

## National Suicide Prevention Trial summary – updated October 2019

PHN Site	Sub-region selected	Model selected	Target population selected	Trial activities
Brisbane North	Whole PHN region	<p>LifeSpan</p> <p>Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP) report</p> <p>National Lesbian, Gay, Bisexual, Transgender, and Intersex (LGBTI) Mental Health and Suicide Prevention Strategy.</p>	<p>Aboriginal and Torres Strait Islander people</p> <p>Young adult and middle aged men (aged 25 to 55 years)</p> <p>LGBTI people</p>	<p>The PHN has formed a local multiagency Strategic Partnership Group which includes a wide range of local stakeholders. This advisory group meets regularly to provide guidance and input into the trial.</p> <p>The PHN has also formed an LGBTI implementation group and an Aboriginal and Torres Strait Islander implementation group.</p> <p>The trial is focussed on enhancing the care pathways for follow up support for people experiencing a suicidal crisis, or who have attempted suicide. Other areas of focus include GP capacity building, gatekeeper training, school based programs, community awareness campaigns, and media training.</p> <p>Key trial activities include:</p> <ul style="list-style-type: none"> <li>• Engagement of a lead Agency to employ and provide clinical governance to a psychologist who will provide one-to-one and group counselling to LGBTI people</li> <li>• Engagement of Beacon Strategies to identify and map suicide prevention care pathways across and within the Brisbane North PHN region. Beacon Strategies have partnered with Wesley Mission for this project. The care pathway will be a visual high utility document with one version available for community and one for mental health professionals</li> <li>• Engagement of the Australian Institute of Suicide Research and Prevention (AISRAP) to deliver advanced suicide prevention training to clinicians. AISRAP will collaborate with Roses in the Ocean who will co-design and deliver the lived experience component of the training. Courses were held in August and October 2018 and were well attended, with positions reserved for Aboriginal and Torres Strait Islander and LGBTI attendees</li> <li>• Engagement of the Centre for Human Potential, for provision of aftercare to LGBTI people. Referrals to this service commenced in September 2018.</li> <li>• Engagement of Kurbingui, for provision of aftercare to Aboriginal and Torres Strait Islander people. The service began taking referrals in March 2019 and has been at capacity since it began</li> <li>• Engagement of Diverse Voices, for frontline/gatekeeper training</li> </ul>

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				<ul style="list-style-type: none"> <li>Engagement of Open Doors, for school based peer support. Open Doors has identified schools that will be targeted for this activity and is currently working with the Queensland Department of Education</li> <li>Engagement of Youth2Knowledge, for school based activities with young Indigenous people focussed on building resilience, mental health awareness and literacy and connection to culture</li> <li>Engagement of Queensland Aids Council and partners, and Gar'ban'djee'lum (auspiced by the LGBTI Health Alliance), for the community awareness campaigns. Brisbane South PHN is also contributing funds to these campaigns to ensure a whole of region approach</li> </ul> <p>GP training has been delivered by Wesley LifeForce, with 7 sessions being run for GPs and 7 workshops before these sessions being run for GP Practice Managers. Sessions were held during 2018 and 2019. An information resource will also be developed by Wesley to distribute to GPs unable to attend workshops.</p> <p>STARS (Screening Tool for Assessing Risk of Suicide) training was held in February 2019. Mindframe Plus training is also scheduled for 2019.</p> <p>The PHN has engaged MATES in Construction to progress activity for the young adult and middle aged men priority population group. MATES in Construction has run community consultation sessions in Caboolture and has more locations planned.</p> <p>A formal launch event for the trial was held in February 2019. It was opened with a video message from Minister Wyatt, and featured guest speakers including poet Stephen Oliver who read a poem about suicide.</p> <p>The Aboriginal and Torres Strait Islander 'Yarns Heal' campaign launch took place in June 2019 with Stephen Oliver as the ambassador. Part one of the LGBTI suicide prevention campaign (a collaboration with QLD AIDS Council) was also launched. The launch of part two of the campaign took place at the MELT festival (festival of queer arts and culture) in July 2019.</p>

