



National Suicide Prevention Final Advice



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Chair, National Suicide Prevention Expert Advisory Group



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Quandamooka Woman
National Suicide Prevention Expert Advisory Group Member






Graeme Holdsworth
National Suicide Prevention Expert Advisory Group Member





**Message from
The Hon. David Coleman MP**

**Assistant Minister to the Prime Minister
for Mental Health and Suicide Prevention**



Compassion First

WHY – A whole of governments approach

Dr Jaelea Skehan OAM (She/her)

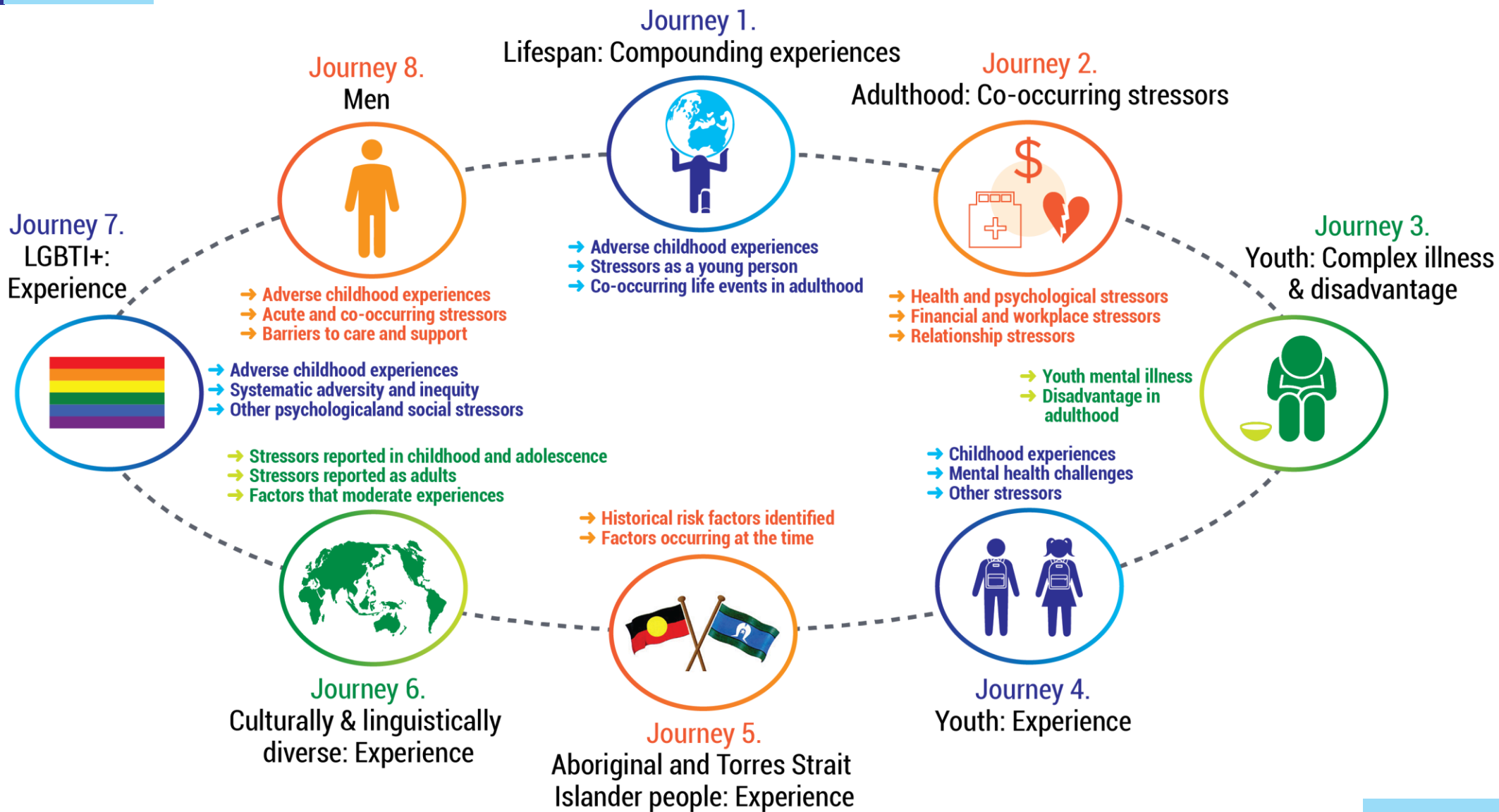
Special Advisor,
Suicide Prevention Taskforce

Ingrid Ozols (She/her)

National Suicide Prevention Expert Advisory Group
Member

Elle Gelok (she/her)

Youth Advisory Council Member, Orygen



Journey 1. Lifespan: Compounding experiences



Adverse childhood experiences

Stressors as a young person

**Co-occurring life events
in adulthood**

A journey that started early in life and was built on by experiences across the life course often included:

- adverse experiences that occurred in childhood
- psychological, relational and social challenges as a young person
- co-occurring stressors in adulthood, often combined with a change in alcohol and other drug use preceding a suicide attempt.

