia, in a safe and responsible way. Additionally, Everymind meet with media and news outlets in Kadina, Port Pirie, Whyalla and Port Lincoln to promote safe and responsible reporting around mental health and suicide prevention.

Promoting help-seeking, mental health and resilience in schools

In partnership with the **Department of Education (DOE)** the NSPT team will continue to provide suicide prevention training opportunities to youth. This year Youth Aware of Mental Health (YAM) training has been delivered at John Pirie Secondary School and will be delivered to the Maitland Area School and the Tumbly Bay Area School in terms 2 and 3.

Over 200 DOE staff have undertaken the Question, Persuade, Refer (QPR) training assisting a whole school approach to education, awareness and capacity building in suicide prevention.

Improving emergency and follow-up care for suicidal crisis

To assist with follow-up care after a attempted suicide, we are continuing to commission Country and Outback Health and Pika Wiya to deliver a mainstream Aftercare Service (My Life) in the trial region and a Aboriginal specific Aftercare Service in Port Augusta, both services are continuing to receive steady referrals.

Last month we brought both services together to meet with the Beyond Blue's the Way Back team which created a platform allowing each Aftercare service to share their learnings from across the implementation of the aftercare models. This was a fantastic day of shared learning and collaboration.

Equipping primary care to identify and support people in distress

Following recommendations from the local community consultation reports we are currently investigating the potential roll out of an evidence-based e-mental health and wellbeing tool specifically designed for General Practice to assist in identifying and offering treatment for patients with mental health symptoms.

Furthermore, a key recommendation from the youth consultation report was the need to ensure that services in the region are youth friendly, specifically General Practice and primary health clinicians. Therefore, we are currently communicating with Headspace National, investigating this as an area for future activity under the trial.



Engaging the Community to be part of the change

Working with local organisations and suicide prevention networks within the trial region continues to be a key priority for the CSAPHN NSPT team. Which is why we have recently offered a third round of **small grants** to enable communities to help progress activity that address one of the needs in the local community consultation reports or meets one or more of the LifeSpan strategies. The outcome of these grants will be announced in May.

Lastly, we would like to take this opportunity to wish you a happy Easter and to remind you that for many of us Easter is a time for relaxation and social connection but for some, an extended break can be a time for loneliness and despair. Knowing Question, Persuade, Refer (QPR) training can assist you, to help friends and family through tough times and ultimately save their lives from suicide. So why don't you join the more than 1100 people who have accessed the QPR training and help save a life.

To access the **free QPR training** go to www.countrysaphn.com.au and use the code **CSA**.

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