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				The PHN launched the 'Reasons to Stay' online campaign on World Suicide Prevention Day 2019. The campaign features videos representing people with lived experience of suicide and provides help seeking information and resources.
<b>Central Qld, Wide Bay, Sunshine Coast</b>	Gympie in the Sunshine Coast region and Maryborough and North Burnett in the Wide Bay region	<p>LifeSpan</p> <p>ATSISPEP report</p> <p>The PHN is also joining the Alliance Against Depression (AAD) for additional resources.</p>	<p>Aboriginal and Torres Strait Islander people in North Burnett</p> <p>Men in Maryborough and Gympie</p>	<p>A Suicide Prevention Working Group has been established to inform the trial.</p> <p>The PHN worked with Movember to deliver a suicide prevention media campaign targeting men. Communications were developed for World Suicide Prevention Day and R U OK Day? in September 2017, and Mental Health Week in October 2017. STARS training was held in the Sunshine Coast and Gympie regions in September 2017. The PHN also participated in several interviews with ABC Radio for World Suicide Prevention Day in September 2018.</p> <p>Four sessions of LivingWorks Advanced Training in Suicide Prevention for GPs have been held in Maryborough, Bundaberg, Hervey Bay and Mundubbera. These sessions were held between May and August 2018.</p> <p>Applied Suicide Intervention Skills Training (ASIST) was held in North Burnett in May 2018.</p> <p>MATES in Construction's Mateship Matters training was held, and the organisation has also commenced general mental health awareness workplace training sessions in the local councils.</p> <p>Mindframe Plus training was delivered on 12-16 November 2018 in Mundubbera, Gympie and Maryborough. The PHN has engaged Roses in the Ocean to deliver Our Voice training to support people with lived experience of suicide. The PHN has also purchased licences for Question, Persuade, Refer (QPR) training.</p> <p>The PHN has formed a partnership with Queensland Police to improve administrative suicide and self-harm data collection in the trial region. A co-responder model is being implemented where police are working with counsellors, social work graduates and neighbourhood watch volunteers to support those experiencing a suicidal crisis.</p>

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				<p>The PHN is exploring the implementation of a support group at the request of Working Group members.</p> <p>In August 2019, the PHN executed contracts for several activities under the trial, including:</p> <ul style="list-style-type: none"> <li>• Lived experience training through Roses in the Ocean</li> <li>• Black Dog Institute's Advanced Training in Suicide Prevention for GPs</li> <li>• CALM train the trainer program</li> <li>• Internal QPR training for the PHN</li> <li>• ASIST</li> <li>• SafeTALK training</li> <li>• You Me Which Way training</li> <li>• Indigenous Network Suicide Intervention Skills Training (INSIST)</li> </ul> <p>On R U OK? Day in September 2019, the PHN organised a coffee delivery in R U OK? coffee cups to local GP practices. Suicide prevention training information was included. The PHN has partnered with a local fishing organisation to launch a suicide prevention campaign called "Are you snagged mate?" which targets men.</p>
<b>Country SA</b>	Port Pirie, Whyalla, Port Augusta, Port Lincoln and the Yorke Peninsula	LifeSpan ATSISPEP report	Aboriginal and Torres Strait Islander people  Men  Youth	<p>A Steering Committee has been established to inform the Country SA trial.</p> <p>The PHN has commissioned an emergency and follow up care service for people experiencing a suicidal crisis in the trial sub-regions. An Indigenous specific follow up service has been developed in collaboration with the community and is being piloted in Port Augusta, by Pika Wiya Health Service. The PHN has engaged the University of South Australia to evaluate the Aboriginal aftercare service.</p> <p>The PHN is also working on postvention referral pathways to postvention services in collaboration with SA Police.</p> <p>QPR training has been delivered and Youth Aware of Mental Health (YAM) training has commenced in identified schools in collaboration with the SA Department of Education. QPR will also be made available for all staff in schools in the trial site region, with ASIST being run for key school staff.</p>

