

Working together to reduce suicide

Melton and Brimbank Suicide Prevention Trial

December 2020

The Melton Brimbank Suicide Prevention Trial is one of twelve place-based trial locations throughout Victoria. The Trial aims to have a positive impact on rates of suicide and attempts, individual resilience and well-being and broader system improvements.

This is our final update for 2020 on the activities of the Melton Brimbank Suicide Prevention Trial.

It has been an unprecedented year, and yet the Melton and Brimbank Suicide Prevention Network has continued to work towards a positive impact on rates of suicide and attempts, individual resilience and well-being, and broader system improvements. We thank everyone who has been involved, in activities small and large, this year. On behalf of North Western Melbourne PHN and the Network have a safe and happy holiday.

What's been happening?

Network Update

The Melton Brimbank Suicide Prevention Network has recently finalised an action plan outlining priorities and activities until June 2022. New initiatives will include a stronger focus in the areas of Alcohol and Other Drugs, Older Adults and on strengthening linkages within the Aboriginal and Torres Strait Islander community.

Lived Experience

The Melton Brimbank Suicide Prevention Network values the voice of those with a lived experience of suicide, who are an integral part in all work that is developed. The Network is looking to further increase the lived experience voice within the trial and is seeking expressions of interest from people who would like to be involved.

If you, or someone you know, is interested in contributing to preventing suicide in the Melton and Brimbank communities, please contact suicideprevention@nwmpnh.org.au. Those who express interest will be supported financially for their expertise, which can be provided either virtually or in person (COVID-19 restrictions dependent).

Want to prevent suicide in your community?

As we move out of lockdown and into a COVID-Normal world, it is now more important than ever to be equipped with the skills to identify and support someone who may be suicidal. See over the page for information about the training that you and your community can access for FREE through the Melton Brimbank Suicide Prevention Trial.

Get involved in 2021

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

Find resources and up to date information on the Trial at nwmpnh.org.au/priority-area/suicide-prevention-and-intervention



Online Training

Question Persuade Refer (QPR) and START

These online training programs - QPR is 60min and Start is 90min - both teach the participant how to correctly identify someone who may be thinking about suicide.

If you would like to complete the free online QPR training, visit nwmphn.org.au/place-based-suicide-prevention/suicideprevention-qpr

Or for Start training visit nwmphn.org.au/place-based-suicide-prevention/suicideprevention-start/



Managing for Team Wellbeing

3-hour online course run through the Black Dog Institute aimed at managers focusing on their teams mental health and wellbeing.

Visit blackdoginstitute.org.au/education-services/workplaces/workplace-programs/managing-for-team-wellbeing/

A Guide for Sporting Clubs - What to do if a club member dies by suspected suicide

Developed to provide guidance about what to say and how to support the club following the suspect suicide death of a member. The guide is ready to be distributed to sporting clubs across Melbourne and the north west. If you would you like your sporting club or organisation to receive a copy please contact suicideprevention@nwmphn.org.au



Mental Health First Aid

Mental health first aid (MHFA) is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received, or the crisis resolves. MHFA strategies are taught in training programs provided by the Mental Health First Aid Training and Research Program.

The next session of Mental health first aid will be on the 21st and 22nd of January, places are strictly limited to 15 participants and is already at half capacity. If you are interested, please register at: www.eventbrite.com.au/e/mental-health-first-aid-online-blended-north-western-melbourne-phn-tickets-128567347397

Face to Face Training

HALT (Hope Assistance Local Tradies)

'Save Your Bacon Brekkys' are for tradies and workplaces to encourage having a conversation about the potential struggle that a tradie may experience during their life.

Jeremy Forbes and his team are engaging speakers who have been featured on ABC Morning News and extensively across print and radio programs.

HALT have had a number of talks already across the Melton and Brimbank region. If you would like to engage HALT to deliver an online session please contact nwm@halt.org.au



SafeTALK

A half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.



ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.



To hear more about any of the above face to face or online training please email suicideprevention@nwmphn.org.au

For more information about the Trial visit: nwmphn.org.au/priority-area/suicide-prevention-and-intervention

The Melton Brimbank Suicide Prevention Trial is a collaborative partnership between local communities and organisations, training partners, The Victorian Government and North Western Melbourne Primary Health Network - an Australian Government Initiative.