

Working together to reduce suicide

LGBTIQ Suicide Prevention Trial | December 2020 Update

The end of a big year!

The LGBTIQ Suicide Prevention Trial has met the challenges of the year, with commissioned providers continuing to provide support to our community throughout the pandemic.

As restrictions lift across Victoria, providers are working to ensure face to face support will be available for the community.



LGBTIQ Small Grants Round

Congratulations to all who were successful in the recent LGBTIQ small grants round and a special thank you to all who applied. All successful programs and organisations are listed below.

BridgeMeals - Queer Refuge

The project will provide a safe and supportive space to discuss the issues that affect refugees and asylum seekers, as LGBTIQ people, and as People of Colour.

Orygen, headspace at Glenroy, Sunshine and Werribee

A LGBTIQ youth peer-led scoping project that seeks to identify the unique needs of culturally and linguistically diverse LGBTIQ young people and their families across the Moreland, Brimbank and Wyndham areas.

Cobaw Community Health/Sunbury Community Health

A capacity building project for regional health and aged care professionals to provide inclusive and affirmative care for LGBTIQ community members and remove access barriers.

Jesuit Social Services

The project will focus on increasing the cultural responsiveness and inclusiveness of two existing Jesuit Social Services programs, Support After Suicide and Connexions.

St Vincent's Hospital (Melbourne) Limited

This project aims to reduce stigma and discrimination and promote acceptance and inclusivity for the LGBTIQ community at St Vincent's Hospital.

The Gender Whisperers (auspiced by Auspicious Arts Project Inc)

This project will be a 12-part podcast series where LGBTIQ community advocates talk about their experiences.

Victorian Roller Derby League Inc.

This project will expand the existing beginner entry program (Learn to Skate) to target the LGBTIQ population, alongside a media strategy and LGBTIQ suicide prevention forum.

To hear more about any of these projects, please get in touch at suicideprevention@nwmphn.org.au and we can connect you with our wonderful colleagues.

Current Projects

The LGBTIQ Community Campaign will aim to improve understanding, awareness and compassion for LGBTIQ people, helping to create supportive and responsive communities which enable improved health and wellbeing of LGBTIQ people and their families. Our campaign will work to:

- Highlight the difference between being a 'silent supporter' and 'speaking up'
- Educate the public on what to say and how to avoid unintended discrimination
- Provide an online platform that allows people to have a voice.

You can help - Do consider yourself a community champion or know someone who is?

We are looking for people like you to help – people who work with the local community from teachers, sports coaches, police, ambulance, faith leaders and culturally and linguistically diverse people – who can help support the campaign and spread the message to your communities. **If you are interested in hearing more, please get in touch at suicideprevention@nwmphn.org.au**

Project Highlights

LivingWorks - LGBTIQ Essential Understanding Guide

229 participants have now been trained in LGBTIQ ASIST and safeTALK training. Importantly, key partnerships have been developed with Switchboard, Thorne Harbour Health and Livingworks to deliver ASIST Training to LGBTIQ Community Leaders.

To support trainers in delivering LGBTIQ workshops, LivingWorks have been working on the development of an 'Essential Understandings for LGBTIQ+ Training' document which provides a foundation of knowledge for all LivingWorks trainers to understand the LGBTIQ context. To accompany this, a 'Standard Procedures for LGBTIQ+ ASIST' document (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.

"Not only has this workshop made me feel more confident in addressing and responding to suicide, but it has helped me process the passing of people on my life who have died by suicide. Thank you"

"Having all queer people in the workshop made it feel very safe and was one of the best parts of the training"

Drummond Street Mentorship programs

The programs are currently running at full capacity, which suggests that there is huge community appetite for peer support and for community-based approaches to well-being and mental health.

"Thanks so much for providing a nurturing space ... it really helped me"

"It was really good and worthwhile to catch-up [with my mentor]. She was very easy to speak to ... I think this is a great program"

"Fantastic coming together of diversity"

Thorne Harbour Health - LGBTIQ Affirmative Practice

Affirmative Practice Training is a targeted training package for people who are first responders to LGBTIQ mental health and suicide crisis, including healthcare and mental health services to ensure services are accessible and a safe space for LGBTIQ people and those who support them.

If you are interested in hearing more about this training, contact Amelia Arnold at amelia.arnold@thorneharbour.org

"Thank you!! I found your lived experiences assisted my learning so much - thank you for putting yourself out there each time you present this program, it must be so challenging and exhausting at times. You are an absolute ray of sunshine who made learning easy, inclusive and fun. Keep doing what you do - it's so important!"

Participant from The Royal Women's Hospital, LGBTIQ+ 101 and Affirmative Practice Full Day Training.

If you have any ideas, want to participate in free training, or want to make an impact in reducing suicide among the LGBTIQ community you can get involved with the Trial by contacting suicideprevention@nwmphn.org.au

If you would like more information about Trial activities please contact:

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