



Dr Neale Fong

From the Chairman

The Ministerial Council for Suicide Prevention is working to oversee Suicide Prevention as we head towards 2020.

The Council provides focused, practical advice to the Minister for Mental Health on suicide prevention initiatives and services throughout Western Australia.

The Council addresses suicide prevention by identifying and communicating and supporting action for the issue of suicide, research, developing actions to address and prevent suicide, identifying priorities and making recommendations to Government and evaluating the effectiveness of initiatives.

Council members are determined by the Minister for Mental Health and include representatives from community, corporate and government organisations, Aboriginal and Torres Strait Islander communities, and people who have had experience of suicide in their family.

We hope that our regular newsletter will help keep you informed about what is being done in Western Australia to reduce the incidence of suicide and to see an increase in prevention initiatives and education to reduce the stigma of mental health issues in our community.

Dr Neale Fong
Chairman

Workplaces involved in helping to prevent suicide

Workplaces are increasingly recognised for the vital role they play in suicide prevention, with most deaths by suicide among people of working age. Our state-wide strategy aims to reduce the number of suicides in Western Australia by 50 per cent by 2020.

The Council is focused on helping to build mentally healthy workplaces by assisting organisations to fulfil their responsibilities and legal obligations for the mental wellbeing and safety of their employees.

This work includes developing implementation, monitoring and accreditation systems for workplace mental health and suicide prevention initiatives, setting minimum requirements for mentally healthy workplaces, including training to identify people at risk.

We aim to encourage large government and corporate organisations to have mental health and suicide prevention as a key outcome measure with adequate resources and monitoring. This action includes promoting mental health, alcohol and other drug services, counselling and reducing stigma.

Key strategy areas in suicide prevention

Our work together can achieve:

1. Greater public awareness and united action across the community;
2. Local support and community prevention across the lifespan;
3. Coordinated and targeted responses for high-risk groups;
4. Shared responsibility across government, private and non-government sectors to build mentally healthy workplaces;
5. Increased suicide prevention training; and
6. Timely data and evidence to improve responses and services.

For more information about key strategy areas in suicide prevention, please visit www.mentalhealth.wa.gov.au/Libraries/pdf_docs/Suicide_Prevention_2020_Strategy_Final_6.sflb.ashx

\$200,000 in first round of grants for suicide prevention training

The State Government has recently announced \$200,000 in grants for suicide prevention training programs, including education for high-risk groups.

The grants are the first round of \$2.5 million allocated to build community suicide prevention skills over the next four years.

This expenditure backs the State Government's commitment to halve the number of suicides by the end of 2025, as part of the \$25.9 million Suicide Prevention 2020: Together we can save lives strategy.

Grants of up to \$20,000 are available for local government and not-for-profit organisations to undertake evidence-based training focused on mental wellbeing and suicide prevention.

A further \$2.3 million will be available over the next three years for education and prevention programs that build understanding and capacity to respond to suicide risk factors.

There is a range of evidence-based training programs available, including Mental Health First Aid, Applied Suicide Intervention Skills Training, Gatekeeper Training, safeTALK and Opening Closets.

Some programs are tailored for a range of identified high-risk groups which include young people, Aboriginal people, and culturally and linguistically diverse communities.

Applications for small grants close on March 31, 2016. For more information, visit www.mhc.wa.gov.au

Council meeting in the Kimberley

The Council is due to meet in the the Kimberley in April to meet with relevant agencies and indigenous people and gain a better understanding first hand of some of the issues related to suicide in the region.

Council members will meet members of the WA Country Health Service and various other agencies and local community groups in Broome, Derby and Fitzroy Crossing.

Under the Suicide Prevention Strategy, the State Government has invested \$2.5 million in the Kimberley, which has one of the highest suicide rates in the world.



Dani Wright Toussaint

Profile of Council member Dani Wright Toussaint

Dani Wright Toussaint has been a member of the Ministerial Council for Suicide Prevention since mid 2015. Dani has been the Coordinator at the WA AIDS Council's Freedom Centre since 2007, after volunteering there since 2005 while working in the sexual health and disability sectors. Dani graduated from Edith Cowan University with a Bachelor of Social Science (Honours).

Dani's role at the Freedom Centre has seen them support hundreds of LGBTI (lesbian, gay, bisexual, trans, intersex and otherwise sexually and gender diverse) young people, while also developing the drop-in service's best practices monitoring and evaluation processes for their unique peer based approach through working with Curtin University's Collaboration for Evidence, Research and Impact in Public Health (formerly WA Centre For Health Promotion Research).

In 2012, Freedom Centre was awarded the Mental Health Good Outcomes WA Equal Opportunity Commissioner Award for human

rights, equity and diversity in mental health and Dani was awarded the WA Youth Award for Most Outstanding Youth Worker.

Dani is a LivingWorks Applied Suicide Intervention Skills Training (ASIST) trainer who enthusiastically educates and empowers others to do what they can to prevent suicide. Dani is also a Board member of the National LGBTI Health Alliance and Living Proud LGBTI Community Services WA and was the founding convenor of the Advisory Group for MindOUT: the first National LGBTI Mental Health and Suicide Prevention Project of its kind.

Dani is a dedicated new parent, passionate about suicide prevention and mental health promotion, and is committed to promoting the wellbeing of marginalised people through individual and systemic actions.

For more information about the Ministerial Council for Suicide Prevention, visit
[www.mentalhealth.wa.gov.au/mentalhealth_changes/
wa_suicide_prevention_strategy.aspx](http://www.mentalhealth.wa.gov.au/mentalhealth_changes/wa_suicide_prevention_strategy.aspx)

Other useful contacts:

- **beyondblue** - 1300 224 636
- **Crisis Care Helpline** - 9223 1111 or Country Toll Free 1800 199 008
- **headspace** - 1800 650 890
- **Kids Helpline** - 1800 551 800
- **Lifeline** - 13 11 14