



National Suicide Prevention Final Advice

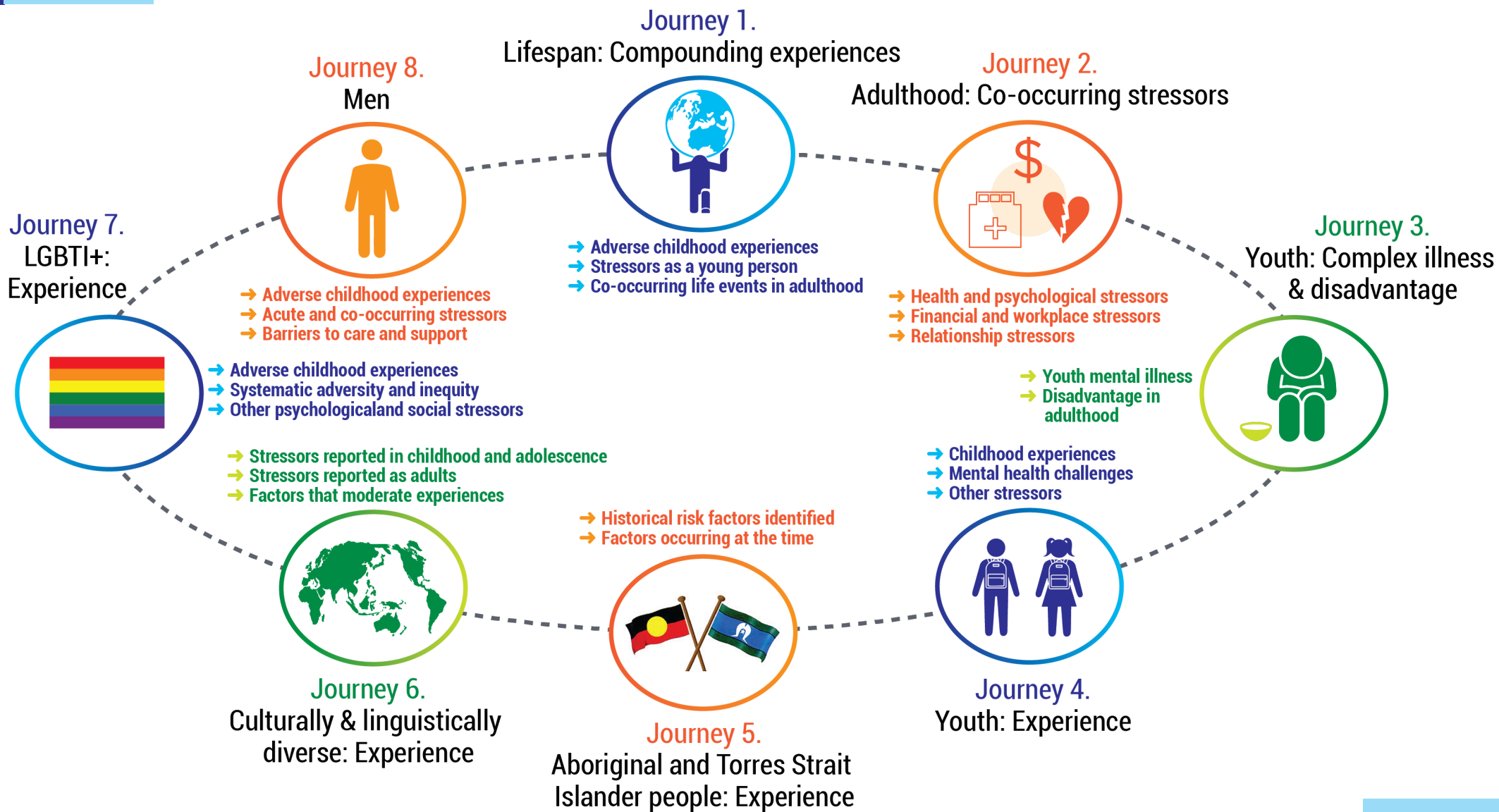
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Compassion First

