

K E M P S E Y

Community Suicide Prevention Action Plan 2019-2020



The Kempsey Community Suicide Prevention Action Plan has an overall objective to be successful and effective in reducing suicide attempts and deaths in the Kempsey Region. It combines evidence-based strategies with the knowledge, history and cultural relevance of our entire community.

This Action Plan is the result of a two-year ongoing suicide prevention consultation within the Macleay Valley.

This consultation led to the recent placement of a local Suicide Prevention Project Co-ordinator who will oversee

and implement the Action Plan over the next 18 months. The Plan will help to empower services, as well as educate and encourage collaboration of our local professionals, champions, young people and general community.

This will be delivered by assisting the Macleay Valley to adopt the most up to date best practice care, be culturally appropriate in holistic approaches, and engage community ownership with prevention strategies. These key areas are vital for community success.

This will be achieved by establishing opportunities for Working Groups within community to provide advocacy, collaborate, and take an active role and initiative for actions within this plan.

Community representatives from various cohorts, local Government organisations, local supports, services, charities and community groups, funding bodies and committees as well as local champions and people with lived experience will make up these locally led Working Groups.


For more information about the trial plan and how to be involved contact Melissa Robinson, Kempsey Community Suicide Prevention Project Co-ordinator on MRobinson@mvwlc.nsw.edu.au



COMMUNITY-OWNED: This Plan has been developed in close consultation with the Kempsey community and supported by these organisations:



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- Lifeline 13 11 14 or www.lifeline.org.au/Get-Help
- Suicide Call Back Service 1300 659 467 or www.suicidecallbackservice.org.au
- beyondblue 1300 224 636 or www.beyondblue.org.au
- Rekindling the Spirit (02) 6622 5534 Mon-Fri, 9-5pm or www.rekindlingthespirit.org.au
- National Indigenous Critical Response Service 1800 805 801
- ACON (02) 6622 1555 Mon-Fri, 9-5pm or www.acon.org.au
- StandBy www.standbysupport.com.au
- headspace 1800 650 890 or www.eheadspace.org.au
- Open Arms Veterans and Families Counselling 1800 011 046 or www.openarms.gov.au

ACTION 1: **Community Engagement**

- Consultation baseline survey – measure community's current understanding, needs and expectations
- Information and referral pathways project – mapping services that are available in community
- Communication plan – convey purpose, participation opportunities, outcomes and achievements

ACTION 2: **Community Capacity Building and Recovery and Healing**

- Targeted gatekeeper training – delivery of QPR, ASIST, and various Mental Health First Aid training in community
- Red Dust Healing – delivery, implementation and community ownership of the Red Dust Healing Program

ACTION 3: **Safe and Purposeful Media Reporting**

- Mindframe – introduction of training and creation of safe community guidelines for media reporting

ACTION 4: **Building Help Seeking and Resilience in Young People**

- Collaboration for Youth Project – create a collaborated local plan to address wellbeing, intervention, crisis response and postvention response for young people
- YAM (Youth Aware of Mental Health) – explore and develop plan for delivery of YAM program in schools

ACTION 5: **Improving Emergency and Follow Up Care**

- Crisis and aftercare service – assist and contribute to the collaborated establishment and delivery of a local crisis and aftercare service
- Best and promising practice guidelines – identify, review, recommend and implement best and most promising practice guidelines for emergency and mental health teams

ACTION 6: **Workforce Development and Training**

- Targeted workforce training – delivery of ASIST and Advanced Training in Suicide Prevention to targeted workgroups including GP's and First responders
- Local Health Professionals Initiative – explore and identify current and potential opportunities for localised professional networks

ACTION 7: **Lived Experience Network**

- Roses in the Ocean Training – create and establish a lived experience strategy to work within community, and deliver training and project outlines for identified local champions

