



The National Suicide Prevention Leadership & Support Program

Project Information for Primary Health Networks

This information resource is to assist Primary Health Networks (PHNs) to understand and engage with the work of projects funded by the Australian Government under the National Suicide Prevention Leadership and Support Program (the Program). The Program commenced on 1 April 2017 after an extensive tender process. All successful applicants from the tender process are funded until 30 June 2019.

The Program supports the Australian Government's approach to suicide prevention by providing funding for a range of national projects designed to reduce deaths by suicide across the Australian population, and among at risk groups and to reduce suicidal behaviour (i.e. ideation, planning, self-harm and suicide attempts).

One of the aims of Program is to support PHNs to lead a regional approach to service planning and integration for suicide prevention activities which meets the needs of individuals at the local level. This document aims to facilitate information sharing through building sector partnerships and networks, and to build the capacity of PHNs to take action in response to suicide and self-harm in their immediate region.

In this document you will find information on each project funded under the Program, in addition to their organisational contact details for PHNs seeking further information. The information provided was produced by the national organisations and collated by the Department of Health. It is targeted towards PHN suicide prevention project managers to improve their knowledge of what the national projects do and how their work can link with and support PHN's role in planning and commissioning community-based suicide prevention activities in their region.

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Suicide Prevention Australia - Strategic and Collaborative Leadership in Suicide Prevention

Who is Suicide Prevention Australia?

Suicide Prevention Australia (SPA) facilitates strategic partnerships and collaboration between community based organisations, researchers, people with lived experience, PHNs and governments to drive system reform and quality approaches designed to achieve a meaningful reduction of suicide in Australia.

SPA actively partners with stakeholders to deliver independent, effective and unified national leadership in suicide prevention and provide support to the suicide prevention sector. SPA aims to value-add to the government's investment in PHNs, by providing them with evidence-based advice, resources and support to inform regional planning and commissioning of suicide prevention services.

How can Suicide Prevention Australia help PHNs?

Leveraging the Suicide Prevention Research Fund and SPA's extensive membership and networks, SPA is developing a Best Practice Hub to provide an online portal of evidence based suicide prevention programs and services in Australia. This Best Practice Hub (to be launched in early 2018) will integrate with resources produced by other projects funded under the Program, such as Everymind's *Life in Mind* and the University of Western Australia's Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention.

SPA can provide representatives for PHN suicide prevention advisory committees, working groups and commissioning committees. Four PHNs already utilise this expertise and SPA would like to expand this offering. In addition, SPA can provide lived experience expertise for suicide prevention regional planning and service delivery.

Additional information for PHNs

SPA is developing an operational relationship with PHNs through provision of workshops and encouraging closer liaison with SPA members operating in the sector via membership arrangements. An annual one day workshop, complementing the PHN Workshop at the National Suicide Prevention Conference, is a feature of SPA's Operational Plan.

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The University of Melbourne - National Leadership in Suicide Prevention Research Project

What is National Leadership in Suicide Prevention Research Project?

The Centre for Mental Health under the leadership of Professor Jane Pirkis has been funded by the Australian Government Department of Health to conduct the National Leadership in Suicide Prevention Research project. The project comprises four interrelated work streams which are focussed on: 1) understanding need, 2) identifying effective interventions, 3) exchanging knowledge, and 4) building capacity. The project will aim to inform a future agenda for suicide prevention research in Australia and build the suicide prevention research and evaluation capacity of key stakeholders within the field, such as academics and PHNs.

How can National Leadership in Suicide Prevention Research Project help PHNs?

As part of the project, the Centre for Mental Health are exploring the possibility of running evaluation workshops for PHNs and other stakeholders that would support PHNs in their regional suicide prevention approach, by building their capacity to conduct rigorous evaluations of suicide prevention initiatives and thereby contribute to building the evidence base for what works and what does not work in suicide prevention.

Additional information for PHNs

The Centre for Mental Health is supported through a Steering Group, which comprises Australian suicide prevention experts, and is working in consultation with other projects funded under the Program in order to maximise Program outcomes for the wider sector.

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The University of Western Australia - Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention

What is the Centre of Best Practice in Aboriginal Torres Strait Islander Suicide Prevention?