WHY - A whole of governments approach





Journey 1. Lifespan: Compounding experiences



Adverse childhood experiences

Stressors as a young person

Co-occurring life events
in adulthood

Journey 2. Adulthood: Co-occurring stressors



Health and psychological
stressors

Financial and
workplace stressors

Relationship stressors

Journey 3. Youth: Complex illness & disadvantage



Youth mental illness

Disadvantage in adulthood

Journey 4. Youth: Experience



Childhood experiences

Mental health challenges

Other stressors

Journey 5. Aboriginal and Torres Strait Islander people: Experience



Historical risk factors identified

Factors occurring at the time

Journey 6. Culturally & linguistically diverse: Experience



Stressors reported in childhood and adolescence

Stressors reported as adults

Factors that moderate experiences

Journey 7. LGBTI+: Experience



Adverse childhood experiences

Systematic adversity and inequity

Other psychological and social stressors

Journey 8. Men



Adverse childhood experiences

Acute and co-occurring stressors

Barriers to care and support



Connected & Compassionate

Recommendations & Priority Actions



4 Enablers

4 Key Shifts

1.

Leadership and governance
to drive a whole of
government approach



2.

Lived Experience knowledge
and leadership



3.

Data and evidence
to drive outcomes



4.

Workforce and
community capability



5.

Responding earlier to distress



6.

Connecting people to
compassionate services
and supports



7.

Targeting groups that
are disproportionately
impacted by suicide



8.

Policy responses to
improve security
and safety



Recommendation 1: **Whole of Government with Outcomes**

Immediate Priority Action 2021–2022



- national
- jurisdictional
- regional



- i. First Ministers authorising & requiring cross portfolio approaches
- ii. National Suicide Prevention Strategy
- iii. National Suicide Prevention Office
- iv. Regional arrangements strengthened and resourced

Recommendation 2:

Intergration of Lived Experience knowledge into:



- national priority setting
- planning, design & delivery of services
- evaluation

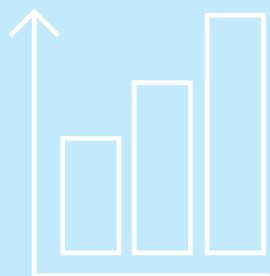


Immediate Priority Action 2021–2022

- i. lived experience – leadership & governance structures
- ii. demonstrated engagement & co-design with lived experience required for all government funded research and services
- iii. adequate funding to build lived experience workforce
- iv. increase lived experience research with a focus on those who have experienced suicidal distress or crisis

Recommendation 3:

Recognising data, evidence & outcomes are essential



- identify data needed
- improve quality & timeliness
- enable sharing of data

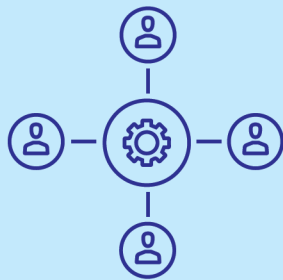


Immediate Priority Action 2021–2022

- i. suicide registers in all jurisdictions – deaths, attempts, self-harm
- ii. national surveys – ideation, self-harm, attempts
- iii. national outcomes framework and national definition and standards for suicide attempts & self-harm
- iv. national priorities for research & translation

Recommendation 4:

Workforce & capability



Evidence based & compassion focused workforce development of all involved in suicide prevention – driving cultural change & increasing capacity & capability

Immediate Priority Action 2021–2022

- i. evidence based training for clinical & health staff
- ii. compassion-based training for frontline workers responding to distress, especially financial, employment & relationship support
- iii. national suicide prevention workforce strategy

Recommendation 5:

Responding earlier to distress

Immediate Priority Action 2021–2022



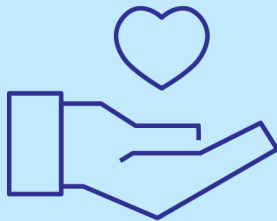
Develop & implement responses providing outreach & support at point of distress.



