

# Suicide Prevention in Australia

Presented by  
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# Personal Experience

- Recipient of 2012 Executive Endeavour award
- Studied Suicide Prevention at
  1. St. Vincent Mental Health, University of Melbourne, Victoria.
  2. Australian Institute of Suicide Research And Prevention (AISRAP), Griffith University, Queensland.



# Success Keys

1. Policies
2. Knowledge
3. Services

# Policies

## **Victoria's 4<sup>th</sup> National Mental Health Plan**

1. Social inclusion and recovery
2. Prevention and early intervention
3. Service access, co-ordination and continuity of care
4. Quality improvement and innovation
5. Accountability- measuring and reporting progress

# Guidelines

## **Working with the suicide person**

‘A summary guide for emergency departments and mental health services’

1. Risk factors for suicide
2. Protective factors
3. General principles of assessment and management

Department of Health

health

## Working with the suicidal person

Clinical practice guidelines for emergency  
departments and mental health services

# Assessment and Management

## **How to...**

- **Engage**
- **Ask**
- **Support**



# Engage

- Active listening
- Non- judgemental
- Understand
- Show you care
- Empathize

# Ask

- Current suicidal thoughts
- Presence of suicide plan
- Access to, means& knowledge
- Lethality/ Intent
- History of suicidal behaviour
- Safety of others

# Support

- Make a safety plan
- Identify supports
- Seek professional help
- Stay with the person to keep them safe
- Remove lethal means

# Policies outcomes

1. Making the barrier at the bridges
2. Hotline at the bridges
3. Suicide and medias
4. Improvement of mental health service for indigenous people

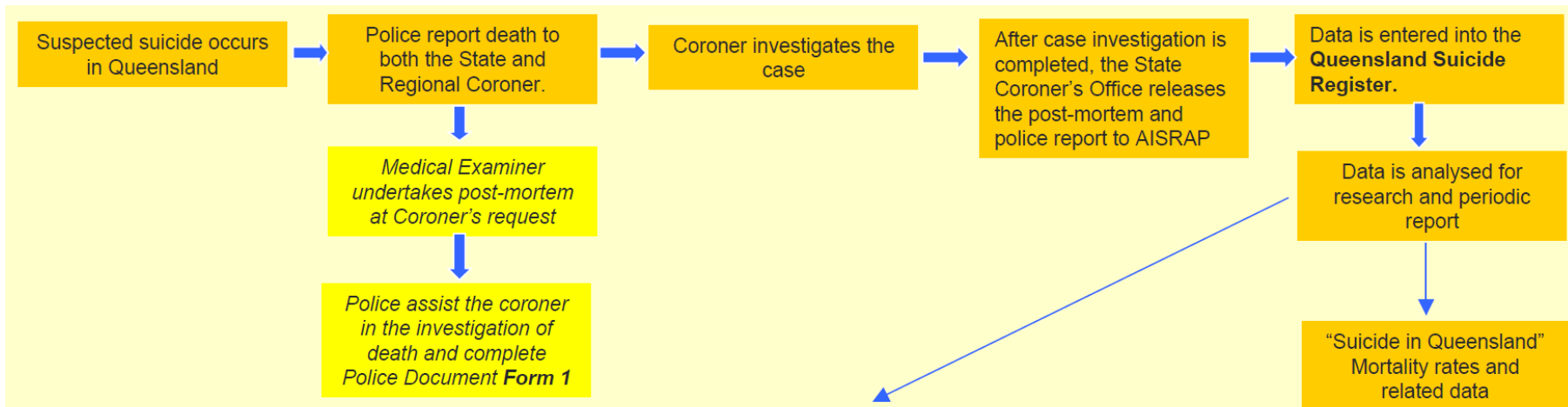
# Knowledge

1. Monitoring system
2. Researches

# Queensland Suicide Register (QSR)

- QSR is a comprehensive database of suicide mortality data, managed by the Australian Institute of Suicide Research And Prevention (AISRAP) and funded by Queensland Health since 1990.
- Covering demographic, psychosocial, psychiatric and behavioural aspects of all suicides of Queensland residents.

