

Midwest Suicide Prevention Trial

Stakeholder Update # 2

Community training

Four Standard Mental Health First Aid courses were delivered throughout the Midwest region in 2018, with 58 community members trained.



This two-day course equips participants with the skills to be able to assist family, friends, or neighbours to seek help for mental health issues.

Three more training sessions are scheduled for Kalbarri, Northampton and Mingenew for the start of 2019.

Mental Health First Aid training in Mingenew

Four Question, Persuade, Refer (QPR) sessions were completed for community members in Exmouth, Carnarvon, Denham and Three Springs. These short one-hour sessions are designed to give participants the confidence to talk to

family members or friends they may be concerned about, to persuade them to seek professional help. Further QPR sessions are scheduled for the Shire of Carnarvon and the Shire of Shark Bay in 2019.

GP and health professional training

Refresher training in depression and counselling has been delivered to GPs and other health professionals, throughout the Midwest.

A total of 48 people participated in workshops led by Professor Geoff Riley, a highly experienced psychiatrist and GP.

A session of QPR (Question/Persuade/Refer) training was attended by WA Country Health Service staff in September.

New video training resource for GPs

Identifying and Treating Depression in Primary Care is a new training resource for GPs in Western Australia. This 45-minute video lecture is a collaboration between WA Primary Health Alliance and Dr Geoff Riley, Professor of Rural and Remote Medicine and Honorary Senior Research Fellow, Faculty of Health and Medical Sciences, UWA Medical School. It qualifies as self-directed learning in a GP's professional development plan.

Presenters Dr Daniel Rock and Dr Geoff Riley draw on their extensive knowledge and experience to deliver a contemporary perspective on how to effectively identify and manage the depressed patient in primary care and why this is so important in the treatment of depression and prevention of suicide.

Dr Rock presents some of the context and evidence on depression and multi-morbidity in our population. He also introduces the principles of the Alliance Against Depression (AAD) an approach recognised as the world's best practice for the care of people with depression and in the prevention of suicide. It is a community-led and GP-centric model.

Further information on the Alliance Against Depression framework is available at <https://phexchange.wapha.org.au/AAD> or by contacting the AAD Coordination Centre on 6287 7948.

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Community events

Several community groups received presentations about the Trial with various organisations assisting the Trial coordinator to spread the suicide prevention message within their communities.

Jeremy Forbes, from Hope Assistance Local Tradies (HALT), visited the Midwest and talked to tradie and sporting groups about his lived experience and how and where to seek help.



Yarning with Aboriginal communities

Both Geraldton Regional Aboriginal Medical Service (GRAMS) and Carnarvon Medical Service Aboriginal Corporation (CMSAC) have submitted their reports on the community yarning projects they undertook as part of the Trial in Aboriginal communities throughout the Midwest. The coordinator will work with both organisations to progress recommendations from their reports.

Opening of the Community Bench in Geraldton



In October, the Geraldton Suicide Prevention Action Group (GSPAG) launched their Community Bench. It was a creative collaboration project between GSPAG and Geraldton Men's Shed and was officially opened by the Mayor of Greater Geraldton, Shane Van Styn.

The community bench has already seen community groups, families and individuals enjoy its setting under the beautiful Moreton Bay fig trees on the Foreshore.

Mindframe

We benefitted from a recent visit from Everymind, the organisation which runs the Mindframe program that aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media. Visits to local media outlets were organised, as well as training with local agencies and others involved in suicide prevention.

We look forward to working with the media on proactive suicide prevention stories to raise the profile of this important topic and encourage supportive community conversations around depression and suicide. Mindframe has some useful information on suicide prevention that you can read here

<https://everymind.org.au/suicide-prevention>

More information

For more information about the Trial, or to subscribe to further updates, please contact the Project Coordinator Suicide Prevention Trial Jacki Ward on **0438 784 650** or jacki.ward@wapha.org.au