



### Lived experience involvement integral to work of the Collaborative

- 79% of all Collaborative meetings have at least one person with lived experience present.
- Collaborative's lived experience driven proposal for a non-clinical alternative to emergency departments highlighted by NSW Mental Health Commission.
- Over \$3 million of additional funding to address suicide prevention attracted to the region.



### NextSteps Aftercare Service is helping people at a critical time

- *NextSteps* aftercare service up and running across Wollongong, Shellharbour and Shoalhaven emergency departments.
- The majority of *NextSteps* participants have reported marked improvements in both depressed mood and suicidal thoughts.
- 100% of participants have met at least one of their short term goals, whether they related to mental health, vocational, or relationship issues.



### Health professionals are undertaking suicide prevention training

- 164 health professionals have undertaken specialised suicide prevention training, including GPs, nurses, psychologists, etc.
- 95% of Government and Catholic school counsellors trained in youth-specific suicide prevention training.



### Youth Aware of Mental Health (YAM): Year 2 set to be even bigger

- 100% of eligible Government & Catholic Schools signed up to deliver YAM (26 schools).
- Over 7,600 year 9 students set to participate in YAM in 2018-2019.
- 200 volunteers from the community trained to help deliver YAM into schools.



### Question Persuade Refer (QPR) online taken up by community

- Over 3,500 QPR online suicide prevention training licenses sold within the Illawarra Shoalhaven.
- 23 organisations and 9 schools providing QPR online for their staff.
- Donations enabled us to make 2,150 QPR online licenses available for free.



### #CARE2QPR: largest ever suicide prevention campaign in region

- 2,953 people signed up to Question Persuade Refer (QPR) online training during 2-month campaign from July to September 2018.
- 33 stories published in local newspapers promoting hope, help-seeking, and local supports.
- Compliance of local media with *Mindframe* media guidelines improved from 44% to 94%.
- People with lived experience centrally involved in 100% of key stories.



### Suicide audit reports

- Suicide Audit Reports received from the Black Dog Institute have helped Collaborative identify and improve the safety of public locations.

**For more information please contact the Collaborative via the details below:**