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				<p>Roses in the Ocean delivered lived experience training in February 2018. Four participants agreed to sit on a reference group for people with lived experience. Roses in the Ocean also delivered training in August 2018 in Port Augusta for a group that will form part of the lived experience network.</p> <p>Lifeline has been engaged by the PHN to deliver SafeTALK and Accidental Counsellor training. Mindframe Plus training was delivered in February 2019.</p> <p>The PHN held a men's 'Save Your Mates' roadshow in Maitland, Port Pirie, Port Augusta, Whyalla and Port Lincoln in February 2019 with lived experience speakers Joe Williams, Jeremy Forbes and Anthony Hart presenting. The roadshow visited the same locations again in March 2019, with the addition of the Copper Coast. A total of 600 men attended the roadshows. The male community will also be targeted by Mateship forums run by MATES in Construction in 2019.</p> <p>A Youth Mental Health Survey has been conducted via various social media platforms including Snapchat, Instagram and Facebook. Data from the survey is being analysed.</p> <p>The PHN held a small community grants round and have selected seven successful applicants, mostly from community-led organisations with good representation across the region.</p> <p>On R U OK? Day 2019, the PHN ran targeted advertisements for QPR training featuring local sporting champions.</p>
<b>Northern Territory</b>	Greater Darwin region	Trial activities are being guided by the recommendations from the ATSIPEP report, Social Emotional and Wellbeing (SEWB), and some elements of the BlackDog Institute's LifeSpan model.	Aboriginal and Torres Strait Islander people	<p>The PHN is focussed on:</p> <ul style="list-style-type: none"> <li>• improved coordination and integration; cultural safety</li> <li>• appropriateness and delivery of services; clinical need</li> <li>• intergenerational trauma for Indigenous people</li> </ul> <p>A Steering Committee chaired by Minister Wyatt has been formed and is supported by a Working Group. The last meeting was held on 15 March 2019. The Steering Committee has finalised the 'Strengthening Our Spirits' model, a community-designed, systems approach to suicide prevention. The Committee has</p>



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		Indigenous communities have emphasised the need to be clear with communities in the Darwin area about the details of the trial and not for any single model to be imposed.		<p>also endorsed youth and community engagement as priorities, which will link to existing community networks.</p> <p>The NT PHN appointed two trial coordinators to develop a community engagement program, including contact with schools, NT government agencies and sports groups. Community engagements will have a particular focus on disengaged youth. A further priority is also to develop better awareness of services that are available, particularly for families and young people.</p> <p>The PHN formed focus groups for the trial and engaged Price Waterhouse Coopers to assist with the implementation of these groups. The youth focus group was held in June 2018 with all participants identifying as Aboriginal and Torres Strait Islander.</p> <p>Aboriginal Mental Health First Aid (MHFA) training was held on 21 and 22 March 2018. Mindframe Plus training was held in April 2018. Trauma informed care training for GPs was held in April 2018 and was delivered by Aboriginal Medical Services Alliance Northern Territory.</p> <p>The Darwin trial is currently focussing on resources for families and parents; a community training program for caregivers; establishment of a Youth Arts and Culture Group; and an update to crisis referral information available to the community.</p>
<b>Country WA</b>	Kimberley region – Broome, Bidyadanga, Dampier Peninsula (including Beagle Bay, Lomboardina/Djarin djin and One Arm Point), Derby, Fitzroy Crossing, Halls Creek (including	<p>Alliance Against Depression (AAD)</p> <p>The PHN is also considering recommendations from the ATSIPEP report.</p>	Aboriginal and Torres Strait Islander people	<p>The PHN leads the trial in partnership with the Kimberley Aboriginal Medical Service (KAMS). A Project Coordinator has been appointed through KAMS.</p> <p>A Kimberley Suicide Prevention Working Group and Steering Committee have been formed, with the Working Group chaired by Minister Wyatt. The most recent meeting was on 27 August 2019.</p> <p>Community networks have been established in each of the nine trial communities and are continuing to develop and refine community action plans (eight of nine community action plans have now been completed). Community consultations have commenced, with the PHN appointing Leilani Darwin for this activity. Each community has appointed a Community Liaison Officer (CLO).</p>

