

### What is the Collaborative?

The Illawarra Shoalhaven Suicide Prevention Collaborative (the Collaborative) is a group of multi-sectoral organisations, community groups 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, community-led 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 2 Strategies

#### Training the community to recognise and respond to suicidality

Many people who are experiencing suicidal thoughts communicate distress through their words or actions but these warning signs may be missed or misinterpreted.

This strategy aims to engage our community members in training which will provide them with:

- knowledge and skills to identify warning signs that someone may be suicidal,
- confidence to talk to them about suicidal thoughts, and will
- connect them with professional care.

#### Engaging the community and providing opportunities to be part of the change

Community awareness campaigns can improve local awareness of services and resources, and drive increased participation in prevention efforts across the community.

A key part of this strategy is coordinating key messaging across local events and engaging local media to maximise the impact of local events and build on the momentum of national campaigns such as RUOK? Day.

#### Encouraging safe and purposeful media reporting

What is said (and not said) about suicide is important. Suicidal behaviour can be learned through the media.

Media can play a crucial role in reducing suicides deaths by providing safe media coverage, improving awareness and promoting help-seeking.

Media can do this by adhering to the Mindframe media guidelines for safe & responsible reporting on suicide. The community also needs to drive the conversation about what is working locally, what people can do to help and where more attention is required.

### 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
<p><b>Question, Persuade Refer (QPR)</b> online training: one hour training, \$10 per license, 3 year license</p> <p>Available for individuals and workplaces</p>	<p>Access QPR via <a href="#">Collaborative website</a>.</p> <p>Workplace enquiries to Collaborative (phone / <a href="#">email</a>)</p>
<p><b>Face-to-face suicide prevention training</b> is available for individuals or workplaces.</p>	<p>Visit <a href="#">Collaborative website 'Get involved' section</a>.</p> <p>Get in contact via phone or <a href="#">email</a>.</p>
<p><b>Collaborative</b></p> <ul style="list-style-type: none"> <li>• Monthly meetings</li> <li>• Working groups               <ol style="list-style-type: none"> <li>1 Health interventions</li> <li>2 Community interventions</li> <li>3 School interventions</li> <li>4 Means restriction</li> <li>5 Aboriginal suicide prevention</li> </ol> </li> <li>• Share feedback, comments or ideas</li> </ul>	<p>Get in contact via phone or <a href="#">email</a>.</p>
<p>Keep updated on local suicide prevention activities</p>	<p>Visit <a href="#">Collaborative website</a></p>