



Peel, Rockingham and Kwinana Suicide Prevention Trial

Stakeholder Update #3 | September 2019

Mid-Implementation Review

Representing 34 organisations and community groups, 53 passionate people came together in Mandurah, united by a common goal of reducing the rate of suicide in their community.

A Mid-Implementation Review for the Trial was called to celebrate the achievements so far, reflect on learnings and to develop recommendations as a community going forward.

The Review was an opportunity to discuss these learnings as a community and to develop a set of key priorities and recommendations not only for the remaining 10 months of the Trial, but also for the area once the Trial has ended.



Training

Twenty two mental health first aid training sessions have been provided, including Mental Health First Aid, Youth Mental Health First Aid and Mental Health First Aid for the Suicidal Person.

WA Primary Health Alliance also worked with the Australian Centre for Grief and Bereavement to train more than 50 clinicians in the trial site area, to appropriately support those in the community that are bereaved by suicide.

Tina Tuira-Waldon from Te Urupu IMPI Inc. has also developed culturally appropriate adaptations of ASIST and safeTALK training, to increase the accessibility of mental health training for Maori and Pacific Islander people.



Coping with self-harm: A guide for parents and carers

A new youth mental health resource, *Coping with self-harm: A guide for parents and carers*, was launched by WA Primary Health Alliance and the Orygen National Centre of Excellence in Youth Mental Health at the Mary Davies Library and Community Centre, Baldivis, with an expert panel discussion and a screening of the film, both open to the public.

The Orygen resource provides practical information on supporting a young person who is self-harming, managing their injuries, implementing coping strategies and where to go for help. The guide also offers practical ways that parents and carers can look after themselves and stresses that they should not blame themselves. It outlines the reasons for self-harm and what makes a young person vulnerable to it.

It was developed from a guide originally produced by researchers at the Centre for Suicide Research, University of Oxford, England and was adapted for an Australian audience following extensive consultation between Orygen, young people, and their parents and carers.

[Download the resource.](#)

Inside My Mind Awareness Campaign

The first phase of the Inside my Mind Campaign for Perth South was largely successful, with high exposure in the area. The main goal was to help people to recognise the symptoms of depression and anxiety, either in themselves or others, and encourage them to seek help, ultimately reducing suicide rates within the area.

Videos were created to tell the story of two young community members with lived experience of depression and then these were displayed in a variety of ways across multiple channels.

The campaign had almost two million impressions across a range of media including social and digital, radio, cinema and outdoor advertising.

[View the videos.](#)