# How suicide case data are sent to AISRAP

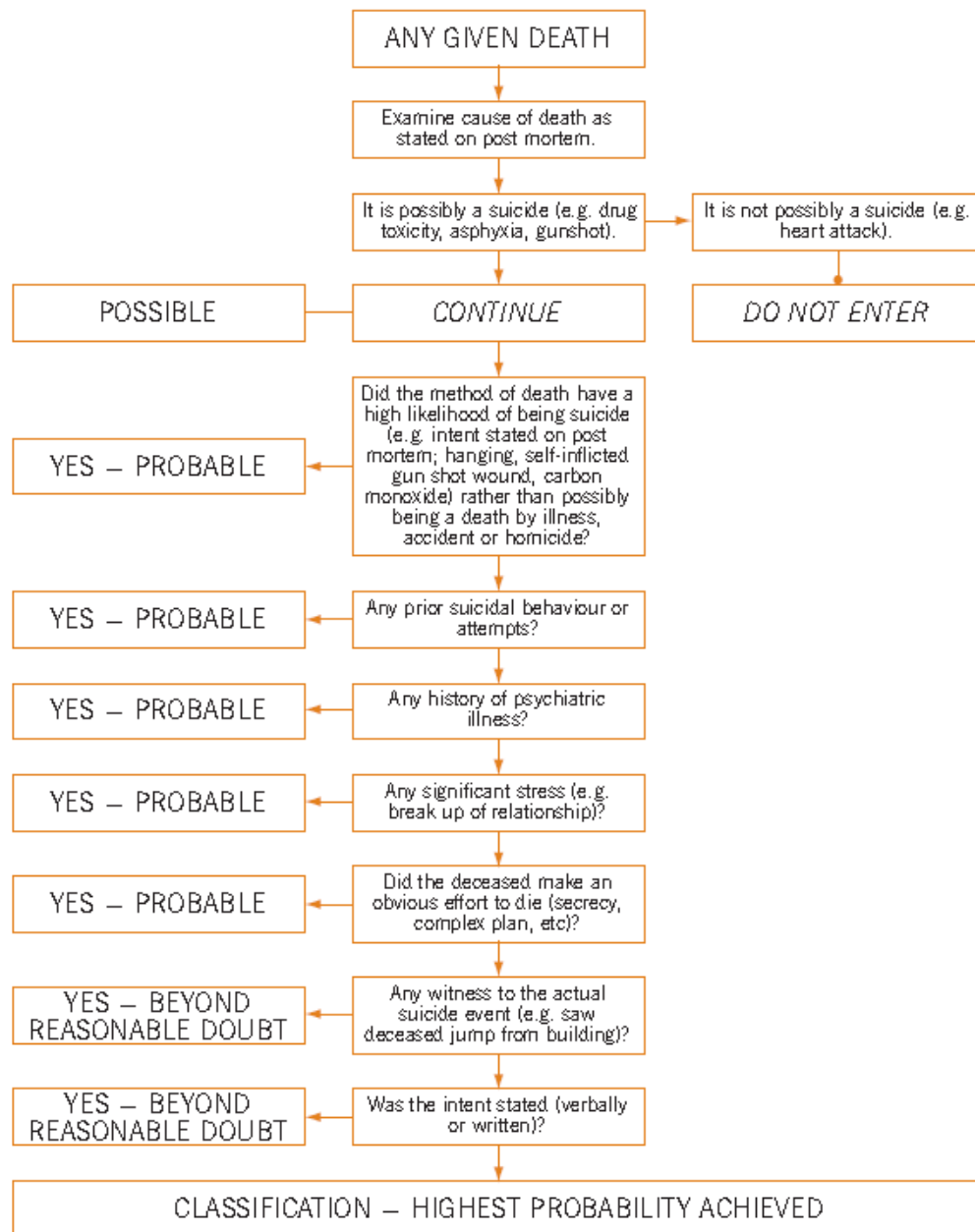


## Current Projects:

The data contributed to the QSR is vital to the research conducted by AISRAP. Some of the current projects using the data provided by the QSR are:

