

Working together to reduce suicide

LGBTIQ Suicide Prevention Trial | September 2020 Update

Creative during COVID-19

During the past few months Trial activities have continued to be delivered under challenging circumstances throughout the COVID-19 pandemic.

Change has been required by our commissioned organisations to address the spread of COVID-19.

All organisations have worked extremely hard to be creative and adapt to ensure that our communities continue to get the support they need during these difficult times.

From North Western Melbourne Primary Health Network, we say thank you to you all.



Exciting news: Trial continues

We are excited to announce the additional one year transition funding of the National Suicide Prevention Trials which will see the Trial continue to June 2021. The focus will be on transition and sustainability of existing suicide prevention trial activity, as well as to consolidate lessons learned during the trial period.

North Western Melbourne Primary Health Network (NWMPHN) will be working closely with commissioned organisations to implement appropriate arrangements to ensure a safe and sustainable transition out of Trial funding. We will also be working very closely with the Taskforce to ensure that the hard work invested into the Trial will endure beyond the upcoming transition year.

Question, Persuade, Refer (QPR) and LivingWorks Start training available

Free, evidence-based online training modules are available for community members. Training helps people to identify the signs of someone at risk of suicide and respond to keep them safe. For more information visit:

- [QPR training](#) (60 min session)
- [LivingWorks Start training](#) (90 min session)

What's new

LGBTIQ Lived Experience in Suicide Prevention Research Project

The Australian Centre for Sex, Health and Society (ARCSHS) will undertake a multi-method study to explore the diversity and nature of informal mental health and suicide prevention related support provided by peers and LGBTIQ community leaders as well as make recommendations on how to improve support for them in the future.

LGBTIQ community campaign

The Shannon Company will undertake a co-design process with the Taskforce and broader community to develop a community awareness campaign with the objective to:

- Improve understanding, awareness and compassion of the poorer mental health and suicidality outcomes for the LGBTIQ community within broader society.
- Promote inclusive, supportive and responsive communities.
- Improve health and wellbeing outcomes for LGBTIQ people, families and communities.

If you would like any further information regarding activities within the Trial please contact us:
Susan Cadman - susan.cadman@nwmpfn.org.au, Manager for Suicide Prevention and Intervention,
or Jo Read - jo.read@nwmpfn.org.au, LGBTIQ Suicide Prevention Project Officer.

nwmpfn.org.au

Mental Health Care for Trans, Gender Diverse, and Non-Binary People module

The "TGDNB mental health module" has been created by Dr Cal Andrews (University of Melbourne), Assoc Prof Ruth McNair (GP academic, University of Melbourne) and Ben Callegari (Clinical Psychologist, Northside Clinic).

This is a free resource to help mental health professionals familiarise themselves with the diverse terminology, experiences, issues, best practice standards and referral pathways with respect to trans, gender diverse, and non-binary (TGDNB) clients. The aim is to promote more inclusive and responsive service provision for TGDNB people in mental health care settings.

For more information visit nwmphn.org.au/lgbtiq

Trial evaluation

An evaluation of the Trial has commenced which will examine the effectiveness of the overall design and consultation process of the Trial, as well as NWMPHN's progress in meeting objectives of the key interventions and contribution to the currently lacking evidence base for LGBTIQ suicide prevention. Impact Co have been commissioned to undertake the evaluation and have been working closely with all commissioned organisations and NWMPHN.

LivingWorks - LGBTIQ Essential Understanding Guide

LivingWorks is developing the 'Essential Understandings for LGBTIQ Training' Guide, co-designed with our LGBTIQ community. The Guide aims to support all LivingWorks trainers who deliver LGBTIQ workshops with the foundation knowledge and understanding of LGBTIQ context. Watch out for the launch date.

To accompany this, a 'Standard Procedures for LGBTIQ ASIST' document which will be a supplement in the ASIST Trainer Manual has been developed as a guide for trainers in delivering the LGBTIQ adaptation. This will be available to the LGBTIQ Trainer Network shortly for feedback.

What's next?

We look forward to continuing to work with you all to improve outcomes for the LGBTIQ community, and working with the Taskforce to show leadership in innovative approaches to suicide prevention. We are excited to build strong, sustainable networks that will last beyond the life of the Trial.

Project highlights:

Mind Australia Aftercare Program

There is a strong uptake of the aftercare program's service. Some clients are highly acute and are referred directly to the service within 48 hours of leaving hospital following a suicide attempt. Other clients experience cycles of depression and are utilising the service in a preventative sense to learn other coping skills and safety practices.

"I really needed something like this. I can't believe it exists, it's just exactly the help I need....I want to feel like the person I am speaking to actually knows what I am going through, it's different for us queers, and bless them, but if you're not queer just can't really understand."

"Great support and a place where I could be heard without judgment... since finishing I have managed an interaction with a crisis team well, reconnected with my social circle and arranged to rent privately with a close friend."

Stay safe and informed with the latest COVID-19 updates and campaigns

NWMPHN are providing valuable COVID-19 information and updates to our commissioned services and health providers in our region. Visit nwmphn.org.au/covid19 or contact us to receive email updates.

Please help to share two important community campaigns for people in our region.

The "[It's OK to see your GP](#)" campaign aims to keep people in touch with their physical and mental health needs during the COVID pandemic.

Stay safe stay home

We are all sharing this time of isolation and have created videos in 18 languages to get this important message out to people in our region.

Visit nwmphn.org.au/staysafe



We might be apart, but we're all in this together.

[Click here](#) to help share this message in 18 languages.

Stay safe