

National Suicide Prevention Trial (NSPT)

Information sheet

Central Queensland, Wide Bay, Sunshine Coast PHN is one of 12 National Suicide Prevention Trial sites which will bring significant resources, activity and funding to areas of need in the region.

What is the trial about?

The NSPT aims to improve the current evidence of effective suicide prevention strategies at a local level for at-risk population groups.

Because of the complexity of suicide, a one-size-fits-all approach to suicide prevention is not suitable on a national scale.

The causes of suicide, as well as resources and services required to prevent it, are unique for each region and community in the selected trial sites. Each trial site will focus suicide prevention towards a specific priority population and administer prevention strategies reflecting community needs.

How long is the trial, and how much money is involved?

Each trial site will run from 1 July 2016 to 30 June 2020 and receive Australian Government funding of \$4 million over four years.

Where is the trial happening?

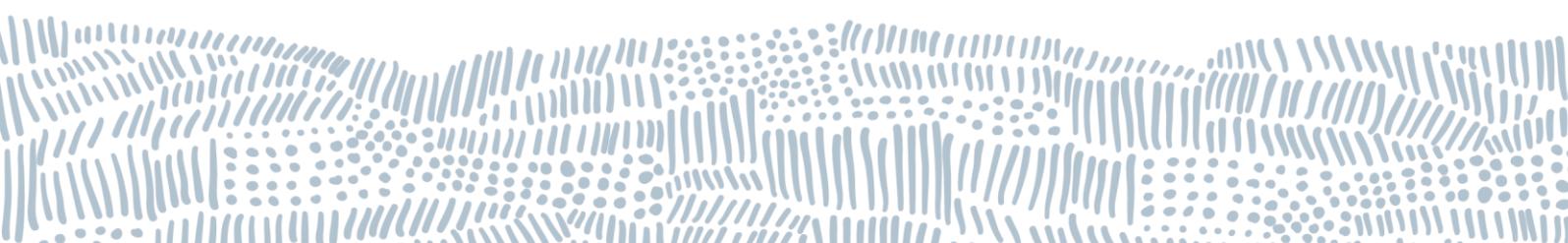
- North Burnett: Gayndah, Mount Perry, Biggenden, Monto, Mundubbera, Eidsvold
- Maryborough
- Gympie and surrounds (Tin Can Bay, Imbil, Cooloola Coast and Kilkivan)

Each area has established *Suicide Prevention Working Groups* with local members from community, lived experience, service providers, government or council, and hospital and health services. These groups help guide the local approach to the LifeSpan model.

Why were these communities chosen?

Factors considered for selection of trial sites included:

- Their relationship with other suicide prevention activities in Australia
- The rate of suicide death within the region
- The government's election commitments to mental health and suicide prevention in the region.



Which population is being targeted in our trial site?

Men and Aboriginal and Torres Strait Islander people.

What model is being used for this trial?

The trial will use the Black Dog Institute's LifeSpan model which is a systems-based approach to the delivery of suicide prevention services. It targets at-risk populations identified at a local level through existing needs assessments and an audit completed by the Black Dog Institute.

To find out more about LifeSpan and the nine strategies, please visit <https://blackdoginstitute.org.au>.

Is the trial being evaluated?

Yes. The University of Melbourne has been appointed to evaluate these trials nationally up to the end of the trial period through a series of interviews with community, professionals and PHN staff involved in each trial site. The evaluators have introduced a minimum data set in late 2018 to capture individual client data, outcome measures (eg SIDAS) and planned events and training outcomes.

What is expected from GPs?

We encourage GPs to:

- Engage with the available accredited training to build confidence in recognising and responding to suicidality in patients and their own communities.
- Use HealthPathways to identify locally based suicide prevention services.

What is expected from other health professionals and the community?

We encourage you to:

- Engage with the available training to build confidence in recognising and responding to suicidality in your community and help reduce stigma around suicide.
- Engage with the local Suicide Prevention Community Action Plans as they are launched.
- Support service integration to improve a person's journey to mental wellbeing.

How can I get involved?

1. Complete the FREE online training available on the PHN Suicide Prevention web page www.ourphn.org.au/preventsuicide. This evidence-based training takes less than an hour.
2. Stay in touch with the PHN to hear about future activity being rolled out in your area.

Contact your local PHN office for further information:

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