

# SUICIDE PREVENTION IN BASS COAST

AUGUST 2018

**phn**  
GIPPSLAND

An Australian Government Initiative

**Suicide prevention is a shared focus of the Victorian Government Department of Health and Human Services and the Primary Health Networks, an Australian Government initiative.**

Victorian Primary Health Networks are implementing a collaborative response which implementing place-based approaches to suicide prevention across twelve metropolitan, regional, and rural locations over a four year period.

## A PLACE-BASED APPROACH

A **place-based approach** recognises that people and places are inter-related, and that the places where people live and spend their time affects their health and wellbeing.

A **place-based approach** to suicide prevention focuses on local needs and local priorities, engages the community as an active partner in developing solutions, and maximises value by leveraging multiple networks, investments and activities to deliver the best outcomes for communities. Each community will establish their own suite of responses based on their local need and local capacity.

LifeSpan is being implemented in Bass Coast, working with the local community, including the wider population and health agencies, local governments, emergency services, schools and media outlets to contribute to the reduction of the suicide rate within the Bass Coast.

## THE PROGRAM OBJECTIVES ARE:

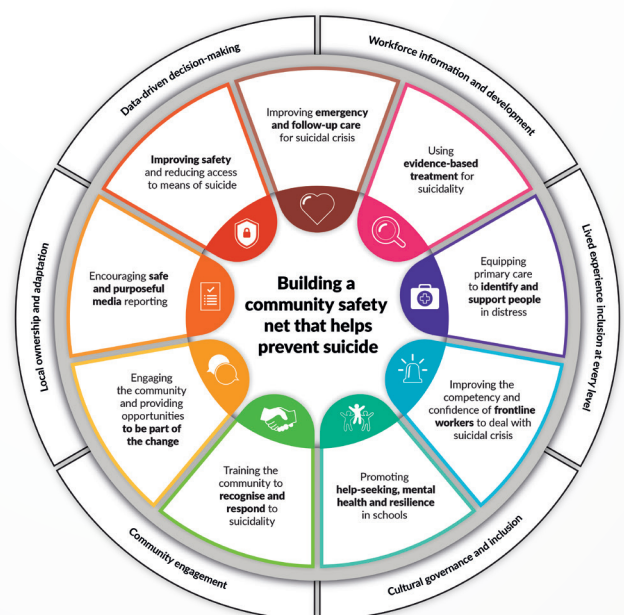
- Reduced rates of suicide
- Reduced suicide attempts
- Improved individual resilience and wellbeing
- Improved system to prevent suicide in an ongoing way

## LIFESPAN IS AN EVIDENCE-BASED APPROACH TO SUICIDE PREVENTION

The model uses an integrated suicide prevention approach which combines nine strategies into one community-led approach incorporating health, education, frontline services, business and the community.

LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs and building the capacity of the community to better support people facing a suicide crisis.

The interventions focus on capacity building and enhancing system effectiveness rather than service expansion or new services.



LifeSpanEvidence based model

**LifeSpan**  
Integrated  
Suicide  
Prevention

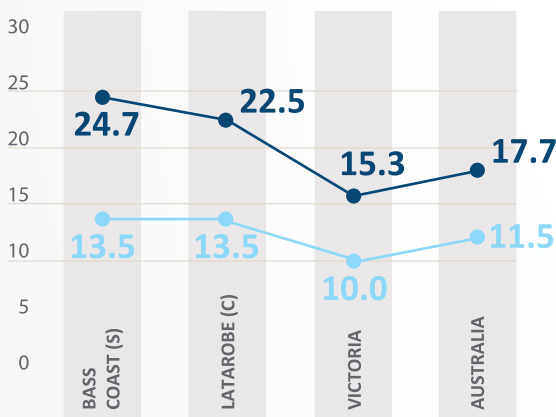
## HOW DO WE DO IT?

Community advisory groups are providing guidance, information, advice, engagement and supporting regional coordination and reform. Groups consist of local representatives including government, non-government, health, business, education, media, community agencies, emergency services, and people with lived experience.

### The advisory groups work together as a community to consider:

- What is happening already and who is doing it? (strategies/activities)
- Where are the gaps/needs? (strategies/activities)
- What are the priority strategies and activities?

These insights support commissioning of evidence-based suicide prevention approaches by Gippsland PHN which are specific to Bass Coast.



Source: AIHW 2017, MORT (Mortality Over Regions and Time) books: Local Government Area, 2011-2015

- **MALE SUICIDE RATES** for Bass Coast & Latrobe LGAs compared to Gippsland, Victoria and Australia, 2011-15 (crude rates per 100,00 males)
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## SOME R U OK PRINCIPLES WHICH GUIDE THIS WORK:

1. Connection is an important factor in suicide prevention
2. A conversation could change a life
3. By reaching out in a committed way, you could save a life
4. Ending suicide is everyone's business
5. The Australian community has the capacity to help prevent suicide, if supported
6. There is a need for a national primary promotion and universal intervention, which strengthens Australia's informal community care services

We welcome you to learn more and to join us to support this work to prioritise suicide prevention for your local community.

## FURTHER INFORMATION

### Gippsland PHN

[www.gphn.org.au/programs/place-based-suicide-prevention-program/](http://www.gphn.org.au/programs/place-based-suicide-prevention-program/)

### Victorian PHN Alliance

[www.vphna.org.au/place-based-suicide-prevention/](http://www.vphna.org.au/place-based-suicide-prevention/)