

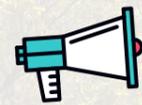
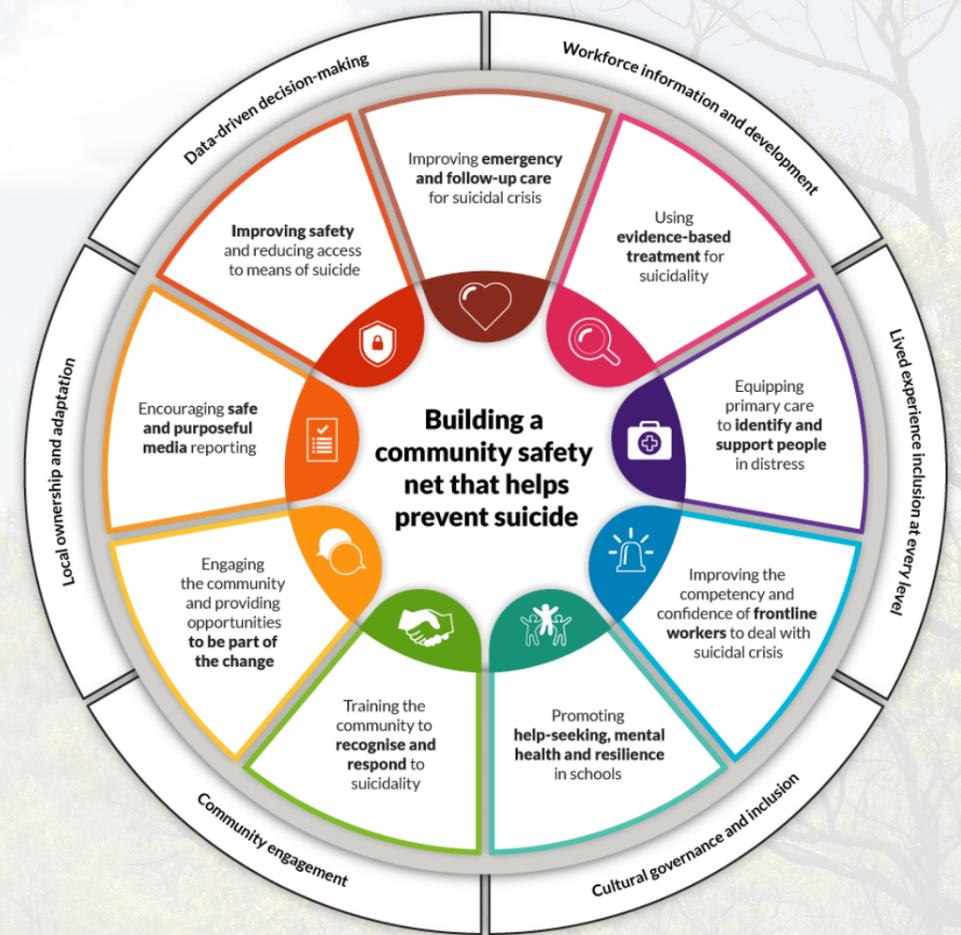
GYMPIE SUICIDE PREVENTION COMMUNITY ACTION PLAN

Gympie is one of **12 regions** across Australia that are taking part in an Australian Government funded trial aimed at testing new approaches in helping communities **reduce suicide**.

Central Queensland, Wide Bay, Sunshine Coast PHN is coordinating the implementation of this trial in your community, working closely with local organisations and services focused on **suicide prevention** and **mental health** to guide how this will best work for the Gympie community.

This trial is utilising the Black Dog Institute's **LifeSpan** suicide prevention model, which combines nine evidence-based strategies into one **community-led** approach.

This plan has been developed to uphold the resilience of the **Gympie community**. In the long term, it is hoped that this trial activity will have wide-ranging benefits across community, business and service providers sectors by building a **safety net** of community members, businesses and service providers that recognise **#YouCanTalk** about suicide and respond to it effectively. In the short-term, the trial is required to focus activity on an at-risk population; **men aged 30-59** will be the focus of the Gympie trial activity.



A call to action for the Gympie community



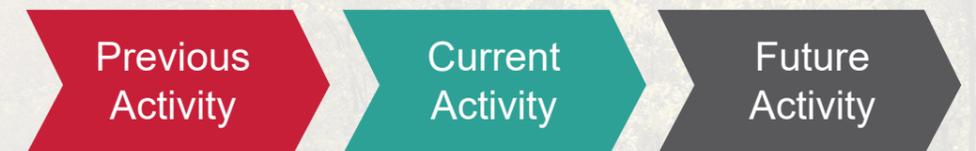
Events Join your community at planned events on suicide awareness and prevention to show your support and commitment.

Training Sign up for training targeted to you and your colleagues or community members; you'll be contributing to the creation of safety net against suicide in the Gympie community.

Collaboration Take part in collaborative efforts to connect and build on existing services and activities in the Gympie community.