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	Warmun), Kununurra, Wyndham and the Kutjunka region (including Balgo, Billiluna and Mulan)			<p>An Operational Plan has been developed and endorsed by the community working group, which focuses on a district approach to community wide prevention strategies, cultural leadership, and services for at risk groups and individuals.</p> <p>As part of the plan, the Kimberley Aboriginal Law and Cultural Centre is mapping cultural activities across the region, in recognition of the critical role of culture in building a strong sense of identity, connection to country, wellbeing and resilience in Aboriginal communities.</p> <p>KAMS is developing a GP training program to help GPs handle any increased contacts of at risk patients due to a Kimberley wide media campaign.</p> <p>KAMS have employed two young Aboriginal and Torres Strait Islander people to be trained to deliver youth Mental Health First Aid training. Other youth activity being implemented includes a new therapy program for disengaged youth in Broome, and a summit for Kimberley youth in March 2019.</p> <p>The Australian Centre for Social Innovation have been engaged to do a human centred design approach and map service gaps as per the experiences of people who have tried to access mental health support in the Kimberley.</p> <p>KAMS is aiming to launch a new campaign in late 2019, targeting 9-11 year olds and 12-17 year olds.</p>
<b>Country WA</b>	Mid-West region – Geraldton, Carnarvon, Meekatharra, Mullewa, Mt Magnet and Morawa	Alliance Against Depression (AAD)  ATSISPEP report	Men aged 25 to 54 years, in particular men working in primary industry, fishermen, farmers and miners and the building industry.	<p>The PHN is engaged with local communities and a Midwest Suicide Prevention Steering Committee has been formed to lead the trial.</p> <p>The PHN has been liaising with the Midwest WA Country Health Service and the Mental Health Commission WA to ensure a coordinated and collaborative approach. The PHN worked in conjunction with the Mental Health Commission WA to deliver a media campaign over the Christmas 2017 period that was aimed at men.</p>

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				<p>Cultural yarning circles have been held in Carnarvon and a Memorandum of Understanding is being developed with WACHS for further yarning circles to be held.</p> <p>An event for GPs was held on 4 April 2018 where the Western Australian PHN Alliance (WAPHA) and Dr Geoff Riley from the Rural Clinical School of WA gave a presentation about the Alliance Against Depression model. A GP education breakfast focussing on depression was held on 3 August 2018, run by Dr Geoff Riley.</p> <p>The PHN is collaborating with Master Builders Association in Geraldton and Perth. MATES in Construction training was held on 16-18 April 2018 in Geraldton with another session held on August 2018. ASIST was held in April 2018 and Mental Health First Aid (MHFA) training was delivered on 11 and 12 June 2018, to upskill people working in the north shires. Additional MHFA sessions were held in July and August 2018, and another session was run in Three Springs on 7 and 8 November 2018 with a focus on sporting clubs. The PHN is exploring MHFA training in Mingenew in 2019.</p> <p>Hope Assistance Local Tradies founder Jeremy Forbes attended a number of events in Geraldton from 27-29 June 2018 to highlight help seeking for men. Mr Forbes delivered another workshop in early 2019. The PHN has also engaged farmer Tony Allen to speak at a men's shed event about his lived experience of depression and suicide, and a Tomorrow Man workshop.</p> <p>The PHN is also exploring the delivery of Target-d, currently being trialled in the Perth South trial site, which involves patients completing self-assessments on tablets in GP waiting rooms.</p> <p>The PHN has developed a community fact sheet on the trial and run several media/communications campaigns including the design of drink coasters which feature help seeking messaging and radio campaigns.</p>