The national Centre of Best Practice in Aboriginal Torres Strait Islander Suicide Prevention (CBPATSISP) is located at the Poche Centre for Indigenous Health at the University of Western Australia (UWA). CBPATSISP aims to reduce the causes, prevalence and impact of suicide on Indigenous individuals, families and communities (with a focus on at risk groups) by identifying, translating and promoting the adoption of best practice in Indigenous specific suicide prevention activity, including that which is found in new and emerging domestic and international research.

To support best practice in Indigenous suicide prevention, CBPATSISP will also develop and promote for communities, community organisations and PHNs:

- a clearinghouse website;
- best practice guidance and resource materials;
- a culturally appropriate evaluation framework;
- national conferences;
- an Indigenous specific adaptation of the 'systems approach' to suicide prevention aligned with the current overarching approach to suicide prevention; and
- a responsive education/guidance program.

The CBPATSISP consortium includes the Healing Foundation, the Telethon Kid's Institute, HealthInforNet and senior advisor, Professor Tom Calma. As the CBPATSISP's work progresses, CBPATSISP will include relevant leading Australian Indigenous/non Indigenous health research institutions.

How can CBPATSISP help PHNs?

The CBPATSISP will identify and assess relevant existing international and Australian research/evaluations for best practice in Indigenous suicide prevention through an Indigenous 'lens' by use of the criteria set out in the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report. This is for practical application by Indigenous communities, community organisations and PHNs for their suicide prevention activity.

This will involve the development of innovative, evidence based approaches and methodologies to assessing best practice through an Indigenous lens including by utilising a community/consumer feedback mechanism. The CBPATSISP will identify the need for, and facilitate, innovative research (including evaluations of unevaluated activity) to support the identification of best practice.

The CBPATSISP will translate best practice for practical application for stakeholders including developing stakeholder accessible guidance and resource materials.

Additional information for PHNs

CBPATSISP has developed a strong relationship with the WA Primary Health Alliance, and has participated in the Victorian Department of Health and Human Service's *Suicide Prevention Placed-based Trials: Statewide Stakeholder Forums* in Victoria. CBPATSISP will be approaching PHN's to see how the CBPATSISP can assist.

To date initial collaborations have included Black Dog, Everymind (Life in Mind), Suicide Prevention of Australia, the University of Melbourne (Research Priorities in Suicide Prevention). Professor Pat Dudgeon from the CBPATSISP is a member of the Kimberley Suicide Prevention Trial Steering Group.

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R U OK? Australia

Who are R U OK?

R U OK? is a nationally accessible primary prevention program, aimed at strengthening Australia's informal community care capacity by inspiring and empowering people to meaningfully connect with and support individuals experiencing difficulties. R U OK? provides guidance across its campaigns on how to ask, listen, encourage action (referral pathways) and check in.

R U OK? offers an exemplary and unique platform for suicide prevention awareness and community development. It's a grass roots campaign with an enormous and growing following and uptake. It leverages significant community and corporate support.

R U OK?'s strategy is based on strengthening suicide protective factors (specifically, connectedness and a sense of belonging), while drawing on innovative and best-practice expertise, evaluation, marketing and communication principles. R U OK?'s audience is anyone who knows someone struggling with life.

R U OK? collaborates with and promotes mental health organisations and support services which provide expert support for people experiencing distress, suicidal thoughts or living with mental illness.

How can R U OK? help PHNs?

R U OK? is a highly recognised and well-received national campaign that is evidence informed and has a strong footprint in Australian communities based on activity and publicity over previous years. R U OK? have a large database of existing campaign activities, materials, strategies, event ideas and other resources which are freely available for PHN's to access and promote via the website.

Having these resources already available, as well as the established recognition of the campaign messaging, is a significant benefit of linking in with R U OK? in terms of efficiency, and will facilitate quicker buy-in than trying to design a new campaign from scratch.

Additional information for PHNs

R U OK? campaigns are designed to build confidence and capacity to navigate a conversation with someone who is struggling with life; and contribute to long-term behavioural change. R U OK? Day is a national day of action complimented by yearlong campaigns and resources, open-source and freely accessible at www.ruok.org.au.

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Everymind - Mindframe

What is *Mindframe*?

The Everymind aims to reduce mental ill-health, reduce suicide and increase well-being through the capacity building of individuals, families, communities, organisations and governments.