Connection Connect yourself, your community or your clients to existing services in Gympie that can offer support for people experiencing suicidality.

Browse different aspects of the activities supporting suicide prevention in Gympie.



PREVIOUS ACTIVITY

Sep 2017 Training	Nov 2017 Collaboration	Late-2017 Collaboration	June 2018 Training
Suicide Risk Screen Tool evidence-based advanced training delivered to 20+ clinicians in the Gympie community.	Suicide Prevention resource workshop delivered to community and key stakeholders to map existing activity.	Establishment of Suicide Prevention Working Group and Steering Committee to collaborate with local stakeholders on suicide prevention activity in Gympie.	Applied Suicide Intervention Skills Training (ASIST) delivered to 20+ people in the Gympie community.

CURRENT ACTIVITY

Connection	Connection	Collaboration	Connection	Connection	Connection	Connection
Dedicated aftercare services for people who attempt suicide provided by Artius Health.	The Sunshine Coast Hospital and Health Service's Gympie Mental Health Service have made the Zero Suicide commitment to the safety of their patients and clinical staff.	Referral partnerships and mentoring linkages between Standby Support, Lifeline, Artius Health, Suicide Call Back Service and Roses in the Ocean.	Dedicated support for individuals, families and friends bereaved by suicide provided by StandBy Support.	Gympie Regional Suicide Prevention Network connecting with local community to share the responsibility of suicide prevention.	Local Gympie general practices participating in the trial of Black Dog Institute's StepCare program to improve GP identification of patients who need mental health support.	Ongoing updates and improvement to the HealthPathways resource to assist GPs with mental health and suicide prevention referrals.

HOW YOU CAN BE INVOLVED

Make a referral to Artius Mental Health Stepped Care 1300 219 658 health@artius.com.au	Be aware and talk to Gympie mental health staff about the Zero Suicide commitment.	Support these linkages through your organisation.	Contact StandBy to connect to the service 07 5442 4277 www.standbysupport.com.au	Connect with the network and support local events and activity Facebook: Gympie Regional Suicide Prevention Network.	General practices can ask your Practice Support Officer about the StepCare trial info@ourphn.org.au	General practices can ask your Practice Support Officer about HealthPathways local to Gympie.
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FUTURE ACTIVITY

Sep 2018 Events	Oct 2018 Training	Nov 2018 Training	In progress Collaboration	To be determined Training
Business Leaders Breakfast supported by Roses in the Ocean raising awareness on suicide prevention and how businesses in Gympie can make a difference.	Black Dog Institute Advanced GP training on suicide prevention.	MindFrame Plus training for first responders and members of the public speaking with the media.	Connecting with the Queensland Police Vulnerable Person's unit to improve understanding of local trends and needs on suicide and suicide risk in Gympie.	Establishing a gatekeeper network in the Gympie community to recognise and respond to people at risk of suicide utilising training models.

HOW YOU CAN BE INVOLVED

Join your community at this event and opt-in to the Community Action Plan activities.	Opt-in to attend the training.	Opt-in to attend the training.	Support these linkages and be aware.	Opt-in to attend the training.
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To be determined Events	To be determined Training	To be determined Training	To be determined Training	To be determined Training
Suicide awareness campaigns and events to inform the Gympie community of opportunities to invest in local suicide prevention activities.	Training people with a lived experience of suicide to provide peer support in the Gympie community.	Delivering ASIST to help Gympie community members, business leaders and key stakeholders recognise and respond to someone at risk of suicide.	Working in conjunction with Queensland Education to support schools with SafeTALK suicide prevention training for staff, students and parents.	Making online evidence-based suicide prevention training available for peer workers in the Gympie community.

HOW YOU CAN BE INVOLVED

Join your community and this event.	Opt-in to attend the training.			
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2019-2020 Events	To be determined Training	To be determined Collaboration	To be determined Collaboration	To be determined Training
Connecting with national suicide prevention awareness initiatives to engage the community through campaigns and events.	Working with key providers on suicide prevention training to adapt and connect models to support the local needs of the Gympie community.	The creation of a 'warm space' for people experiencing suicidality, supported by extended opening hours, peer workers and trained staff for people.	Clinical and non-clinical collaboration to identify and assist at-risk patients at the Sunshine Coast Hospital and Health Service's Gympie Mental Health Service.	Working with Aboriginal and Torres Strait Islander community members to introduce culturally appropriate suicide prevention training for Aboriginal and Torres Strait Islander people.

Access the training

1. Enter the organisational code: SCPHN
2. Enter your name and email address and follow the instructions

Scan me



For more information or to register your interest in any of this activity please contact your local PHN Suicide Prevention team on scgympiesp@ourphn.org.au

The PHN would like to acknowledge and thank the contribution of the Gympie Suicide Prevention Working Group and Steering Committee members who have contributed to the development of this plan.

www.ourphn.org.au/preventsuicide/