1. The Queensland Suicide Register report : Suicide Mortality in Queensland 2002-2004
2. Queensland Department of Health: Data Quality Control Study
3. ARC Discovery: Suicidal Behaviours during the process of Male Marital and Defacto Separation
4. ARC Linkage: Psychological Autopsy Study of Last Contact with a Health Professional
5. Commonwealth Department of Health and Ageing: NSPS Rural Online Training
6. Commonwealth Department of Health and Ageing: Investigation of Suicide Attempters and Post Discharge
7. Queensland Rail: Investigation of Queensland Rail Suicide and Prevention Strategies







# SUICIDE TRENDS IN AT-RISK TERRITORIES (START) STUDY

## **Four main components**

1. The Monitoring of Suicide Deaths and Attempts, including deliberate self-harm
2. A Randomized-Controlled Intervention with Suicide Attempters (the brief intervention project)
3. The Psychological Autopsy Cross-Cultural Study
4. The follow-up of Medically Serious Suicide Attempters.

# Services

1. Public crisis services
2. Hospital-based clinical services

# Public crisis services

1. Lifeline
2. Sane

# Lifeline

- Telephone counselling(TC) services
- To make crisis support, suicide intervention and community services
- Issues
  - Suicide
  - Mental health
  - Coping with loss
  - Relationships problem
  - Domestic violence

# National TC Core Training

**Phase 1** – Introduction to becoming a Telephone Counsellor

**Phase 2** – LivingWorks Applied Suicide Intervention Skills Training (ASIST)

**Phase 3** – Using the Practice Model Effectively

**Phase 4** – Answering the Call

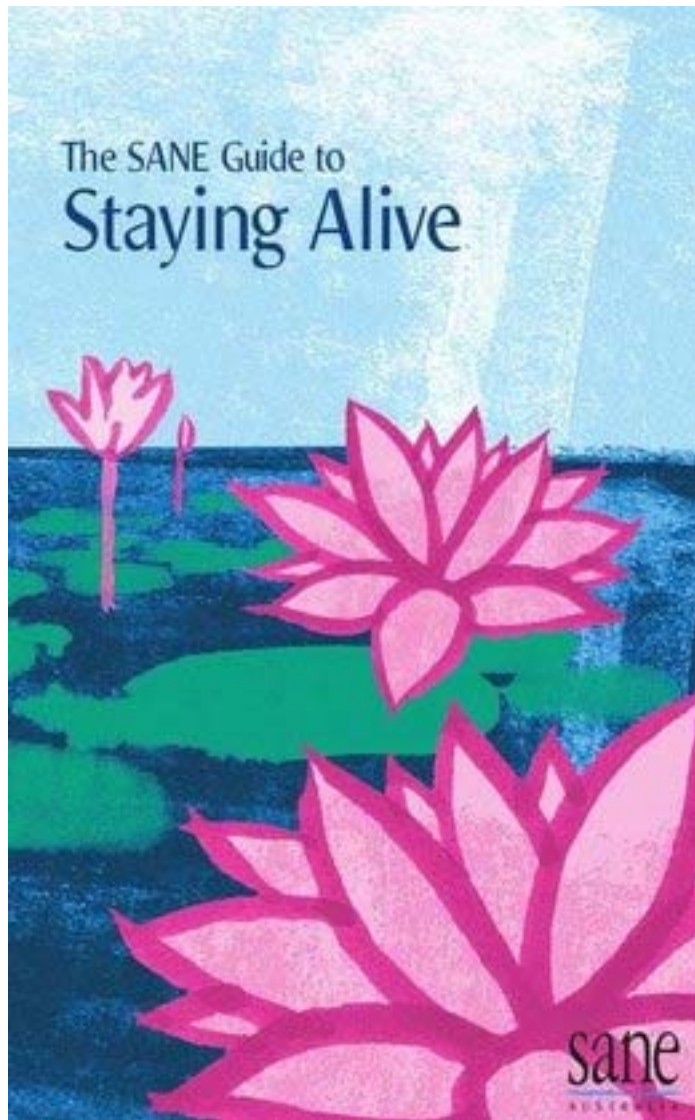
# SANE Australia

National charity working for a better life for people affected by mental illness through:

1. **Campaigns** : Stigma watch, mental illness and bereavement initiative, suicide prevention
2. **Education** via media
3. **Research**

# Suicide Prevention Campaign

- The SANE guide to staying alive
- Helpline online
- Reducing stigma
- Bereavement guideline and kit





