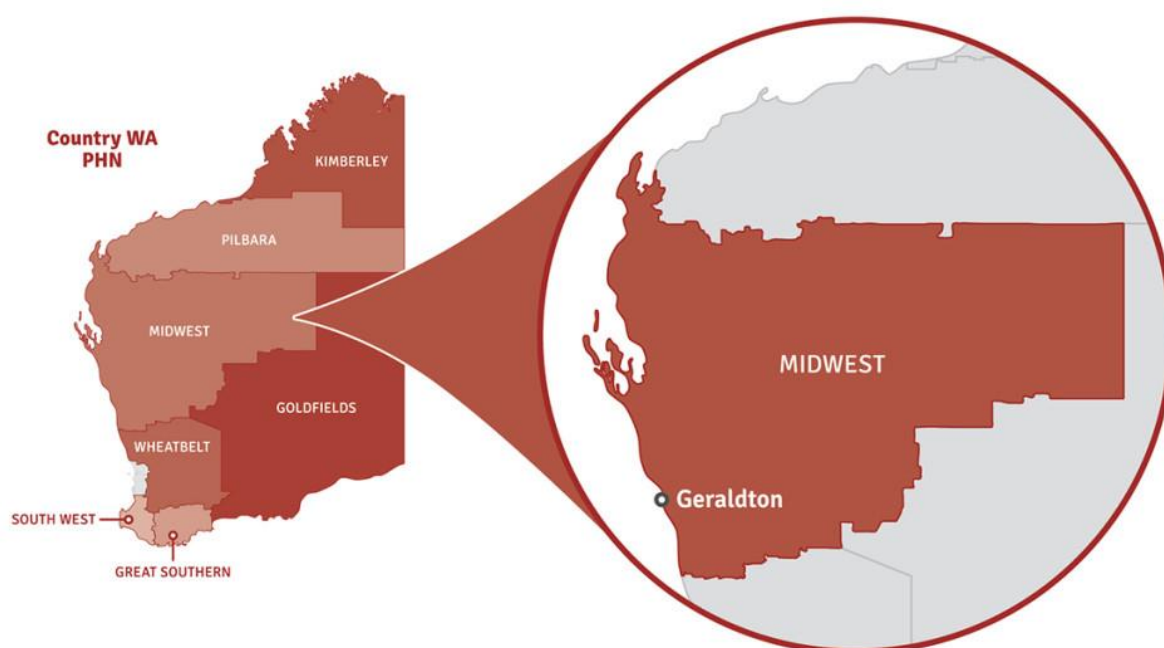




Midwest Suicide Prevention Trial Community Fact Sheet



Why a Suicide Prevention Trial in the Midwest?

The Australian Government selected the Midwest as one of 12 national Suicide Prevention Trial Sites due to an identified high suicide rate in the region, that has continued over an extended period.

The objective of the Suicide Prevention Trial Sites is to find the most effective approaches to suicide prevention for at-risk populations and share this knowledge across Australia.

Who is the Trial focusing on?

The Aboriginal community and men aged 25 – 54, specifically farmers, fishers and fly in, fly out (FIFO) workers.

Which communities are involved?

Geraldton, Carnarvon, Gascoyne Junction, Coral Bay, Shark Bay, Meekatharra, Yalgoo, Mt

Magnet, Mullewa, Dongara, Morawa, Mingenew, Perenjori, Three Springs, Carnamah and Coorow.

How is the Trial being run and by whom?

The Trial is led by the WA Primary Health Alliance (WAPHA) in partnership with the WA Country Health Service (WACHS) and the WA Mental Health Commission.

All activities are informed by the Alliance Against Depression, the world's best practice approach for the care of people with depression and in the prevention of suicide.

Local activities are guided by the Trial's Steering Committee and the Geraldton Suicide Prevention Action Group, with a strong focus on community level planning.



How much money is being spent and how?

The Australian Government has allocated \$4 million to the Trial, most of which will be used for community activities identified in community action plans.

Other activities include community consultations, training for GPs and other health professionals, awareness campaigns, project management, workforce, data collection and an evaluation of the Trial.

How long is the Trial and how will it be evaluated?

The Trial began in mid-2017 and ends in June 2020. The planning phase was completed in December 2017 and the implementation phase began in January 2018.

The Trial is being evaluated on an ongoing basis by the University of Melbourne, as part of a national evaluation.

Who else is involved?

Community groups, federal, state and local governments, GPs, health professionals and community health workers, all of whom are essential to tackling depression and suicide in the region.

Other groups can become involved by contacting the Trial coordinator.

What has happened so far?

WAPHA has consulted and collaborated with community, government, health, social services and education sectors to inform and develop the plan for the Trial. Activities completed in the plan include:

- Training for GPs and other primary healthcare providers in suicide prevention and postvention.

- Community campaign to raise awareness and encourage help-seeking behaviour.
- Supported grassroots promotion of suicide prevention and postvention.
- Contracted Carnarvon Medical Service Aboriginal Corporation and Geraldton Regional Aboriginal Medical Service to carry out yarning circles to develop community action plans in Aboriginal communities in the Gascoyne and Midwest/Murchison.

WAPHA has signed a memorandum of understanding with the WA Country Health Service to ensure collaboration, coordination and optimisation of results in suicide prevention and postvention.

Mates in Construction suicide prevention training has been developed through the Master Builders Association for interested construction employees in Geraldton.

What is planned?

- Community grants to support local activities.
- Campaign to raise awareness and reduce stigma associated with depression.
- Mental health first aid training for community members.
- Community activities in workplaces, sporting clubs, men's sheds and trade retailers to raise awareness of depression and suicide and encourage men to look after their mental health.
- Evaluation of the Trial.

More information

To learn more, contact the Midwest Suicide Prevention Trial Coordinator, Jacki Ward on 0438 784 650 or jacki.ward@wapha.org.au