Journey 2. Adulthood: Co-occurring stressors



**Health and psychological
stressors**

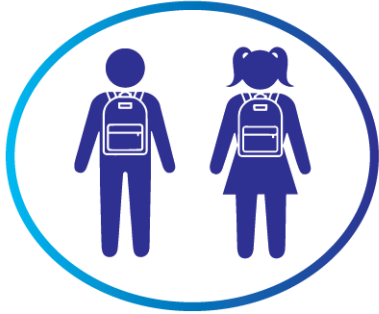
**Financial and
workplace stressors**

Relationship stressors

Common co-occurring stressors within the past 5 years, including:

- health and psychological stressors
- financial and/or workplace stressors
- relationship stressors.

Journey 4. Youth: Experience



Childhood experiences

Mental health challenges

Other stressors

Diverse factors impacting on young people who had experienced suicidal distress.

These often (but not always) included:

- Adverse experiences in childhood
- the onset of mental ill-health
- a range of stressors related to identity, relationships, fitting into cultural norms, academic achievement and financial stressors.



Snapshot of Need

Prof. Pat McGorry (he/his)

**Executive Director,
Orygen**





Connected & Compassionate

Recommendations & Priority Actions

Christine Morgan (she/her)
National Suicide Prevention Advisor



4 Enablers

1.

Leadership and governance
to drive a whole of
government approach



2.

Lived Experience knowledge
and leadership



3.

Data and evidence
to drive outcomes



4.

Workforce and
community capability



4 Key Shifts

5.

Responding earlier to distress



6.

Connecting people to
compassionate services
and supports



7.

Targeting groups that
are disproportionately
impacted by suicide



8.

Policy responses to
improve security
and safety



Recommendation 1: **Whole of Government with Outcomes**



- national
- jurisdictional
- regional



Immediate Priority Action 2021–2022

- i. First Ministers authorising & requiring cross portfolio approaches
- ii. National Suicide Prevention Strategy
- iii. National Suicide Prevention Office
- iv. Regional arrangements strengthened and resourced

Recommendation 2:

Intergration of Lived Experience knowledge into:



- national priority setting
- planning, design & delivery of services
- evaluation

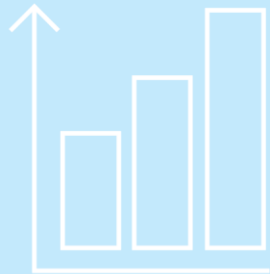


Immediate Priority Action 2021-2022

- i. lived experience – leadership & governance structures
- ii. demonstrated engagement & co-design with lived experience required for all government funded research and services
- iii. adequate funding to build lived experience workforce
- iv. increase lived experience research with a focus on those who have experienced suicidal distress or crisis

Recommendation 3:

Recognising data, evidence & outcomes are essential



- identify data needed
- improve quality & timeliness
- enable sharing of data

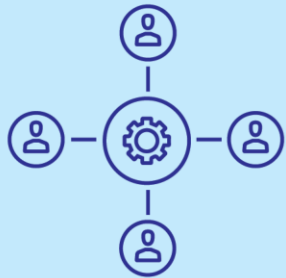


Immediate Priority Action 2021-2022

- i. suicide registers in all jurisdictions – deaths, attempts, self-harm
- ii. national surveys – ideation, self-harm, attempts
- iii. national outcomes framework and national definition and standards for suicide attempts & self-harm
- iv. national priorities for research & translation

Recommendation 4:

Workforce & capability



Evidence based & compassion focused workforce development of all involved in suicide prevention – driving cultural change & increasing capacity & capability

Immediate Priority Action 2021–2022

- i. evidence based training for clinical & health staff
- ii. compassion-based training for frontline workers responding to distress, especially financial, employment & relationship support
- iii. national suicide prevention workforce strategy

Recommendation 5:

Responding earlier to distress



Develop & implement responses providing outreach & support at point of distress.



Immediate Priority Action 2021–2022

- i. intervene early in life to mitigate adverse childhood experiences, support families, early access for children and young people
- ii. scalable early distress interventions for those experiencing
 - intimate relationship distress
 - employment or workplace distress
 - financial distress
 - isolation and loneliness
- iii. supporting people through transitions
 - entering / leaving justice settings
 - from military service
 - from education / vocational settings
 - entering retirement
 - engaged with aged / supported care services

Recommendation 6: Connecting people to compassionate services & supports



Integrated, connected, quality services actioning the National Suicide Prevention Strategy under the Fifth Plan & the National Mental Health and Wellbeing Pandemic Response Plan



Immediate Priority Action 2021-2022

- i. integrated digital & face-to-face services
- ii. service models with compassionate community based supports
- iii. aftercare for anyone in crisis who has attempted suicide
- iv. support for families, care givers, those bereaved, those impacted
- v. connection with AOD services

Recommendation 7: Targeting groups that are disproportionately impacted by suicide



Equity approach to
prioritise populations
disproportionately
impacted by suicide.

