

L I S M O R E

Suicide Prevention Action Plan Summary

2019-2020



The *Lismore Suicide Prevention Action Plan* is a strategic and coordinated plan linked to the Commonwealth Department of Health, National Suicide Prevention Trial. The trial aims to prevent suicide and promote good mental health and wellbeing in the Lismore LGA by adopting an evidence-based, integrated approach to suicide prevention. It utilises the Black Dog Institute's LifeSpan model which combines nine community-led strategies connecting new and

existing interventions, while building a suicide prevention safety net for the Lismore community.

The Lismore trial is overseen by a Steering Committee made up of local service providers, people with lived experience of suicide, government and non-government agencies, and is led by a full-time project coordinator.

The Action Plan's overarching objectives and individual initiatives are detailed on page two.



For more information about the trial please contact Cath Bird, Community Project Coordinator Suicide Prevention, Lismore Lifeline Direct catherine.bird@lifeline.org.au

COMMUNITY-OWNED

This Plan has been developed in close consultation with the community of Lismore and with the support of these organisations:



**Black Dog
Institute**



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If you need help or wish to talk to someone, contact any of the organisations below:

- Lifeline 13 11 14 or www.lifeline.org.au/Get-Help
- Suicide Call Back Service 1300 659 467 or www.suicidcallbackservice.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

OBJECTIVE 1:

Improve access to coordinated crisis aftercare.

- 1.1 Support and promote the beyondblue and Lismore hospital trial 'The Way Back' aftercare service, across the Lismore LGA including to local multidisciplinary suicide prevention networks, service providers and community members (while adhering to privacy considerations).
- 1.2 Work with local Aboriginal, LGBTIQ+, veteran and youth organisations, as well as community members including those with lived experience of suicide, to identify and offer potential solutions to possible cultural and/or service gaps in The Way Back.

OBJECTIVE 2:

Provide training to improve the capability of the workforce to provide pathways of care for people at risk of suicide.

- 2.1 Survey GPs and mental health professionals to determine the most effective evidence-based suicide prevention training options.
- 2.2 Engage with local Aboriginal, LGBTIQ+, veteran and youth organisations as well as people with lived experience, to investigate the inclusion of culturally appropriate information into the training for GPs and mental health professionals.
- 2.3 Coordinate delivery of training to GPs and mental health professionals around screening for suicidality, responding to immediate needs, and identifying those at risk of suicide and/or in distress.

OBJECTIVE 3:

Increase the availability of evidence-based mental health, suicide prevention and wellbeing programs within schools.

- 3.1 Support school staff and students to adopt and implement suicide prevention and wellbeing frameworks, including programs to improve support for Aboriginal and LGBTIQ+ students.

- 3.2 Coordinate training options for a new cohort of North Coast based Youth Awareness of Mental (YAM) Health instructors.

- 3.3 Coordinate postvention planning options for secondary schools across the Lismore LGA.

- 3.4 Research and coordinate delivery of evidence-based training to students' family members, as well as gatekeepers, to enhance their capacity to identify and respond to young people at risk of suicide.

OBJECTIVE 4:

Improve community awareness of mental health, suicide prevention, how to access information and services and how to report on suicide and suicide prevention measures.

- 4.1 Research, coordinate and deliver relevant evidence-based training to proactively promote the Lismore Suicide Prevention trial for local media outlets, Steering Committee members and relevant community members.
- 4.2 Research and coordinate awareness raising and evidence-based training to community members and gatekeepers to enhance their capacity to identify and respond to people at risk of suicide.
- 4.3 Engage and integrate people with lived experience of suicide into the Lismore trial.
- 4.4 Undertake development of a local community suicide prevention inventory or 'map' of services and events. Use this to develop resource packs for people at risk of suicide, for those who have attempted suicide, their carers and local organisations.

OBJECTIVE 5:

Improving safety and reducing access to means of suicide.

- 5.1 Engage with local community, councils, government and non-government agencies to prioritise means restriction activities and interventions.

