



National Suicide Prevention Trial Update

phn
COUNTRY SA
An Australian Government Initiative

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It has been a busy few months for the Country SA National Suicide Prevention Trial site with the data from our regional community suicide prevention forums and online survey being analysed, helping to identify the key priority areas for the trial region.

Strong themes emerged during the regional suicide prevention forums which included:

1. the need to raise awareness of suicidality,
2. how to recognise and respond to people in crisis; and
3. the need to improve emergency and follow-up care for people in suicidal crisis.

These themes were consistent with the findings from our online survey with the top three needs identified in the survey being:

1. improving follow-up care for attempted suicide;
2. perceived stigma around mental health services; and
3. the need for more suicide prevention training opportunities.

Armed with this knowledge the team will now be working towards a full report on the consultation findings and development of community driven action plans, which will complement existing regional suicide prevention action plans, providing an overarching view of community, primary and tertiary suicide prevention activity and strategy in the trial region.

In response to improving follow-up care after attempted suicide, we are pleased to report the Aftercare service ([My Life](#)) is operational and reporting a steady increase in referrals. The Aboriginal and Torres Strait Islander After Care service (*Port Augusta only*) is currently undergoing wider consultation but still on target for July 1st commencement.

Additionally, to support the integration of Aftercare with existing state services, we have been working with Country Health SA's Community Mental Health teams and recently hosted a webinar facilitated by Dr Fiona Shand to help support knowledge exchange and the implementation of Aftercare services in regional SA.

To help address the need for suicide prevention training in our communities, Country SA PHN (CSAPHN) is conducting the largest scale community capacity building strategy regional South Australia has ever seen with the roll out of the online [Question. Persuade. Refer \(QPR\) training](#), which is being offered for free to people living in the NSPT region.

Lifeline Broken Hill Country to Coast has also been commissioned to deliver a suite of **Suicide Prevention evidenced-based training programs** to the communities within the trail region. Training which will be offered throughout the trail region includes; SafeTalk, Applied Suicide Intervention Skills (ASIST) and Accidental Counselling. These training opportunities will be promoted through our bimonthly updates.

Following recommendations from the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report (ATSISPEP) we have enlisted United Synergies Ltd to work with Aboriginal communities within the trial region to deliver You Me Which Way (YM-WW), a **culturally appropriate suicide prevention training program** which will be adapted based on local consultation, learnings and community perspectives.



In February we held a Roses in the Ocean training for community members with a **lived experience** of suicide, the training received positive feedback and all participants have agreed to be part of the CSAPHN lived experience reference group whose role will be to help guide and review proposed activities under the trial. We are also working with Roses in the Ocean to schedule speakers training for people with a lived experience later in the year.

We are also very happy to report 5 local suicide prevention networks were awarded small grants to help the networks progress activity that falls within one or more of the LifeSpan strategies. To see a full list of the successful applications please [click here](#)

Due to the success of the first small grant round we are pleased to announce that in April 2018 we will be offering a second round of grants targeting community groups and suicide prevention networks located within the NSPT with an increased budget of up to \$20,000.00.

On another positive note we have received ethics approval to commence our activity with Department of Education and Child Development. Specifically, trialling Youth Aware Mental Health (YAM) on the Yorke and Eyre Peninsula and whole of staff QPR training in targeted schools. We are excited to see the outcomes of this whole of school approach to education, awareness and capacity building in suicide prevention.