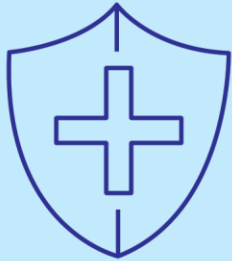


Immediate Priority Action 2021–2022

- i. funding of National Aboriginal and Torres Strait Islander Suicide Prevention Strategy
- ii. priority access for males
 - leveraging:
 - o employment services
 - o family law courts
 - o relationship services
 - o aged care
 - report on accessibility of services
- iii. actions for priority populations
 - children & young people
 - LGBTIQ+ communities
 - culturally and linguistically diverse
 - veterans & their families
 - rural & remote communities impacted by adversity
- iv. occupations & industries with higher suicide

Recommendation 8:

Policy response to improve security & Safety



Working towards
a 'suicide prevention
in all policies' approach



Immediate Priority Action 2021-2022

- build capabilities in key policy teams
- review existing policies to improve security & safety

Shifting the Focus

Alan Woodward (he/his)

Deputy Chair,
Suicide Prevention Expert Advisory Group

Stefani Caminiti (she/her)

Suicide Prevention Expert Advisory Group Member

A whole of government model to guide suicide prevention in Australia



SHARED UNDERSTANDING

Informed by lived experience knowledge, translation of evidence and improved Australian data.



COMPREHENSIVE APPROACH

Balancing the benefits of longer term prevention approaches with immediate opportunities to better respond to distress and connect people to supports.

Longer and medium-term actions to prevent suicide

Immediate actions to support people in distress or who are at risk of suicide



Policy responses that address social and economic drivers of distress



Cross-agency programs and linkages to mitigate trajectories toward suicidal behaviour



Use all available touchpoints to provide outreach early in distress

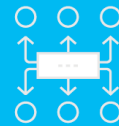


A coordinated and responsive system of care for people experiencing or impacted by suicidal behaviour

ENABLED BY



WORKFORCE



GOVERNANCE



DATA & EVALUATION



DECISION-MAKING TOOL

A whole of government approach to guide suicide prevention in Australia

SHARED UNDERSTANDING



*Informed by lived experience knowledge, translation
of evidence and improved Australian data.*

A whole of government approach to guide suicide prevention in Australia

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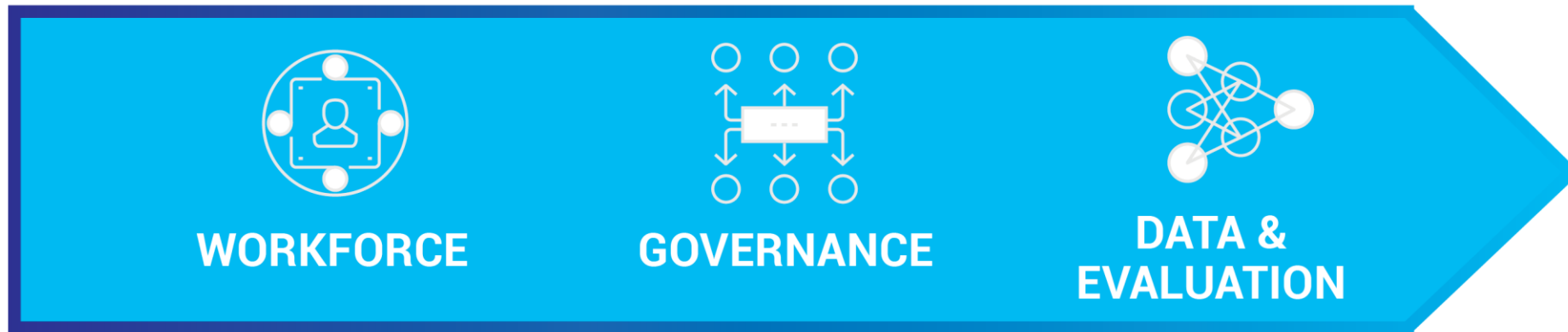
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A coordinated and responsive system of care for people experiencing or impacted by suicidal behaviour

A whole of government approach to guide suicide prevention in Australia

ENABLED BY





Support services

Adult

Lifeline: [13 11 14](tel:131114)

lifeline.org.au

Suicide Call Back Service: [1300 659 467](tel:1300659467)

suicidecallbackservice.org.au

Beyond Blue: [1300 24 636](tel:130024636)

beyondblue.org.au

MensLine Australia: [1300 789 978](tel:1300789978)

mensline.org.au

Youth

Kids Helpline: [1800 551 800](tel:1800551800)

kidshelpline.com.au

headspace: [1800 650 890](tel:1800650890)

headspace.org.au

ReachOut: au.reachout.com

Other resources

Head to Health: mental health portal

headtohealth.gov.au

Life in Mind: suicide prevention portal

lifeinmindaustralia.com.au

SANE: online forums saneforums.org

healthinonet.ecu.edu.au - Aboriginal and Torres Strait Islander

[1800 184 527](tel:1800184527) qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex

mhima.org.au - Culturally and linguistically diverse



EVERYMIND



Mindframe



mindframe.org.au