

National Suicide Prevention Trial in Tasmania: The story so far

The Tasmanian component of the National Suicide Prevention Trial is coordinated by Primary Health Tasmania and runs until June 2020. The target population is men aged from 40 to 65 years and people aged 65 and over.

Local activity is driven by community organisations in three locations – Relationships Australia in the north west (Burnie, Central Coast and Devonport local government areas), St Helens Neighbourhood House on the east coast (Break O’ Day) and Launceston City Council in the north (Launceston). Primary Health Tasmania has also led some statewide initiatives under the trial.

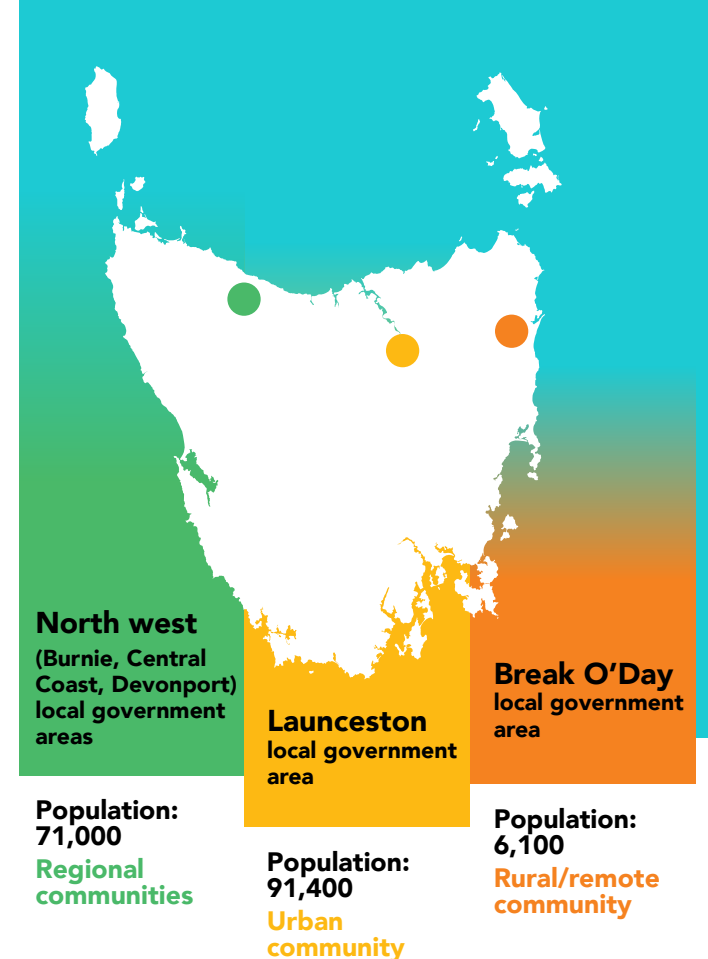
Black Dog Institute’s LifeSpan model



Tasmanian communities participating in the trial are using the LifeSpan approach. LifeSpan combines **nine strategies** that have strong evidence for suicide prevention into one community-led approach.

Primary Health Tasmania and community organisations are leading activities aimed at strengthening the safety net to help prevent suicide. In the first 18 months of the trial **1,116 participants** took part in 101 separate trial activities.

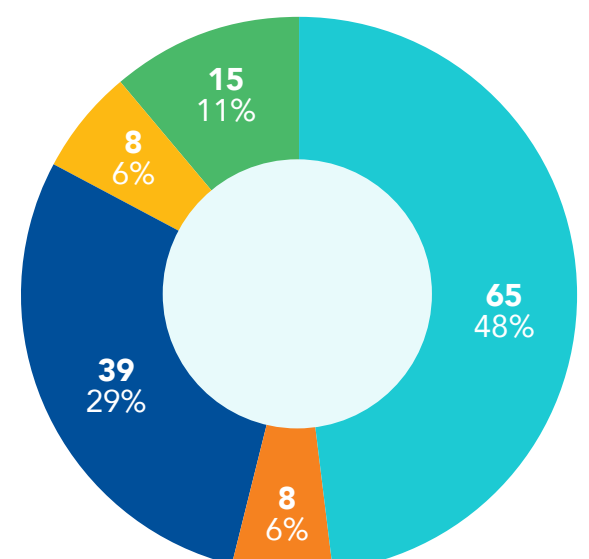
More information about LifeSpan: blackdoginstitute.org.au/research/lifespan



Types and distribution of National Suicide Prevention Trial activities conducted in Tasmania

(January 2018 - June 2019)

