



My Health My Voice

Working together to reduce suicide

Everyone can help to reduce and prevent suicide in our community. North Western Melbourne Primary Health Network is supporting a suicide prevention trial in Melton, Brimbank and the Macedon Ranges, working with the community to find local solutions and support.

The suicide prevention trial is funding and supporting a wide range of activities.

- Setting up community working groups to guide the trial programs
- Providing free suicide prevention training to community members
- Launching a problem gambling suicide prevention project
- Increasing awareness of suicide among people from diverse language and cultural groups
- Supporting a media campaign with the local Star Weekly newspapers

around the importance of talking about suicide.

The 'Reach Out, Reduce Suicide' campaign shared the voices of community members, doctors and people with experience of suicide to encourage people to complete a free, online course on preventing suicide. The course trains people on how to start a conversation with someone in their life who might need help, and what to do if they are at risk of suicide.

Gamblers Help counsellor Tien Truong said starting a conversation and being able to offer help is often the most important thing to prevent suicide.

"People use others as venting platforms and if people knew how to help others and where to direct them that would help with prevention," Tien said.



"It doesn't have to go down a path of issues piling up. "People may still be guarded, but if you ask the question it gives them the chance to open up."

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– Tien Truong

Training and support

Free suicide prevention training is still available for people living in our community in Bimbank and Melton. Visit www.nwmpnhn.org.au/suicideprevention-qpr to find out more and access the training.

If you, or someone you know is in crisis, you can contact **Lifeline: 13 11 14** or lifeline.org.au

Translation and Interpreting Services (TIS)

Lifeline has a free interpreting service for people who do not speak English.

1) Call TIS on 131 450 and ask for Lifeline on 13 11 14 in the language required.

2) TIS will call 13 11 14 on behalf of the caller. A call to TIS is the cost of a local call from landlines (additional charges apply for mobiles).

Find out more: www.tisnational.gov.au

Join in and have your say

Consumers, carers and local health providers working together to help plan for a better future

How can we improve mental health services?

Join us for an interactive workshop that explores what we need to do to make mental health services better for you, your family and community.

Workshops will be held in [Melton](#) on 5 March 2020, [Carlton](#) on 12 March 2020, and [Hoppers Crossing](#) on 19 March 2020

For more information please go to: www.eventbrite.com.au

Everyone is welcome! We would love a diverse range of people to attend to ensure mental health services in the future work better for everyone.

You will be paid for your time. Carers or support people are welcome too.

For information in other languages please contact us on 9347 1188.



Updated newsletter design and People Bank graphic

With the help of some of our wonderful People Bank members we have updated our People Bank graphic and the design of this newsletter. We are very happy with the changes and hope you are too.

Thank you to those who provided input into the new design. We really appreciate it. To find out more about how People Bank members were

involved in this activity, please go to: nwmpnh.org.au/community-feedback-report

This newsletter will now also be available in five other languages – Arabic, Italian, Mandarin, Turkish and Vietnamese. To receive the newsletter in one of these languages, please email myvoice@nwmpnh.org.au.



Five ways to wellbeing

Research from around the world shows you can improve your wellbeing and happiness by doing five simple things as part of your day:

- connect
- be active
- keep learning
- be aware
- help others

Doing these five actions can help you cope better with stress and to

live longer, happier and healthier, in ways that are good for you and others! Everyone can 'try the 5' at home, work or during study. It costs nothing and it's easier than you think!

For tips, tools and resources to help you please go to: 5waystowellbeing.org.au

For resources in other languages please go to: 5waystowellbeing.org.au/tools-resources/for-individuals/#translated-materials

Healthy Hummus

Ingredients

1/2 clove garlic, peeled
1 x 400g can no-added-salt chickpeas
1 tbs hulled tahini paste
2 tbs olive oil
2 tbs lemon juice
1 1/2 tsp ground cumin, optional
to taste pepper and salt

Method

Mince or grate the garlic. If you are using a food processor with a small bowl you can use it to do the garlic too.

Drain and rinse the chickpeas and add to the food processor with the other ingredients.

Blitz the ingredients (except pepper and salt), adding a tablespoon of very cold water at a time to help it blend. Keep adding water and blitzing until it's smooth and a texture you like. Taste and season with pepper and salt if required.

Recipe sourced from livelighter.com.au

My Health My Voice is a newsletter of North Western Melbourne Primary Health Network, a non-profit organisation working to improve health care in our local communities.

To subscribe or unsubscribe from this newsletter please email us at myvoice@nwmpnh.org.au or call (03) 9347 1188.

nwmpnh.org.au