Mindframe encourages responsible, accurate and sensitive representation of mental illness and suicide in the Australian media (i.e. online, print, broadcast and stage and screen).

Mindframe involves building a collaborative relationship with the media and other sectors that influence the media. Program activities include national leadership, resource development and national dissemination, and ongoing contribution to the evidence-base.

How can *Mindframe* help PHNs?

Mindframe will provide leadership within the sector, through acting as the national voice on responsible, accurate and safe representation of suicide and mental illness in the media and in the development of media and campaign messages. *Mindframe* will deliver scalable strategies to support a regional approach to building capabilities through linking with the PHNs, national and state pilot sites for systematic approaches.

Additional Information for PHNs

Mindframe welcomes opportunities to work collaboratively with PHNs to support their suicide prevention activities focused on the development of media and campaign messages.

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Everymind - *Mindframe* Plus

What is *Mindframe* Plus?

The Everymind aims to reduce mental ill-health, reduce suicide and increase well-being through the capacity building of individuals, families, communities, organisations and governments.

Mindframe Plus is an enhanced delivery of *Mindframe* training and support for regional suicide prevention collaboratives to be better prepared in advance for proactive suicide prevention communication and for high profile suicides or clusters occurring, that has been commissioned by *Mindframe* for the purposes of Black Dog Institute's LifeSpan framework.

Mindframe Plus makes the expertise of *Mindframe* available to suicide prevention trial sites and takes core content of *Mindframe* and disseminates it to the local regions to support stronger implementation. It gives regional stakeholders the opportunity to obtain feedback on their media plans directly from *Mindframe*.

How can *Mindframe* Plus help PHNs?

Mindframe Plus will provide support to local regions to ensure that they have a plan in place ahead of suicides or clusters to support the community and minimise any potentially risky coverage whilst promoting help-seeking pathways.

It is intended that coverage frequency of prevention efforts and issues related to suicide prevention will increase; and move away from intense coverage of personal stories of suicide. Additionally, quality coverage increases as a result of *Mindframe* Plus.

Additional information for PHNs

Mindframe Plus welcomes opportunities to work collaboratively with PHNs to support their communication and media focused suicide prevention activities.

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Everymind - Life in Mind

What is *Life in Mind*?

The Everymind aims to reduce mental ill-health, reduce suicide and increase well-being through the capacity building of individuals, families, communities, organisations and governments.

Life in Mind involves the development of a comprehensive online portal with an overall purpose of connecting organisations, programs, researchers and professionals working in suicide prevention in Australia and supporting a coordinated, consistent national approach to suicide prevention. The *Life in Mind* portal will link policy to practice, communities to help-seeking and practitioners to the evidence base, and in turn better support people to communicate about, and respond to suicide and its impacts. An additional aim of *Life in Mind* is to operationalise the National Mental Health and Suicide Prevention Charter by promoting uptake by organisations and people involved in the promotion of mental health and wellbeing, and the prevention of suicide in Australia.

How can *Life in Mind* help PHNs?

The *Life in Mind* portal will include a comprehensive online directory that will enable PHNs to access details of suicide prevention organisations and information relevant to their local area. The directory will outline contact details, resources, programs, services and research that each organisation offers and how this may be able to support their regional suicide prevention activities.

The online portal will also include information (e.g. fact sheets and templates) around conducting evaluations of projects/activities, how to implement projects, and how to interpret research.

Additional information for PHNs

There will be the opportunity for PHNs to upload their suicide prevention strategies/frameworks, so they can share/access plans across the 31 PHNs.

The *Life in Mind* team are motivated to support the suicide prevention related activities of PHN's and welcomes suggestions and feedback for ways in which the online portal may assist in these efforts.

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ReachOut Australia

Who are ReachOut?

ReachOut.com is a youth mental health portal, built with smart digital technology. ReachOut is accessed by 132,000 people in Australia every month; or more than 1.58 million people each year. In addition to ReachOut's core service for 14–25 year-olds, ReachOut have developed a range of innovative tools and programs that extend reach and impact, including:

- **ReachOut Next Step:** a tool that recommends customised support options based on a young person's symptoms and how significantly the symptoms are affecting them.
- **Toolbox:** a digital tool that recommends mental health and wellbeing apps and digital resources.
- **ReachOut Orb:** an innovative digital game designed for use in Year 9 and 10 classrooms.
- **ReachOut Schools:** support to teachers and other schools-based professionals on building young people's wellbeing and resilience.
- **ReachOut Parents:** information, coaching, tools and resources to help parents and carers support teenagers.

ReachOut's project is informed by a longitudinal cohort study of ReachOut.com service users that indicates the service currently attracts a large volume of users at risk of suicide (40.7% of the study sample) that have not sought help elsewhere. The cohort study data will inform a national suicide prevention media campaign that will facilitate early help-seeking and self-help.

How can ReachOut help PHNs?

ReachOut can assist PHNs in modelling a stepped-care care approach that provides young people with immediate help and support (self-help); access to alternative forms of help-seeking where face-to-face services may be many kilometres away; and gets them to the right service more quickly to help manage service demand. ReachOut Parents can help parents better support their teenager.

ReachOut's evidence-based resources can support school-based activities to:

- increase awareness around good mental health, wellbeing and suicide prevention;
- inform students of how to access help-seeking, both online and face-to-face, and introduce them to a range of tools and apps; and
- help parents help their teenagers.

Additional information for PHNs

Additional data of interest to PHNs from the longitudinal cohort study suicidal ideation questionnaire:

- over 33% of 16–20 year-olds identified as being at high-risk of suicide, while 24% of 21–25 year-olds identified as high-risk;
- individuals who identified as Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI) were nearly twice as likely to be at high risk of suicide as heterosexual individuals; and

- 85.7% of participants who were at high risk of suicide faced stressful or serious problems in the last three months and recognised that they needed help. 50.7% did not seek help, whilst 35% sought help.

*Note: detailed data available on request.

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Community Broadcasting Association of Australia - Community Radio Suicide Prevention Project

Who are the Community Broadcasting Association of Australia?

The Community Broadcasting Association of Australia is a not-for-profit organisation that is the peak body for community radio and television stations in Australia. The Community Radio Suicide Prevention Project utilises satellite and local radio broadcasting to provide the delivery of suicide, mental health and well-being messages through over 420 radio stations nationwide, as well as the distribution of a monthly magazine and audio CD to promote suicide prevention, relevant services, help-seeking behaviours and well-being to a large national audience. Every six months throughout the project, specific content is provided for Indigenous and Culturally and Linguistically Diverse (CALD) audiences (including information in a range of community languages), as well as for young people.

How can Community Broadcasting Association of Australia help PHNs?

The Community Broadcasting Association of Australia, through the Community Radio Suicide Prevention Project, is able to (if required) facilitate the promotion of the work of PHNs at a regional level through the provision of information to regional broadcasters.

Additional information for PHNs

The Community Radio Suicide Prevention Project plays a key role in communicating national and regional suicide prevention programs and initiatives with specific audience groups around Australia. Community Broadcasting Association of Australia are open to any suggestions for how they can support PHNs through their unique community networks and ability to distribute information on-air, as well as through project mailouts and community-based activities.

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Orygen, the National Centre for Excellence in Youth Mental Health - Chatsafe Project

Who are Orygen and what is Chatsafe?

Orygen is a world leading research and knowledge translation organisation focusing on mental ill-health in young people. At Orygen, leadership and staff work to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health. Orygen also houses an internationally recognised suicide prevention research unit.

The aims of the Chatsafe project are to work in partnership with: young people (between 12 and 25 years) across Australia; international and national suicide prevention experts; and, the Australian media and communications industry to:

- develop a set of evidence-informed guidelines and supporting resources regarding safe peer-to-peer online communication about suicide for young people; and
- develop a series of evidence-informed online materials targeting young people that will be rolled out as a part of a national social media campaign.

How can Chatsafe help PHNs?

Community engagement and media reporting of suicide are key features of the 'Systems Approach to Suicide Prevention' currently being rolled out via PHNs. However limited evidence exists regarding how to communicate safely about suicide using social media, or regarding the potential for social media to play an active role in suicide prevention. This project will address these evidence gaps and, in doing so, will provide PHNs with resources, guidelines and a coordinated national campaign to help support relevant activities.

Additional information for PHNs

This project is highly innovative, and will be the first, internationally, to engage young people in the development of evidence-informed guidelines and evidence-informed campaign materials on suicide prevention. Orygen will be happy to provide PHNs with resources, advice and support on this issue in an ongoing manner.

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OzHelp - Workplace Suicide Prevention and Mental Health Program

Who are OzHelp?

OzHelp's purpose is to support and resource people in workplaces to be more resilient and confident in meeting life's challenges. OzHelp has been successful in partnering with the Australia Government to provide early intervention and suicide prevention strategies, under the National Suicide Prevention Leadership and Support Program.

By delivering web-based mental and physical health screening programs and mental health training programs to workplaces, OzHelp are able to engage with any workplace anywhere in Australia. The services provided nationally by OzHelp follows a solution focussed approach and in most situations are delivered in workplace settings.

OzHelp seeks to work proactively with PHNs to access more workplaces within their PHN region and provide them their services. At the same time OzHelp wishes to partner with PHNs to understand and develop referral pathways that are appropriate and subsequently increase the range of service that can be made available to individuals in need.

How can OzHelp Help PHNs?

As a result of OzHelp's capacity to deliver online services, OzHelp are able to identify people with heightened risk of physical and mental health challenges and to provide them with direct support and referral pathways to local services.

Intrinsic to every aspect of OzHelp's work is their support, coaching and training element. OzHelp work towards reducing stigma around mental illness and improving mental and physical health literacy, along with the development of specific suicide prevention skills that are key to OzHelp's evidence based training and coaching suite.

During 2017-18 20,000 people will be screened and trained in the new web based services nationally.

Additional information for PHNs

Possible collaboration between OzHelp and PHNs:

- establish client referral pathways to services in the PHN area;
- PHNs to refer clients to OzHelp;
- PHNs partner with OzHelp in the delivery of programs;
- PHNs to provide referrals to employers to access OzHelp services;
- Contribute to the development of evidence base; and
- OzHelp to provide de-identified reports to the PHN on the data collected.

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The National LGBTI Health Alliance - MindOUT National LGBTI Mental Health and Suicide Prevention Project

What is MindOUT?

The MindOUT National LGBTI Mental Health and Suicide Prevention Project develops and delivers national suicide prevention initiatives that build the capacity of the mental health and suicide prevention organisation, programs, services and practitioners to identify and respond the support and wellbeing needs of LGBTI populations.

MindOUT is a national project, delivered across all states, territories and PHN areas. The target population for this project is LGBTI and other sexuality, gender, and bodily diverse people and communities

MindOUT is delivered by the National LGBTI Health Alliance, who is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on LGBTI people and other sexuality, gender, and bodily diverse people and communities.

How can MindOUT help PHNs?

MindOUT provides advice and support the PHNs to lead a regional approach for suicide prevention activities which meets the needs of LGBTI people at a local level.

- The Online PHN Hub has resources developed specifically for PHNs to increase PHN's knowledge of LGBTI populations, and gain an understanding of aspects to consider when commissioning services or designing programs that are able to respond to the needs of LGBTI people, families and communities. Topics include alcohol and other drugs, young people, families, ageing and aged care, data integrity and intimate partner violence. The online hub can be accessed at lgbtihealth.org.au/phn/
You can access these resources by registering at lgbtihealth.org.au/phn-register/ (please note: only PHN email addresses will be approved for access).
- Access online professional development webinars at lgbtihealth.org.au/mindout-webinars/
- Receive regular sector updates from Network MindOUT at lgbtihealth.org.au/networkmindout/
- Download a series of resources to support LGBTI Inclusive Practice at lgbtihealth.org.au/mindout-resources/
- Access face-to-face professional development training at lgbtihealth.org.au/training/

Additional information for PHNs

The *National LGBTI Mental Health and Suicide Prevention Strategy* is a plan for strategic action to prevent mental ill-health and suicide, and promote good mental health and wellbeing for LGBTI people and communities across Australia. This strategy includes recommendations across the breadth of approaches in Australian mental health work including promotion, prevention, intervention, treatment and maintenance. The strategy can be downloaded from: lgbtihealth.org.au/resources/national-lgbti-mental-health-suicide-prevention-strategy/

MindOUT will continue to develop resources and webinars that specifically address trends PHNs are seeing in your regions relating to LGBTI people and mental health and suicide prevention.

