



Community Group/Club Suicide and Mental Health Awareness Guide

Perth Metro SPC
2024



Acknowledgments

This resource was prepared by Perth Metropolitan Suicide Prevention Coordinators with members of the Metropolitan Suicide Postvention Development Group and the Metropolitan Suicide Reference Group.

Many thanks to everyone who contributed.



Disclaimer

The information in this guide is for general use only. While Neami National has made every effort to ensure the information in this guide is accurate, the advice within it may not apply to all circumstances. Neami National is not responsible for the suitability of the information for your organisation's specific circumstances, or any actions taken as a result of the information included in this guide. You must make your own assessment of the information contained in this document and whether or not you choose to rely on it.

Content Warning: Suicide Prevention

This document discusses suicide and related topics that may be upsetting for some readers, in particular those who are recently bereaved. If you feel overwhelmed or distressed please seek out a trusted friend for support or call one of the phone lines below.

In an emergency, do not hesitate to call emergency services; 000



Contact us

Please contact us for feedback, edits and comments:

spc.metro@neaminational.org.au

Copyright © Neami National 2024

Inquiries regarding conditions for reproducing any material in this publication are welcome.

neaminational.org.au

This Booklet:

This document has been written to help community club or group officials and volunteers to assist with responding to and raising awareness of mental health issues and suicide prevention. It assumes limited knowledge of mental health issues and draws on various existing published guidelines to provide basic suicide prevention information, helpful tips and links to other resources. It is not the club's role to offer counselling or medical supervision but clubs can play a key role in providing support to its members and building a culture that reduces the stigma of help-seeking.

This guide integrates with the WA State Government Think Mental Health public education campaign www.thinkmentalhealthwa.com.au and should be used in conjunction with the Think Mental Health Toolkit.

The toolkit includes:

- Posters and social media posts that can be used for the club
- Advice on appropriate mental health-related message placement on club websites
- Information on where members can seek further advice or support
- Links to other useful resources

The [Think Mental Health Community Toolkit](#) can be found on their website or [here](#).

Contents of this booklet includes:

- Suicide Prevention in Clubs
- Key Statistics
- Terminology
- What to look for
- Trips for talking to someone.
- Tips to Support Member Wellbeing
- What is Non-Suicidal Self-Injury (NSSI)?
- If your club is touched by suicide (Postvention)
- Talking about suicide: Media and community
- Helpful Toolkits
- Mental Health Support Lines
- Helpful Websites

Suicide Prevention in Clubs

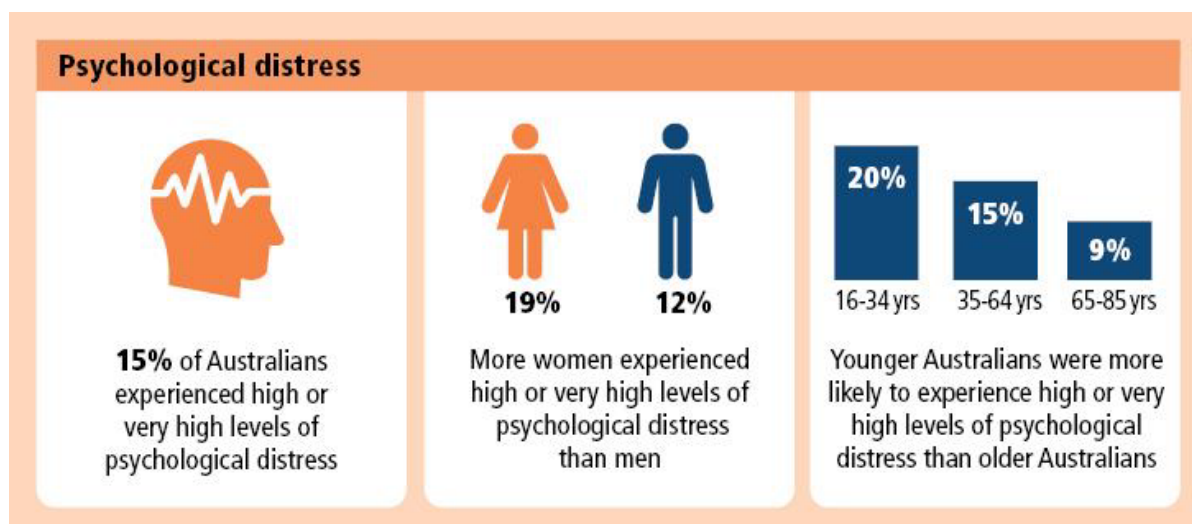
Every year, two in five Australians will experience a mental illness (ABS). So, odds are someone at your club could use support from a person around them and a mental health professional.

