

### What is the Collaborative?

The Illawarra Shoalhaven Suicide Prevention Collaborative (the Collaborative) is a group made up of organisations and community members who are working together to reduce the impact of suicide in the Illawarra Shoalhaven region.

The Collaborative was established in 2015 to tackle the region's high rates of suicide and is now a pilot site for the Black Dog Institute's LifeSpan project, which aims to reduce suicide deaths by 20% and suicide attempts by 30%.

### What is LifeSpan?

LifeSpan is a new, evidence-based, integrated approach to suicide prevention.

It involves the simultaneous implementation of nine strategies proven to reduce suicide.

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

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

### Working Group 1 Strategies

#### Improving emergency and follow-up care for suicidal crisis

A suicide attempt is the strongest risk factor for subsequent suicide.

This strategy aims to reduce the risk of a repeat suicide attempt, by ensuring there is a coordinated approach to improving the care of people after a suicide attempt.

The Black Dog Institute has surveyed over 90 people, including people who have sought help from an Emergency Department in a crisis and staff working in those services, to establish some best practice guidelines.

#### Using evidence-based treatment for suicidality

Mental illness, including depression, is associated with a large portion of suicide attempts.

Although not all people who die by suicide have a mental health problem, and not all people with mental illness are affected by suicidal behaviour, access to excellent mental health care is important strategy for suicide prevention.

This strategy aims to support the provision of accessible and appropriate mental health care to the community. Central to this is ensuring mental health professionals are aware of the latest evidence and best practice care and treatment options.

#### Equipping primary care to identify and support people in distress

Suicidal individuals often visit their GP in the weeks or days before suicide yet many do not mention their suicidal thoughts to their doctor or if they do, they often don't receive the care and support they need.

Equipping General Practices with the skills and resources to identify and support people in distress is one of the most promising interventions for reducing suicide.

This can be done by using universal screening of every adult presenting to a General Practice and providing suicide prevention training for all General Practice staff.

### Improving the competency and confidence of frontline workers to deal with suicidal crisis

Frontline workers are often the first to respond when someone is in suicidal crisis and can play a key role in de-escalating a crisis, improving immediate safety, and encouraging a person to access and engage with care.

Frontline workers are also exposed to stressful situations and trauma themselves and can become vulnerable to suicide.

Offering suicide prevention training to those on the frontline can build their capacity to respond to those in need – both members of the community and their colleagues.

### How can I get involved?

We all have a role to play in suicide prevention.

For this project to be a success, a wide range of people with varying perspectives must be involved.

Along with those providing support services, the input from people in the general community is critical.

Activity	Call to action	Target Audience		
		General Community	GPs / General Practices	Psych, Social Work, Counsellor
<b>Question, Persuade Refer (QPR)</b> online training: one hour training, \$10 per license, 3 year license	Access QPR via <a href="#">website</a> .	✓	✓	✓
<b>Collaborative</b> <ul style="list-style-type: none"> <li>Monthly meetings</li> <li>Working groups               <ol style="list-style-type: none"> <li>Health interventions</li> <li>Community interventions</li> <li>School interventions</li> <li>Means restriction</li> <li>Aboriginal suicide prevention</li> </ol> </li> <li>Share feedback, comments or ideas</li> </ul>	Get in contact via phone or <a href="#">email</a> .	✓	✓	✓
Keep updated via <b>website</b> <a href="http://www.suicidepreventioncollaborative.org.au">www.suicidepreventioncollaborative.org.au</a>	Visit <a href="#">website</a> .	✓	✓	✓
<b>Advanced Training in Suicide Prevention</b> (6 hours, multidisciplinary)			✓	✓
<b>Talking About Suicide in General Practice</b> (3 hours, GPs only)	Enquire via <a href="#">COORDINARE</a>		✓	
<b>StepCare</b> – universal screening tool			✓	
<b>Evidence-based practice</b> <ul style="list-style-type: none"> <li>Review evidence</li> <li>CPD / training in evidence-based treatments</li> <li>Set up a community of practice</li> </ul>	<a href="#">Review of evidence: treatments of suicidality</a>			✓