



LifeSpan Illawarra Shoalhaven

LifeSpan is being implemented in the Illawarra Shoalhaven.

The Illawarra Shoalhaven Suicide Prevention Collaborative is coordinating the local implementation of LifeSpan, led and supported by the Black Dog Institute.

LifeSpan would not be possible without the active involvement of a broad range of local stakeholders. The local collaborative is comprised of representatives from more than 30 organisations including COORDINARE – South Eastern NSW PHN, Illawarra Shoalhaven Local Health District (ISLHD), Grand Pacific Health (GPH), Illawarra Health Medical Research Institute (IHMRI), University of Wollongong, University of Wollongong – Global Challenge, Lifeline, Salvation Army, Department of Education and Training, TAFE Illawarra, Catholic Education Diocese of Wollongong, Association of Independent Schools of NSW, headspace, Illawarra Shoalhaven Partners in Recovery (ISPIR), Waminda, Illawarra Aboriginal Medical Services, South Coast Aboriginal Medical Services, Shoalhaven Suicide Prevention and Awareness Network (SSPAN), Illawarra Suicide Prevention Awareness Network (iSPAN), One Door Mental Health, ACON, Caring for Carers, Disability Services Australia, Illawarra Joint Pilot Organisation, Illawarra Mercury, Illawarra Business Chamber, Wollongong City Council, Shellharbour City Council, Kiama Municipal Council, and Shoalhaven City Council.

This is an exciting opportunity to have a significant and sustainable impact on suicide in the region.

Our community will benefit from the intensive research being undertaken as it will help us identify what is happening, and works locally, and where we need further improvements.

Check out the Collaborative website at: <http://www.suicidepreventioncollaborative.org.au/>

Follow us on Facebook: www.facebook.com/suicidepreventioncollaborative and Twitter: <https://twitter.com/SPCollaborative>

Please see over for a list of local spokespeople who are able to provide comment on local suicide prevention efforts.



Local spokespeople

Organisation	Name	Role	Phone	Contact email	Topics
Illawarra Shoalhaven Suicide Prevention Collaborative	Alex Hains*	Regional Manager	0416 149 529	ahains@coordinare.org.au	Suicide Prevention Collaborative and the LifeSpan project
COORDINARE – South Eastern NSW PHN	Dianne Kitcher	Chief Executive Officer	0402 080 165	klaird@coordinare.org.au	Role of General Practice in suicide prevention
Illawarra Shoalhaven Local Health District	Julie Carter	Director Mental Health Service	0477 391 219	tegan.mattila@health.nsw.gov.au	Role of ISLHD Mental Health Service in suicide prevention
Lifeline South Coast	Grahame Gould	Executive Director	0409 912 391	grahame.gould@llsc.org.au	Suicide and suicide prevention
	Clare Leslie	Marketing and Public Relations Manager	0417 279 964	clare.leslie@llsc.org.au	
Waminda	Faye Worner	Chief Executive Officer	4421 7400	faye@waminda.org.au	Women's health, social and emotional wellbeing
Grand Pacific Health	Ron De Jongh	Chief Executive Officer	4220 7660	rdejongh@gph.org.au	Grand Pacific Health mental health programs
headspace Wollongong	Clementina Velasco	Senior Community Engagement Officer	4220 7660	headspace@gph.org.au	Mental health, wellbeing and help-seeking activities targeting young people
	Luke Downie	Clinical Psychologist	4220 7660	headspace@gph.org.au	
headspace Nowra	Kaitlyn Middleton	Community Engagement Officer	4421 5388	headspace@gph.org.au	
ACON	John Casey	Community Health Promotion Officer – Southern Regional Outreach	9206 2113	jcasey@acon.org.au	Local LGBTIQ groups and awareness activities

*To organise an interview with someone willing to share their personal experience of suicide and recovery, please contact Alex Hains on 0416 149 529.