Clubs are the perfect place to provide a positive support network to assist with mental health. Clubs can make a huge difference in both your community and the lives of your members.

As a club official it is likely you have at some point provided emotional support to members. You might have directly helped someone experiencing a mental health problem or illness or you might have had a role in promoting the mental health and wellbeing of members in other ways.

Mental health problems, especially depression and anxiety, are common within our community. Australian Bureau of Statistics National Study of Mental Health and Wellbeing, 2020-21 show that almost 42.9% of Australians will experience mental illness at some point in their lifetime, with two in five Australians aged 16-85 experiencing a mental illness in any given year. This is equivalent to 8.5 million people. Most of us will either personally experience a mental health issue or be in close contact with someone who has.

While some people may go through long-term mental health difficulties, many others experience mental ill-health for a relatively short period that can be overcome with assistance from friends, family and their mental health professional.



Australian Bureau of Statistics, *First insights from the National Study of Mental Health and Wellbeing, 2020-21*

Key Statistics:



3249 Australians died
by suicide in 2022.



Over 7 million
Australian adults are close to
someone who has died
by suicide or attempted suicide.



1 in 2 young people are
impacted by suicide by
the time they turn 25.

1. 3,249 Australians died by suicide in 2022, this is an increase from 3,166 in 2021.
2. Consistent with previous years, males are around 3 times more likely to die by suicide than females. Males accounted for 75.6% of deaths by suicide (2,455 deaths), while females accounted for 24.4% (794 deaths).
3. Suicide was the 2nd leading cause of death for Aboriginal and Torres Strait Islander men.
4. Of Australians aged 16–85 from 2020 to 2022, an estimated:
 - 8.5 million had experienced a mental disorder at some time in their life (43% of the population).
 - 4.3 million had experienced a mental disorder in the previous 12 months (22% of the population; Figure 1).

The most common mental illnesses in Australia, in the 12 months prior to the study, were:

- *Anxiety disorders* (3.4 million people, or 17% of the population)
- *Affective disorders* (1.5 million, or 8%)
- *Substance Use disorders* (650,000, or 3%) (ABS 2023a).

For more information:

1. The **Australian Institute of Health and Welfare** (AIHW) is the most reputable Australian Health Data source. Can you visit their **Mental Health** <https://www.aihw.gov.au/mental-health/overview/prevalence-and-impact-of-mental-illness> or **Suicide & self-harm monitoring** <https://www.aihw.gov.au/suicide-self-harm-monitoring/data/covid-19>
2. <https://www.suicidepreventionaust.org/news/statsandfacts#1695788924190-e3526a55-295b>



Terminology

Before proceeding it is important to define some of the terms used within this guide to ensure a common understanding of their intended meaning as defined by the World Health Organisation (WHO),² and the Australian Government Department of Health.³

Mental health

The ability to cope with life stresses and the fulfilment of goals and potential.

Mental health is a critical component of overall health and wellbeing, enabling an individual to interact successfully with their family, friends, workmates and the broader community.

Mental health problem (mental health issue)

A term used to describe symptoms such as changes in emotion or behaviour not of sufficient severity to be diagnosed as a mental disorder (distress or difficulty coping during periods of stress).

Mental illness

A clinically recognisable set of symptoms or behaviours associated with distress and interference with personal functions. Beyond Blue provide the following statistics showing that no one is immune to mental illness, and you yourself or many of your members are likely to have been touched by mental illness.