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				<p>A community bench has been installed in Geraldton by the local men's shed and was launched by the Mayor. Men are also being targeted through help seeking messaging on beer coasters in local pubs.</p> <p>The PHN engaged West Coast Eagles player Josh Kennedy to launch the Checkmate Men's Mental Health Initiative at the Mingenew Expo in August 2019.</p>
<b>North Coast</b>	Clarence Valley, Tweed/Byron, Lismore, Kempsey and Bellingen Local Government Areas	LifeSpan	At risk individuals who have attempted suicide and have presented at the emergency department	<p>Steering committees have been formed for each trial sub-region and have developed local suicide prevention action plans. The PHN is commissioning local agencies to coordinate and manage the implementation of these action plans.</p> <p>Trial activity is focussed on a follow up service for people who have attempted suicide and have presented at the emergency department. The PHN has commissioned New Horizons to deliver Beyond Blue's The Way Back Support Service following discharge from Tweed and Lismore Base Hospitals. Service delivery commenced in August 2018, and the service officially launched on 14 November 2018.</p> <p>The PHN has engaged the New School of Arts in Grafton to coordinate community engagement based on the Our Healthy Clarence model. The School will employ a coordinator to promote the development of community action plans.</p> <p>Community support organisations/host coordinators for Kempsey, Tweed/Byron and Lismore Local Government Areas (LGAs) have been selected – Hastings McLay Vocational Workplace Learning Centre in Kempsey, Family Centre in Tweed/Byron and Lifeline in Lismore. These groups will support the communities to form action committees for crisis help, suicide prevention and promotion of help seeking. Each organisation has good connections with the local community and has employed a local coordinator.</p> <p>The PHN is continuing to improve their Health Pathways – clinicians can access the suicide health pathway for clinical advice and links to services where they can refer people at risk of suicide. New treatment protocols and funded services are frequently being added to the suicide prevention health pathway.</p>

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				<p>The PHN has also commissioned Mental Health First Aid training, ASIST and purchased QPR licences. Options for school programs, Mindframe media training and community campaigns are being explored.</p> <p>The Kempsey LGA trial sub-region is using a portion of their trial funding to participate in the Red Dust Healing program which is a group program for Indigenous men and women which explores the intergenerational effects of colonisation on Indigenous families.</p> <p>The PHN has expanded the trial region to include the Bellingen LGA.</p>
<b>North Western Melbourne</b>	Whole PHN region	<p>LifeSpan</p> <p>The PHN will also use the National LGBTI Mental Health and Suicide Prevention Strategy</p>	LGBTI people, including young people and men	<p>The trial is being led by the North Western Melbourne LGBTI Suicide Prevention Taskforce which includes service providers, community leaders and people with lived experience.</p> <p>A culturally appropriate suicide prevention framework for the LGBTI community has been developed in conjunction with the Taskforce, Black Dog Institute, and the National LGBTI Health Alliance.</p> <p>The PHN is focussed on trialling place based activities for LGBTI communities. A model of aftercare for LGBTI people has been designed by the Taskforce.</p> <p>The PHN has commissioned the following organisations for trial activity:</p> <ul style="list-style-type: none"> <li>• Thorne Harbour Health – affirmative practice training</li> <li>• Drummond Street Services – individual mentorship and family mentorship</li> <li>• Mind Australia – aftercare (will run 2 rounds of 3 months each in 2019-20)</li> </ul> <p>The PHN is collaborating with Switchboard Victoria, a community based not-for-profit organisation that provides peer based, volunteer run support services for LGBTI people and their friends, families and allies. The PHN will assist Switchboard with postvention capacity building for its volunteers. Switchboard have used trial funding to run a Wear it Purple event in August 2019 attended by academics.</p>