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Wesley Mission - Wesley LifeForce Suicide Prevention Networks

Who are Wesley and what are the Wesley LifeForce Suicide Prevention Networks?

Wesley Mission is a not for profit organisation established through the Uniting Church of Australia. Reverend Bob Dunlop of Wesley Mission established Wesley LifeForce Suicide Prevention Services in 1995 as a response to the growing number of suicides in Australia.

The Wesley LifeForce Suicide Prevention Networks (LifeForce Networks) partners with 72 communities throughout Australia to develop and maintain the LifeForce Networks. These community-based networks address area-specific suicide and wellbeing issues. Wesley acts as a backbone agency, providing seed funding, facilitation, network governance and support in developing strategic community plans. LifeForce Networks are owned by the community and tailor activities to address local concerns. The LifeForce Networks target high-risk populations in all Australian states and territories, including 12 located in Aboriginal communities.

Wesley Mission has received funding through the Department of Health to establish an additional 32 LifeForce Networks nationally and continue to provide support to the existing LifeForce Networks until June 2019.

How can the LifeForce Networks help PHNs?

Established LifeForce Networks can be utilised to support PHNs in commissioning regional suicide prevention activities. These include:

- being a whole of community reference group for the PHN to receive advice and guidance on commissioning activities and enacting community action plans; and
- supporting the PHN through having representation on high level strategic governance reference groups.

In addition to national funded activity, the LifeForce Networks program can be commissioned by the PHN to:

- support engaging the community in community based suicide prevention activities;
- establish regional suicide prevention reference groups and/or LifeForce Networks; and
- provide advice/ support on community engagement and community development processes in suicide prevention.

Additional information for PHNs

Wesley would like to encourage PHNs to:

- connect and include established LifeForce Networks in on regional planning for suicide prevention activities within their region; and
- consider accessing the support and subject matter expertise of LifeForce Networks in community engagement and community development in suicide prevention.

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Wesley Mission - Wesley LifeForce Suicide Prevention Training

What is Wesley LifeForce Suicide Prevention Training?

Wesley Mission is a not for profit organisation established through the Uniting Church of Australia. Reverend Bob Dunlop of Wesley Mission established Wesley LifeForce Suicide Prevention Services in 1995 as a response to the growing number of youth suicides in Australia. Wesley LifeForce facilitates suicide prevention workshops to community members in metropolitan, regional, rural and remote Australia. Participants represent the full range of community members and may include clergy, first responders or teachers.

In addition to community workshops Wesley LifeForce facilitates suicide prevention workshops to a range of frontline healthcare workers, General Practitioners (GPs) and practice nurses, practice managers and GP office staff, relationship counsellors, aged care nurses and aged care workers.

The Wesley LifeForce suicide prevention program has also been adapted for Aboriginal and Torres Strait Islander communities in consultation with communities in Halls Creek Western Australia, Katherine in the Northern Territory and Thursday Island in the Torres Strait.

How can Wesley LifeForce Suicide Prevention Training help PHNs?

Wesley LifeForce can facilitate community suicide prevention workshops to community and frontline healthcare providers as outlined above. Wesley work in consultation with other organisations such as PHN education and mental health and suicide prevention staff, aged care providers and counselling organisations such as Relationships Australia to promote and facilitate the programs.

Wesley are also able to facilitate Train the Trainer programs, both for community training as well as Aboriginal and Torres Strait Islander training. Applicants for the Train the Trainer programs are required to meet specific vocational criteria as well as having access to regular clinical supervision.

Additional information for PHNs

The following professional bodies have accredited Wesley LifeForce suicide prevention training as continuing professional development for their members:

- Royal Australian College of GPs;
- Australian College of Rural and Remote Medicine;
- Australian Primary Health Nurses Association;
- Australian Association of Practice Managers; and
- Australian Counselling Association.

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United Synergies Limited - StandBy Support after Suicide

What is Standby?

StandBy Support after Suicide (StandBy), a program of United Synergies, was established in 2002 and evolved from the need for a coordinated community response to suicide.

StandBy is recognised as one of Australia's leading suicide postvention programs dedicated to assisting people and communities impacted by suicide. StandBy is a community-based program that provides a 24/7 coordinated response to assist families, friends, frontline responders (e.g. GPs and emergency workers), workplaces, sporting teams, schools, funeral homes and witnesses who have been bereaved by or exposed to a suicide loss.