Suicide Prevention

A collection of efforts to reduce the risk of suicide.

Suicide Postvention

Psychological first aid, crisis intervention, and other support offered after a suicide to affected individuals or the community as a whole to alleviate possible negative effects of the event.

Suicide Attempt

An act carried out by a person with the intention of ending their life.

Self-Harm (Non-Suicidal Self Injury)

When someone deliberately injures themselves, also referred to as self-injury, and is generally considered non-suicidal in intent.

What to look for

While people at risk of suicide may try to hide how they are feeling, there will often be warning signs. You might notice changes in their behaviour or be aware of major events in their life that could be affecting them. Some signs to look for include:

TALK

- Talking about suicide or wanting to die
- Talking about being a burden to others
- Talking about feeling trapped or having unbearable pain



BEHAVIOUR

- Agitation, anxiety and/or irritability
- Taking dangerous risks
- Trouble sleeping
- Changes in appearance
- Absences or withdrawal from club activities
- A recent stressful event or loss
- Previous suicide attempt/s



MOOD

- Feeling tired
- Feeling anxious
- Feeling empty, hopeless, or trapped
- Social withdrawal/feeling alienated
- Seeming preoccupied with an internal thought or problem.



If you notice any warning signs or if another club member comes to you with concerns about a friend act immediately by talking to that person using the tips in the next section. If you feel out of your depth, ask the person if you can contact someone else who could help. Identify if any club members or officials have completed suicide prevention training and ask that person to assist. If this is not an option, consider calling one of the helplines listed to seek anonymous advice on how you can best support them, or call Triple Zero (000) if you are concerned for their immediate safety.

Tips for talking to someone.

There is no evidence to suggest that talking to someone about suicide will increase their risk.

If you suspect a club member is struggling, use the following tips to check in with them:

DO

- Talk to them in a quiet place
- Break the ice by talking about something neutral
- Listen without judgment
- Encourage the person to take action to seek help e.g. talking to a mental health professional or a General Practitioner
- If you have immediate concerns for their safety stay with them/plan to present to the local hospital Emergency Department or call 000

DON'T

- Ignore or avoid the person
- Try to fix their problems
- Talk about your own problems
- Say things that are dismissive or minimises their experiences e.g. “you’re worrying about nothing”, “you will feel better soon”, “you have a good life”, etc.

For more detail on how to support someone in a distressing situation see the following guides from the Mental Health Commission [Helping Someone in Distress Booklet](#) and Orygen [Mental Health in Community Sports Guide](#).

Tips to Support Member Wellbeing

Things your club can do to reduce stigma, encourage conversations, and help individuals to seek help are as follows:

1. Implement relevant Community Toolkit
2. Place relevant information, banners and/or links on your website and Facebook. pages e.g. the ones found in the toolkit or Lifeline and other crisis lines.
3. Display brochures from local mental health providers at your club.
4. Information about support helplines placed in visible locations e.g. posters.
5. Promote mental health messages at events/club days
6. Celebrate mental health awareness days such as R U Ok? Day, Men's Health Week and WA Mental Health Week. A comprehensive list of dates and mental health related awareness days can be found at <https://www.mentalhealthcommission.gov.au/About/events>
7. Ensure the club's social events are inclusive and accessible to all members.
8. Take note of sudden extended absences and take the time to check in with them.
9. Be aware of significant dates that may be difficult times of year for individuals or the club community, e.g. anniversary of a death, and consider ways the club can offer support.
10. Develop, publish and implement a mental health policy. An easy to use document is the Beyond Blue Heads Up Workplace Mental Health Policy Template - <https://www.headsup.org.au/docs/default-source/resources/bl1252-template---mental-health-policy.docx?sfvrsn=4>)
11. Encourage members to take part in suicide prevention training

It is not the club's role to offer a counselling service or provide medical supervision. Anyone showing signs of mental distress should be encouraged to seek help and speak to their GP. If their mental distress is urgent, and you are worried about their safety, call Triple Zero (000).

What is Non-Suicidal Self-Injury (NSSI)?

