

PLACE-BASED SUICIDE PREVENTION TRIALS IN BASS COAST & LATROBE VALLEY

2019 - 2020

phn
GIPPSLAND

An Australian Government Initiative

The impact of a suicide is profound and has a devastating effect on families, friends and communities.

In Australia, people with a disproportionately higher risk of dying by suicide are:

- Males aged 25 – 64 and 75+
- Aboriginal and/or Torres Strait Islander people
- Lesbian, gay, bisexual, transgender, intersex, queer, + (LGBTIQ+) people
- People with a history of self harm

Gippsland data shows that:

- The average suicide rate in Gippsland is higher than Victorian and Australian averages
- 84% of suicides in Gippsland are by males
- Females are more likely to present to hospital for intentional self-harm than males
- In the Bass Coast and the Latrobe Valley, men aged 35 – 64 and over 85 are most at risk

ABOUT THE PLACE-BASED SUICIDE PREVENTION TRIAL (PBSPT) IN BASS COAST AND LATROBE VALLEY

Gippsland Primary Health Network (PHN) is co-ordinating and commissioning place-based suicide prevention interventions in the Bass Coast and Latrobe Valley. A place-based approach recognises that people and places are interrelated, and that the places where people live and spend their time can affect their health and wellbeing. The place-based sites are guided by the Black Dog Institute's LifeSpan model for suicide prevention.

The aim of this project is to combine public health approaches, treatment approaches and community capacity building to better prevent and support people experiencing a suicide crisis. Suicide prevention requires commitment from all levels of government, health care systems, front-line health and community groups, as well as individuals, families and communities.

By working together, we can build a community safety net that helps prevent suicide and suicide attempts.

What is the Black Dog Institute's LifeSpan model of suicide prevention?

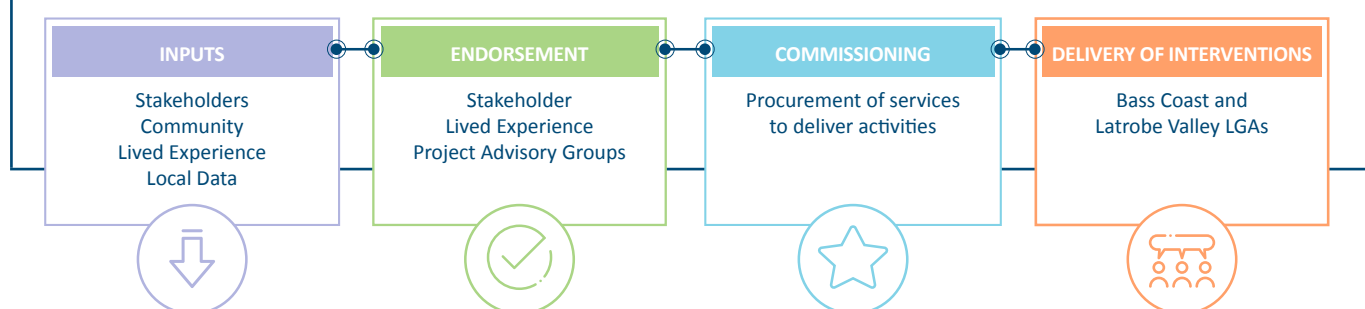
LifeSpan is an evidence-based, innovative and integrated model for suicide prevention. It aims to:

- Help prevent 21% of suicide deaths
- Help prevent 30% of suicide attempts
- Improve individual resilience and wellbeing
- Improve the system to prevent suicide in an ongoing way

To find out more visit www.lifespan.org.au

OUR APPROACH

Supported by project advisory groups and people with a lived experience of suicide, the place-based suicide prevention projects respond to community and stakeholder feedback and local data which influences the commissioning of local interventions.



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ACTIVITY UPDATE

The following is a snapshot of interventions based on the Lifespan model that have been recommended or are in progress for Bass Coast and Latrobe Valley sites in 2019 - 2020:



Gippsland PHN commissions organisations and services to deliver suicide prevention interventions to the community. Many opportunities are available via a tender process. To register and apply visit Tenderlink: www.tenderlink.com/gphn

For more information contact Suicide Prevention Coordinators:

Latrobe Valley: Brooke Carlesso - brooke.carlesso@gphn.org.au

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Call: (03) 5175 5444

Visit our website: www.gphn.org.au



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