

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 3 Strategy

Promoting help-seeking, mental health and resilience in schools

Schools provide an effective way of promoting mental health, resilience and help-seeking amongst young people.

This strategy will include the delivery of the 'Youth Aware of Mental Health' (YAM) program to Year 9 students in the Illawarra and Shoalhaven, which will start in early 2018.

The YAM program is a mental health program designed to raise awareness about suicidality and the factors that protect against it. YAM has the strongest evidence-base of the school programs reviewed including the best outcomes specific to suicidal behaviour, and the flexibility to be integrated into any school environment.

Suicide prevention training will also be promoted to school staff and parents, to help give them the skills and confidence to identify, talk to and refer students who may be at risk of suicide.

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.

School representatives

Activity	Call to action	Resource
YAM for your school	Contact local YAM facilitators / designated contact.	YAM information sheet

School Counsellors:

Activity	Call to action
Advanced Training in Suicide Prevention (6 hours, multidisciplinary)	Visit WG1 stall or Collaborative website 'Get involved > Training' section for more info.

All community members

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