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				<p>The PHN is contributing funding to develop a suicide prevention resource for queer and trans people of colour.</p> <p>Although not funded specifically under the trial, the PHN also launched Australia's first transgender healthcare module for GPs on 18 July 2018.</p> <p>Other activities the PHN is exploring include family support and education, peer leader support, a campaign addressing violence among and towards the LGBTI community and a campaign to encourage help seeking.</p> <p>The PHN and Black Dog Institute attended Midsumma Festival in January 2019 to promote the trial and help seeking for mental health and suicide.</p>
<b>Perth South</b>	Rockingham, Mandurah, Kwinana, Murray and Waroona	Alliance Against Depression (AAD)	Youth aged 16-25 years	<p>Consistent with the Alliance Against Depression framework, the trial involves four main areas of activity:</p> <ol style="list-style-type: none"> <li>1. training general practitioners to identify and treat depression;</li> <li>2. a broad media campaign to raise awareness;</li> <li>3. training for stakeholders in contact with high-risk groups and vulnerable populations; and</li> <li>4. a coordinated community intervention that includes training and resources for those who are engaged with young people.</li> </ol> <p>A Community Response Group was formed to guide the trial. This group is now a Steering Group which will oversee separate focus groups dedicated to each of the four Alliance Against Depression pillars.</p> <p>The PHN has provided suicide prevention training to the community in the form of ASIST for Trainers (Maori specific) in November 2017, SafeTALK in July 2018 (Maori specific and mainstream), and Advanced Suicide Prevention Training for GPs in November 2018. Mindframe Plus training was held in November 2018 and was well received.</p> <p>Roses in the Ocean have been engaged to provide expertise on lived experience, and have been working to support community leaders in the region.</p>

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				<p>The PHN has commissioned Orygen to co-design a resource for families in WA who support youth who are self-harming. Orygen are consulting with youth, parents and GPs, and delivered GP training in June 2018.</p> <p>Equal not the Same training, a specific LGBTI suicide prevention training for mental health professionals, was delivered by MindOUT! on 30-31 October 2018. Two additional sessions were run in subsequent months.</p> <p>A community fact sheet has been developed to provide a summary on trial activity so far and what is planned for the future. The PHN has also targeted youth with campaigns on Facebook and Instagram. Approximately 600 young people accessed the support links provided in the campaign. The PHN also ran a campaign to target parents.</p> <p>The PHN has partnered with Relationships Australia to deliver evidence-based resilience workshops targeting Indigenous youth. The workshops will be led by community elders.</p> <p>The PHN is setting up postvention response groups in Wahroona and Pinjara in addition to the existing groups in Rockingham and Mandurah. The PHN has completed a postvention plan.</p> <p>The PHN has commissioned asset based community scanning in Mandurah to assess existing strengths and will contribute to sustainability beyond the trial.</p> <p>The PHN is working with WA Police to develop a clinical referral pathways document. Other activity planned for 2019 includes the commissioning of grassroots suggestions such as Makers Initiative workshops in schools, the Wayfarer Project, the Fathering Project and the Repair Café. The Australian Centre for Grief and Bereavement delivered a workshop in March 2019.</p> <p>Mental Health First Aid, Youth Mental Health First Aid, and Mental Health First Aid for the Suicidal Person training sessions and SAFETalk will be delivered in the second half of 2019.</p>