Self-Harm is deliberately causing pain or damage to your own body and can be suicidal or non-suicidal in intent. Non-Suicidal Self-Injury (NSSI) is a type of self-harm and refers to deliberately causing pain or damage to your own body without suicidal intent. ¹

“Thoughts of non-suicidal self-injury are common among young people in Australia and increase during the adolescent years. The Growing up in Australia: Longitudinal Study of Australian Children found that one in three respondents had considered non-suicidal self-injury between the ages of 14 and 17, while 18% reported acts of self-injury. ²

Self-harm and suicide are distinct and separate acts although people who self-harm are at an increased risk of suicide.

Acts of self-harm should always be taken seriously as they can be physically dangerous and suggest an underlying mental health issue that needs professional support.

How do I help someone who self-harms?

People who self-harm may be secretive or feel ashamed about their behaviour. It helps to talk calmly and without judgment about your concerns for them. Encourage the person to discuss their issue with a GP or other health professional. Treating the underlying causes has been shown to make a long-term difference to reducing and removing the impulse to self-harm and you can tell the person that there are ways that expert help can reduce their desire to self-harm.

1. Self-harm and self-injury, Department of Health & Human Services: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/self-harm>
2. Self-injury among adolescents: *Growing Up in Australia* Snapshot Series is available at: <http://www3.aifs.gov.au/institute/media/docs/tGxliJ48sMY/LSAC-Snapshot-4-Self-injury.pdf>

“Be curious. If you remember to be curious when speaking to a loved one, you will avoid coming across as judgemental. Focus on asking about their feelings instead of the self-harm itself. They will feel more understood if you connect with and acknowledge their emotions.” - Lifeline

Short Term strategies for managing urges to self-harm

If a young person is struggling with self-harm, it can be challenging to find effective and immediate ways to manage the urge to hurt themselves. Here are some practical strategies and techniques that Lifeline recommend helping young people feel more in control, and to manage their emotions in the moment.

Distraction:

It might seem counterintuitive, but distraction can help prevent self-harming behaviours. We recognize that the urge to self-harm is often fleeting. If a young person can resist the initial impulse, the desire may fade relatively quickly.

Distraction could include engaging in a positive activity; like taking a walk, listening to music, or chatting with a friend. Challenge yourself to wait for 10 minutes and observe if the urge subsides. If it persists, extend the waiting period by another 10 minutes.

Use a safer alternative:

If a young person feels the urge to self-harm, they can try using a safer alternative, which can still help divert strong emotional feelings into physical sensations.

- Holding ice cubes
- Using a red marker to draw on your skin
- Having a freezing cold shower
- Squeezing a stress ball or soft toy
- Eat something with a strong taste such as chilli or vegemite
- Clap your hands vigorously or beat your fists into a pillow.

If a young person finds it hard to remember distraction or safer alternatives, support them to write it down or save into their phone so they can access when needed. It's important to encourage them to seek professional help & help support them to find resources.

Remember, if a young person has recently self-harmed, seek prompt medical care. Some injuries can lead to infections and more severe consequences if left untreated.

For more information, please check out the LifeLife Self-Harm toolkit:
<https://toolkit.lifeline.org.au/topics/self-harm/what-is-self-harm>

If your club is touched by suicide (Postvention)

When a suicide occurs, the effect on those touched by it – families, friends, communities – is immediate and potentially traumatic. The impact on a club community is no different; it often happens unexpectedly and leaves members with many questions about what to do next. Members often struggle to cope, and it can be difficult for the club community to know how to respond. In these circumstances, club officials need clear, practical and reliable information, which they can rely on for guidance and direction.

In the aftermath of a suicide, some affected vulnerable individuals may become at increased risk of suicide themselves. This is also known as a contagion effect and the causes behind it are complex. To reduce the risk of contagion, it is important when informing people of a suicide to avoid discussing the method used.