# Hospital-based clinical services

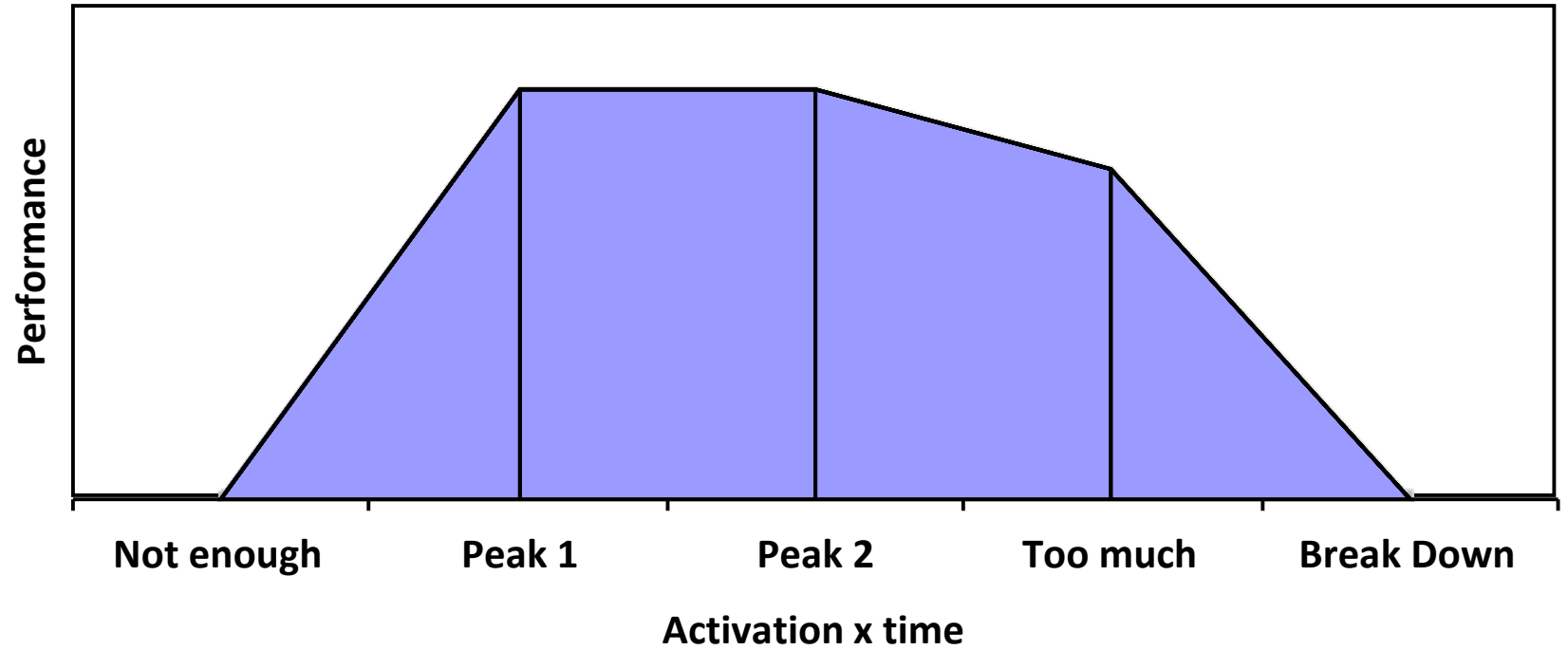
- Australian Institute of Suicide Research And Prevention (AISRAP), Griffith University, Queensland

# Life Promotion Clinic

- The first outpatient clinic in Australia to provide specialised treatment for suicidal behaviour
- Modification of **Dialectic Behavioural Therapy (DBT)** in the treatment of individuals
- **Emotion Modulation Technique (EMT)**

# Emotion Modulation Therapy (EMT)

- Emotion Modulation Therapy (EMT) is a mode of psychotherapy developed at AISRAP.
- It helps patients improve their ability to cope with problems in life and reduce the level of discomfort in approaching everyday challenges.
- It has been used to treat a wide range of disorders, including depression, anxiety, and personality disorders



Thank you for your attention!