- i. intervene early in life to mitigate adverse childhood experiences, support families, early access for children and young people
- ii. scalable early distress interventions for those experiencing
 - intimate relationship distress
 - employment or workplace distress
 - financial distress
 - isolation and loneliness
- iii. supporting people through transitions
 - entering / leaving justice settings
 - from military service
 - from education / vocational settings
 - entering retirement
 - engaged with aged / supported care services

Recommendation 6:

Connecting people to compassionate services & supports



Integrated, connected, quality services actioning the National Suicide Prevention Strategy under the Fifth Plan & the National Mental Health and Wellbeing Pandemic Response Plan



Immediate Priority Action 2021–2022

- i. integrated digital & face-to-face services
- ii. service models with compassionate community based supports
- iii. aftercare for anyone in crisis who has attempted suicide
- iv. support for families, care givers, those bereaved, those impacted
- v. connection with AOD services

Recommendation 7:

Targeting groups that are disproportionately impacted by suicide



Equity approach to prioritise populations disproportionately impacted by suicide.



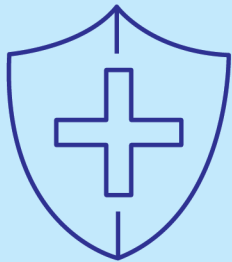
Immediate Priority Action 2021–2022

- i. funding of National Aboriginal and Torres Strait Islander Suicide Prevention Strategy
- ii. priority access for males
 - leveraging:
 - o employment services
 - o family law courts
 - o relationship services
 - o aged care
 - report on accessibility of services
- iii. actions for priority populations
 - children & young people
 - LGBTIQ+ communities
 - culturally and linguistically diverse
 - veterans & their families
 - rural & remote communities impacted by adversity
- iv. occupations & industries with higher suicide

Recommendation 8:

Policy response to improve security & Safety

Immediate Priority Action 2021-2022



Working towards
a 'suicide prevention
in all policies' approach



- build capabilities in key policy teams
- review existing policies to improve security & safety

The background is a solid dark blue. It features several decorative geometric shapes: an orange square in the top-left corner, a light blue rectangle below it, an orange rectangle in the top-right corner, a light blue rectangle in the bottom-right corner, and a dark blue rectangle in the bottom-right corner overlapping the light blue one.

Shifting the Focus

A whole of government model to guide suicide prevention in Australia



SHARED UNDERSTANDING

Informed by lived experience knowledge, translation of evidence and improved Australian data.



COMPREHENSIVE APPROACH

Balancing the benefits of longer term prevention approaches with immediate opportunities to better respond to distress and connect people to supports.

Longer and medium-term actions to prevent suicide

Immediate actions to support people in distress or who are at risk of suicide



Policy responses that address social and economic drivers of distress



Cross-agency programs and linkages to mitigate trajectories toward suicidal behaviour



Use all available touchpoints to provide outreach early in distress



A coordinated and responsive system of care for people experiencing or impacted by suicidal behaviour

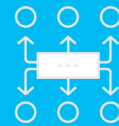


DECISION-MAKING TOOL

ENABLED BY



WORKFORCE



GOVERNANCE



DATA & EVALUATION



Support services

Adult

Lifeline: [13 11 14](tel:131114)

lifeline.org.au

Suicide Call Back Service: [1300 659 467](tel:1300659467)

suicidecallbackservice.org.au

Beyond Blue: [1300 24 636](tel:130024636)

beyondblue.org.au

MensLine Australia: [1300 789 978](tel:1300789978)

mensline.org.au

Youth

Kids Helpline: [1800 551 800](tel:1800551800)

kidshelpline.com.au

headspace: [1800 650 890](tel:1800650890)

headspace.org.au

ReachOut: au.reachout.com

Other resources

Head to Health: mental health portal

headtohealth.gov.au

Life in Mind: suicide prevention portal

lifeinmindaustralia.com.au

SANE: online forums saneforums.org

healthinonet.ecu.edu.au - Aboriginal and Torres Strait Islander

[1800 184 527](tel:1800184527) qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex

mhima.org.au - Culturally and linguistically diverse