

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 4 Strategy

Improving safety and reducing access to means of suicide

Making it harder for people to complete suicide is considered to be one of the most effective suicide prevention strategies.

By using more accurate and timely regional suicide data, communities can work with local Councils to develop a sustainable approach to improve public safety.

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.

(See table on next page for call to actions)

Activity	Call to action
<p>Question, Persuade Refer (QPR) online training: one hour training, \$10 per license, 3 year license</p> <p>Available for individuals and workplaces</p>	<p>Access QPR via Collaborative website.</p> <p>Workplace enquiries to Collaborative (phone / email)</p>
<p>Face-to-face suicide prevention training is available for individuals or workplaces.</p>	<p>Visit Collaborative website 'Get involved' section.</p> <p>Get in contact via phone or email.</p>
<p>Collaborative</p> <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 	<p>Get in contact via phone or email.</p>
<p>Keep updated on local suicide prevention activities</p>	<p>Visit Collaborative website</p>