StandBy recognises both kin and non-kin groups with perceived closeness to the deceased as target demographics. The program offers telephone or face-to-face support, regardless of when or where the suicide occurred.

StandBy is currently aligned to nine PHN regions Tasmania; Country SA; ACT; North Coast NSW; Brisbane South; Brisbane North; Central Queensland, Wide Bay, Sunshine Coast; Northern Queensland and partially in Country Western Australia (Kimberley). StandBy also provide StandBy service provision in North West Central Queensland; Northern Territory and the Pilbara Western Australia.

How can StandBy help PHNs?

StandBy is able to support PHNs be providing:

- needs/gaps identification in suicide postvention; and
- suicides trends in the PHN regions Standby currently operate.

Additional information for PHNs

- There may be opportunities to address all PHNs about StandBy at professional development workshops.
- PHN regions that currently don't have StandBy coverage may be able to be supported through the Critical Postvention Response (CPR) service.
- Standby offers training specifically around suicide grief and loss.

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MATES in Construction - the MATES in Construction Suicide Prevention Program

Who are MATES in Construction?

MATES in Construction (MIC) has been funded to provide national delivery of the MATES in Construction Suicide Prevention Program. MIC provides expertise in mental health and suicide prevention in blue collar workplaces. The program is evidence based interventions focusing on stigma reduction, gatekeeper training and case management. MIC provides the connection between a worker's need(s) and the most appropriate level of service whether clinical or social in the local community. The program comprises:

- raising suicide awareness by effective and direct communication with all levels of industry through channels such as training, volunteer networks, printed and electronic material;
- building capacity by delivering onsite training programs;
- providing help by connecting workers to existing services and ensuring the services are both practical and useful for the individual; and
- support research by gathering data and partnering with research institutions to build an evidence base for workplace based suicide prevention.

How can MATES in Construction help PHNs?

Currently, MIC area of service spans 22 of the 31 PHNs in QLD, NSW, WA and SA. MIC records all training and case management data in alignment with the PHN boundaries. MIC has the capacity to provide reports on the number of people trained, the issues being case managed and referral services being used in each PHN.

MIC support the PHNs planning and commissioning functions through:

- attending consultation sessions and membership on Steering Committees.
- participating in audits of allied mental health and suicide prevention services.
- advising on service gaps and process; and
- supporting local community based suicide prevention initiatives by activating volunteers within the networks.

Additional information for PHNs

MIC has been involved in the development of the lived experience program, through collaboration with SPAs lived experience advisors and Roses in the Ocean, to ensure MIC are equipped to support all persons living with mental illness.

Contact details

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Mental Health First Aid Australia - Mental Health First Aid Training

Who are Mental Health First Aid Australia?

Mental Health First Aid (MHFA) Australia is a national non-for-profit focused on mental health training and research. Two high-risk groups for suicide are people with gambling problems and people engaging in non-suicidal self-injury. MHFA are developing and will be evaluating two separate specialised half-day courses based on Delphi expert consensus guidelines on how to provide mental health first aid to someone experiencing gambling problems (to be launched by December 2017) or engaging in non-suicidal self-injury (to be launched by June 2018).

MHFA are also developing half-day refresher training programs for community members who are Accredited Mental Health First Aiders in the Standard, Youth and Aboriginal MHFA Programs (to be launched in early 2018). Finally, MHFA are also providing subsidised access for first-year health and allied health tertiary students to the eLearning component of their Blended MHFA Course for Tertiary Students (available now).

How can Mental Health First Aid Australia help PHNs?

MHFA can assist PHNs in finding suitable local Instructors to deliver training, or MHFA can train suitable individuals embedded in a PHN to deliver MHFA courses. MHFA courses contribute to suicide prevention, by teaching members of the community how to support someone who is showing the early signs of a developing mental health problem, like depression or psychosis, or experiencing a mental health crisis, like suicidal thoughts and behaviours, to get appropriate professional support. MHFA have over 1,300 Instructors delivering MHFA courses across every PHN in Australia.

Additional information for PHNs

MHFA also have a specialised course for the community specifically on how to help someone experience suicidal thoughts and behaviours. For more info on any of MHFA training courses visit www.mhfa.com.au.

Contact details

MHFA Australia

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