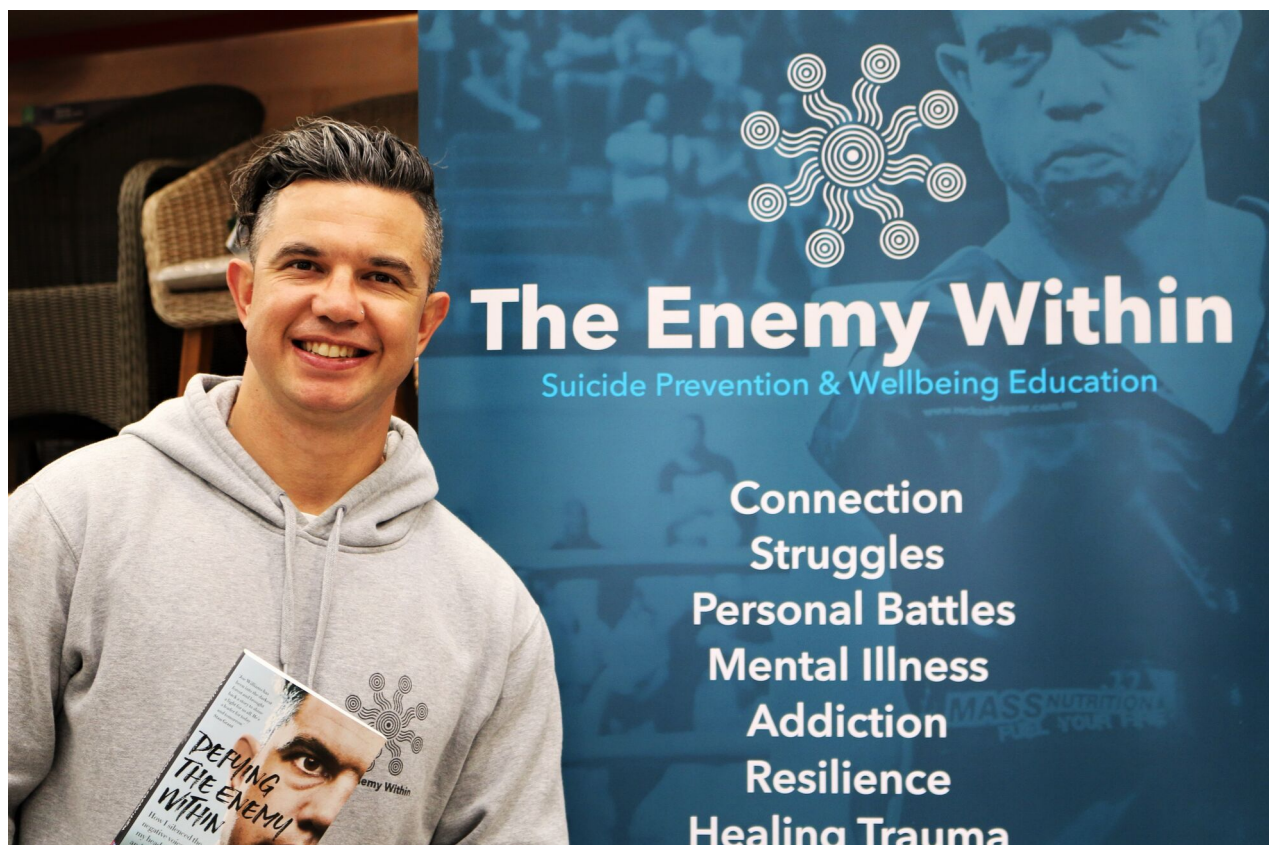
Community Spotlight

Mental health advocate, former NRL player, professional boxer and now published author, Joe Williams, talked adversity and personal battles with suicide and mental health, to young people in the Shire of Murray recently.

William's work for mental health awareness and suicide prevention earned him the Wagga Wagga Citizen of the Year in 2015 award, a finalist nomination for the National Indigenous Human Rights Award in 2017 and the Suicide Prevention Australia's LiFE Award in 2018 for his outstanding work in communities across Australia.

The sessions in Halls Head and Pinjarra saw 55 young people and community members attend, where Williams openly shared his mental health journey, as part of the Shire of Murray's Completing the Circle project, funded by WA Primary Health Alliance as part of the Australian Government's National Suicide Prevention Trial.

[Read Joe's story.](#)





More Information

To learn more, contact the Trial Project Coordinator
Chloé Merna on 0408 462 549 or
chloe.merna@wapha.org.au

Postvention Pilot

In an Australian first, the Peel and Rockingham Kwinana Community Response Steering Group developed and began to trial an immediate notification process that is compliant with the Coroners Act 1996 and enables holistic postvention responses such as food parcels, specialist bereavement counselling and school support for the families, friends and community of anyone who is suspected to have died by suicide.

The Postvention Response relies on a collaborative partnership between Federal, State, local and non-government organisations, along with lived experience and community investment, negating any competitive or conflicting priorities.

Although there are many postvention activities occurring in Australia, this initiative is an Australian first in formally incorporating Police Officers. The Police, as first responders to critical incidents, play a key role to obtain consent for support from those bereaved by suspected suicide. Upon receiving consent, a rapid, holistic response occurs within 24-72 hours of notification.

The Postvention Pilot recently received a nomination for the Excellence in Strengthening Partnerships Award at the South Metropolitan Health Service Excellence Awards.



**WA Primary
Health Alliance**
Better health, together

phn
PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative