



## Making sure people know

Reaching out to people you think might be struggling is 'step one' in suicide prevention. The next step is connecting them with the right support.

We have developed a local 'where to go for support' resource that highlights local supports that could help with a range of issues. It's available as a poster or fold-up business card (see the back cover of this report for a list of these supports).

**20,000+ support cards** have been distributed by local organisations and community groups, and it's proving to be an excellent resource to accompany suicide prevention training. We will also be working with multi-cultural support organisations to adapt the resource for culturally and linguistically diverse populations.



Janet Jackson (NSW Trains) has had 'where to go for support' posters put up in train stations.

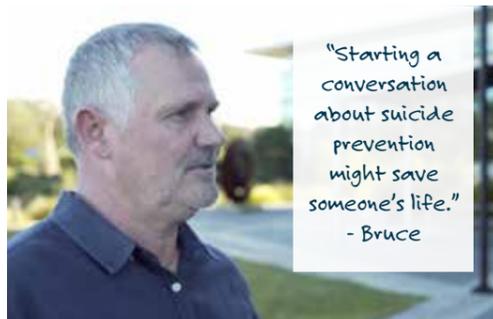
### Promoting help-seeking in public places

The Collaborative is now working with local councils to improve safety at various public locations. This includes help-seeking signage that encourages people to reach out for support.

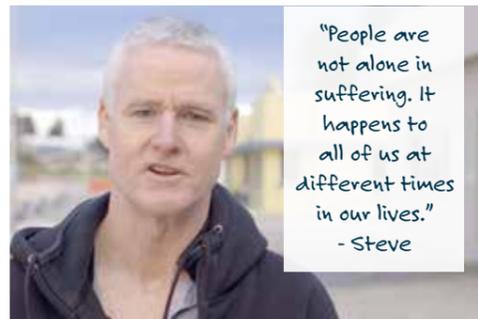
To help get the word out, Collaborative members have put the 'where to go for support' resource up in their workplaces, schools, cafes, hairdressers, community centres, and at train stations.

### Spreading the message

To help promote hope and help-seeking, our members with lived experience produced videos that can be shared on websites and via social media.



"Starting a conversation about suicide prevention might save someone's life."  
- Bruce



"People are not alone in suffering. It happens to all of us at different times in our lives."  
- Steve



"I have a lived experience of suicide. And yet I stand here today living a rich and fulfilling life."  
- Ann



"There is help. Hang in there. Recovery is possible."  
- Carrie

## where to go for support



### Aboriginal communities

#### Raising awareness for suicide prevention at 'Battle of the Countries'

In January 2019, the Collaborative was proud to be the platinum sponsor for 'Battle of the Countries', an Aboriginal Rugby League knockout event. The event had a mental health and suicide prevention focus, and was initiated by Rod Broad, one of the players of the Illawarra Titans Aboriginal Rugby League Club. "This event is about highlighting the role men can play in the community as role models for younger generations," he said.



Illawarra Titans Aboriginal Rugby League Club hosted the inaugural Battle of the Countries event.

Over 2,000 people from Aboriginal communities across Australia came together for the event, with over 400 players across the 20 teams competing.

*"The players' passion for sport and working together really stands out at events like these. As part of the experience, teammates were encouraged to think about how they can look out for each other and recognise the warning signs for suicide."* - Dale

### Sorry Day

To mark Sorry Day for 2019, local Aboriginal communities walked together across the Nowra Bridge and gathered at the Bomaderry Aboriginal Children's Home.

Collaborative members loved being part of the day and were touched to see that the Sorry Day banner incorporated the Collaborative logo (see right).

Lived experience Collaborative member, Ann, spoke passionately about the strength and resilience within local communities, and how we can all work together to support those who are struggling. Collaborative executive member, Sharlene, spoke of the need to speak the truth in order to address the underlying problems facing Aboriginal communities.