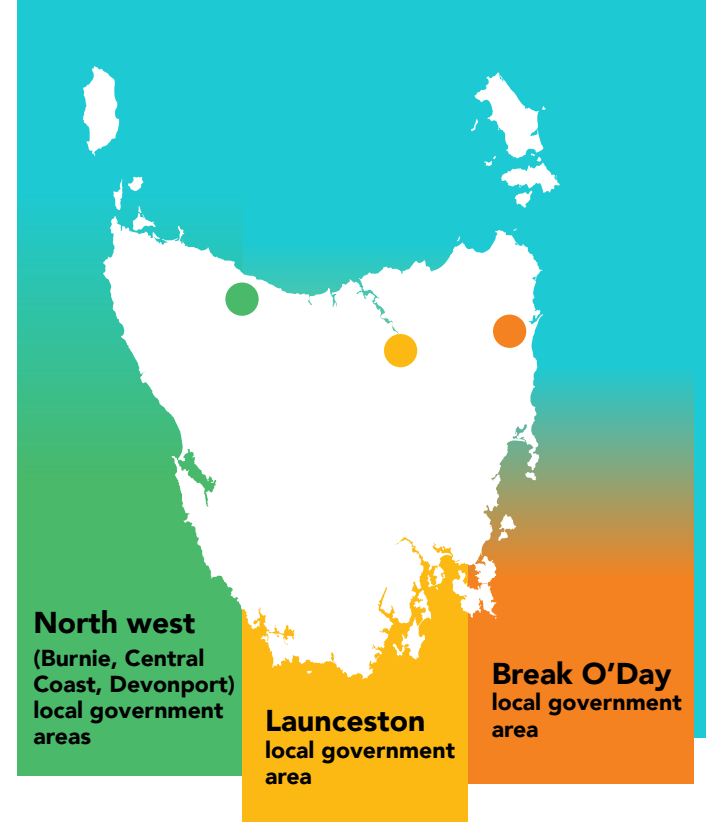
- awareness raising and engagement
- implementation of standards and other quality improvements
- capacity building with service providers, organisations, communities or other groups
- professional development and training
- information, services or other activities for at-risk individuals or groups



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Training the community to recognise and respond to suicidality



A total of 1,116 Tasmanians participated in a suicide prevention activity in the first 18 months of the trial. These activities ranged from professional development and education and training to events and campaigns raising awareness about suicide prevention.



Image courtesy Relationships Australia Tasmania

Len Blair

Joint winner, Tasmanian Community Suicide Prevention Network 2019 Life Awards

Len has completed QPR online training and has become a community champion for mental health and social inclusion.

Len has been involved with the Ulverstone Neighbourhood House and the Ulverstone Community Shed for six years. He has helped to strengthen the community and provided support for those in challenging situations or at risk of social isolation.

QPR

Question. Persuade. Refer.

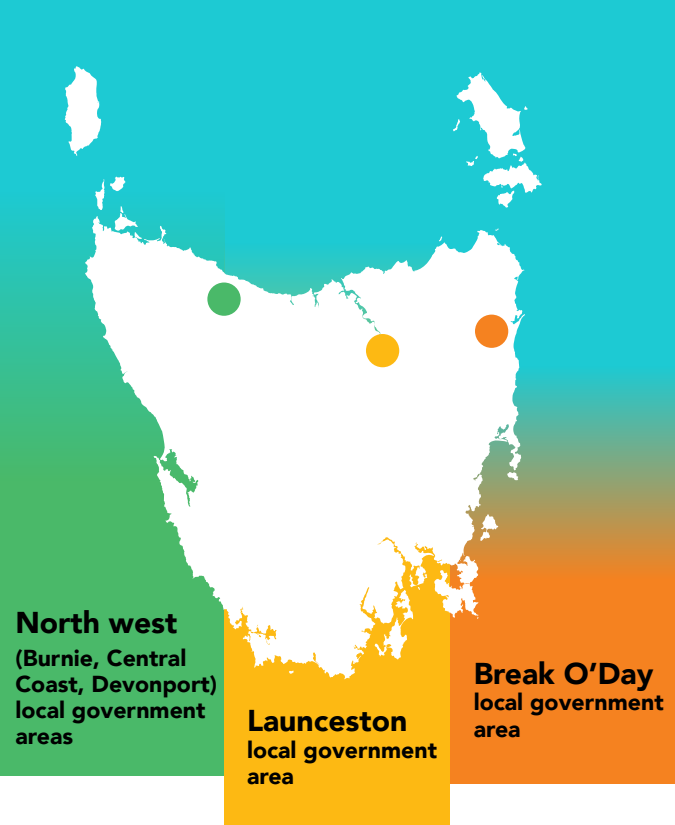
Three steps anyone can learn to help prevent suicide.

Primary Health Tasmania issued 331 licences across the state for free **Question, Persuade, Refer (QPR) Gatekeeper Training** during this period. QPR is an online education program that aims to teach people the warning signs of a suicide crisis and how to respond. Of the 256 people who completed the training, 97% say they believe it will help them support someone who is in distress.

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



Community awareness-raising and engaging the community in suicide prevention activities improves people’s understanding of suicide and increases the likelihood that people will seek help.

As part of the trial in Tasmania, communities have taken the lead in engaging their community members as local champions for suicide prevention, through campaigns and events and by developing resources that assist people to find the help they need.

In the first 18 months of the trial, 77 community education and support service sessions, 29 media and communication initiatives, and 29 workforce-related activities targeting suicide prevention were held across the trial locations. These were in rural and regional towns, local sporting clubs, workplaces, and through the media.



Image courtesy Wayne Reed, St Helens

Distribution of activities by focus during January 2018 – June 2019