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				<p>The PHN ran a panel in August 2019 on coping with self-harm. This was attended by parents and carers. The panel featured a GP, Jo Riley from Orygen, a young person and a parent with lived experience of suicide.</p> <p>The PHN has engaged Curtin University to complete the local evaluation of the trial.</p>
Tasmania	Launceston, North West (with a focus on Burnie, Central Coast and Devonport Local Government Areas), and Break O'Day	LifeSpan	<p>Men aged 40 to 64 years</p> <p>Men and women aged 65+ (with a focus on two sub-groups, 65 to 74 years and 75 to 84 years)</p>	<p>The PHN has partnered with the Department of Health and Human Services and the Tasmanian Health Service.</p> <p>The PHN has undertaken extensive consultation and has established a Suicide Prevention Trial Advisory Group to facilitate community engagement in the trial. Local community working groups have also been established for each trial sub-region with each group developing a local suicide prevention action plan.</p> <p>Trial activities are focussed on improving the promotion of services, improving integration between services, and increasing workforce and community capability and capacity to support suicide prevention. The PHN has engaged local host coordinators in each trial site sub-region.</p> <p>The PHN has purchased QPR licences for use in trial site sub-regions and by the Advisory Group. Advanced Suicide Prevention Training for GPs and primary health care staff was held in April 2018 for GPs in Launceston and Ulverstone and in May 2018 in the Break O'Day region.</p> <p>The PHN is in discussion with a Tasmanian Government funded early intervention and referral service for people who have attempted suicide and are hospitalised as a result. The PHN is negotiating the possibility of opening the service up to primary care and GP referrals. The service is eager to work with the PHN on this expansion, and already sit on the Launceston community working group.</p> <p>The PHN is working with the Royal Australian College of GPs on an access engagement strategy for GPs to increase awareness of suicide. Two GP consultants have undertaken a scan of the Tasmanian suicide prevention environment in general practice and consult with stakeholders including GP peak</p>



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				<p>bodies and peers. Stage 2 of the strategy is currently underway and involves implementing the recommendations from the Stage 1 consultation report.</p> <p>The PHN funded and supported Men's Resources Tasmania to hold a workshop in Campbell Town in October 2018 to explore male friendly approaches to suicide prevention.</p> <p>The PHN is working with Council of the Ageing (COTA) to increase capacity of the local community working groups to implement suicide prevention activities targeted at older people. Workshops have been held in December 2018 and February 2019 for approximately 200 participants.</p> <p>The PHN is also collaborating with the Pharmacy Guild and the Pharmaceutical Society of Australia to have Advanced Suicide Prevention Training delivered to their networks. The Pharmacy Guild are also using 40 Question, Persuade, Refer (QPR) licences. Black Dog Institute held a workshop with the pharmacy peak bodies in July 2019 regarding the development of suicide prevention in pharmacy guidelines and suicide prevention in pharmacy training.</p> <p>In June 2019, the Older Tasmanians Suicide Risk and Prevention Workshop raised awareness among community, health sector and aged care workers of the risk factors for suicide among older Tasmanians. A total of 60 health professional attended. Information shared focussed on situational risk factors for suicide and the role of ageism in social isolation, loneliness and the wellbeing of older people. In addition to helping people to identify risk factors the workshop helped participants to develop skills to interact with older people when identifying and responding to older people at risk of suicide including referrals.</p> <p>The PHN engaged Professor Brian Draper to deliver several workshops in mid-2019 for health professionals and the community sector. Approximately 130 people attended the workshops in Launceston, Devonport and St Helens.</p> <p>The PHN has commissioned the University of Tasmania to conduct the local evaluation of the Tasmania trial.</p>

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Northern Queensland	Townsville region	LifeSpan	Ex-Australian Defence Force members and their families	<p>The Townsville suicide prevention trial, called Operation Compass, was formally launched during Veterans Health Week in October 2017.</p> <p>The trial Steering Committee has agreed to a work plan for the trial that includes improving emergency and follow up care, suicide prevention training, and encouraging safe media reporting.</p> <p>A Connections Campaign was conducted from November 2017 to February 2018. This campaign allowed veterans and their families to connect over the holiday period when services close down and emotions may be high.</p> <p>The Clinical Support campaign has commenced and includes two connection programs including Connect to Wellbeing which uses a stepped care model and NQ Connect provided by On The Line.</p> <p>Mindframe Plus media training was delivered in April 2018. The PHN has also purchased QPR licences.</p> <p>The PHN ran a 'Check Your Mates' campaign in May 2018 during the anniversary of the Coral-Balmoral battle and another over the 2018 Christmas holiday period.</p> <p>The PHN is co-designing a program with Veterans and Veterans Families Counselling Service for veterans with acquired brain injury.</p> <p>An Operation Compass website has been developed to promote the work of the trial.</p> <p>Recipients of a small community grants round were selected and announced at an event on 4 October 2018. Some of the activities from the community grants round have been recorded on promotional videos for Operation Compass and feature on the webpage. There are 15 videos in total, which have been viewed more than 600,000 times. Most of these views have come from the 18-35 years age group.</p> <p>The PHN is running a second round of community grants. Successful applicants were announced in October 2019 and include The Youth Network, Totally and</p>

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				<p>Permanently Disabled Ex-Servicemen's Association, The Cameleers and Yibaay Aboriginal Consulting among others. Grant activities will be evaluated to determine their impact on community wellness and resilience.</p> <p>The PHN have engaged James Cook University to undertake an independent local evaluation of the trial and to assist in the development of a transition plan for future sustainability of trial activity and outcomes.</p> <p>The PHN attended the Hit the Hill 24 hour suicide prevention event in July 2019 to advertise and recruit participants to complete QPR training.</p>
Western NSW	Bourke, Brewarrina, Cobar and Walgett Local Government Areas (northern cluster) and Lachlan and Weddin Local Government Areas (southern cluster)	LifeSpan	<p>Aboriginal and Torres Strait Islander people</p> <p>Men in farming and mining industries</p> <p>Youth (focusing on Aboriginal and Torres Strait Islander youth)</p>	<p>In preparation for the trial, the PHN contracted the Centre for Rural and Remote Mental Health to undertake a review of existing suicide prevention programs and to visit and consult with communities.</p> <p>A Regional Advisory Group has been established to oversee the development, implementation and evaluation of suicide prevention initiatives in the northern cluster of trial sub-regions (Bourke, Brewarrina, Cobar, and Walgett). The PHN has commissioned Western Plains Regional Development to implement initiatives within the southern cluster of trial sub-regions (Lachlan and Weddin). Local Aboriginal Medical Services have agreed to collaborate in the northern cluster to identify priorities in the local areas and to address barriers.</p> <p>The PHN has commissioned a workforce capacity building project which enabled a group of local people to undertake a Certificate IV in Community Services, or other relevant qualification. The workforce project commenced in January 2018. Student orientation commenced in August 2018 with the participants undertaking Mental Health First Aid training. Participants have received accreditation to deliver SafeTALK training in high schools. The first group of students in the Workforce Capacity Building Project graduated in August 2019. Western Plains Regional Development (WPRD) will be contracted to support recruit and support another group of students to complete the Certificate IV.</p> <p>The PHN has ordered licences for QPR training and will advertise the training to their workforce and education mailing list. Four sessions of Advanced Suicide</p>

PHN Site	Sub-region selected	Model selected	Target population selected	Trial activities
				<p>Prevention training for GPs have been scheduled which commenced in late May 2018.</p> <p>ASIST was delivered to staff working in the southern cluster, and participants of the workforce capacity building project, on 28 and 29 August 2018. SafeTALK train the trainer was also delivered to this group on 13 and 14 September 2018.</p> <p>The Regional Advisory Group held several events during NAIDOC Week 2018 including a presentation by lived experience speaker Joe Williams.</p> <p>The PHN partnered with the Country Women's Association to hold a comedy show and dinner for farmers and their families on 8 September 2018 in Condobolin. Approximately 250 people attended and received a show bag which included mental health and help-seeking resources.</p> <p>The PHN is working with Desert Pea Media to produce videos on mental health and suicide prevention to target youth.</p> <p>The Regional Advisory Group will continue to run different community events in 2019 such as hosting the theatre production <i>Carpe Diem</i>, which has themes of men seeking help, engaging Brothers 4 Recovery to run weekend camps for men, and engaging 'Walkabout Barbers', a group of Indigenous men providing free mobile barber services and a chat.</p>