If your club experiences the tragedy of suicide, these are some basic actions you can take to support members:

1	Identify Key Contact Person: Appoint an appropriate club official to be the designated contact point to liaise with the family (this could be the President or team coach). The designated contact should brief other relevant members about: the facts of the situation, including any family wishes about information being shared or withheld. If a death is not confirmed as suicide or families have asked that the term suicide is not used, then refer to it as a “death” at this stage.
2	Identify impacted Individuals: Identify members who have been significantly impacted and in need of a greater level of support. Mention of the normal grief reaction, and the importance of self-care and self-management strategies during this time. Provide statements of supporting each other, and reaching out to those around them if they suspect that someone is struggling, or they have concerns.
3	Share Postvention Support Information: Gently determine whether family and friends of the deceased are open to receiving support. People experiencing a sudden loss are often in shock and may not want help straight away. When appropriate, provide information and contact details for mental health services such as StandBy, Child and Adolescent Mental Health Services (CAMHS), Arbor, Cypress or Lifeline. For further resources and information refer to our <i>Supports After Suicide Guide</i> .
4	Inform Club: Acknowledgement that the situation will be distressing for the family, friends and the football community. Keep the committee and other relevant stakeholders informed about the steps taken to provide support.
5	If doing a memorial: First liaise with the family to ensure they are comfortable with this idea. Ensure you consult with a counselling agency for advice on how to ensure the event is conducted safely to avoid triggering vulnerable members (for example StandBy, Headspace or Neami National).

Community Training

Increasing awareness of mental illness for committee members, coaches, captains, members of an appropriate age, and parents of younger members is an important and effective way to help those facing mental health challenges.

Neami National maintains a Perth Metro online training calendar advertising upcoming mental health and suicide prevention training courses. There are a variety of courses delivered by different service providers and most have an associated cost, though some training is free for community groups. It can be found here: <https://www.neaminational.org.au/find-services/perth-metro-suicide-prevention-coordination/>

Community Trainings	
LivingWorks	
Start (90mins Online)	A training program that prepares trainees with the skills to recognise when someone is having thoughts of suicide and respond to keep them safe.
SafeTalk (half-day)	An alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.
ASIST (2 day)	Learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help.
Mental Health First Aid	
Standard MHFA (2 day)	Equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker, or another adult, experiencing a mental health problem or mental health crisis.
Youth MHFA	Course for adults helping adolescents (suitable for teachers, school staff, parents, coaches etc.)

Community Trainings

Cultural

Deadly Thinking (1 day)

A social, emotional well-being and suicide prevention program specifically designed for Aboriginal and Torres Strait Islander communities, confronting core social and emotional well-being issues in a culturally appropriate and compelling way. The course is suitable for Elders, Aboriginal communities and anyone who works with Aboriginal people.

<https://www.rrmh.com.au/programs/deadly-thinking/>

Others

CALM

Available in a 1 day and half-day format in person or Online CALM (Connect, Ask, Listen, Monitor) teaches you how to carry out life-saving interventions for someone who may be thinking about ending their own life. Above all, it will empower you to “keep CALM”. This is an evidence and lived experience-informed program. <https://www.brainambulance.com.au/workshops---training/calm-1-day-suicide-prevention/>

WAAMH

Range of trainings from “De-escalation Skills Youth” to “Everyday Counselling skills” <https://waamh.org.au/events-and-training/upcoming-training>

Curtin University

'Talk to Me' Massive Open Online Course
[CurtinX: 'Talk to me': Improving mental health and suicide prevention in young adults](#)

Free Online Short Trainings

Mindframe

1-hour online training sessions “Guidelines for public communication about suicide and mental ill-health”

<https://mindframe.org.au/news-events/events>

Zero Suicide Alliance

Range of online training courses (ranging from minimum 5mins) that teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.

<https://www.zerosuicidealliance.com/training>

Talking about suicide: Media and community

People who are vulnerable to suicide, or bereaved by suicide, can be particularly impacted by language. Below is a summary of preferred language to use when communicating about suicide:

Issue	Problematic	Preferred
Presenting suicide as a desired outcome	'successful suicide', 'unsuccessful suicide'	'died by suicide', 'took their own life'
Associating suicide with crime or sin	'committed suicide', 'commit suicide'	'took their own life', 'suicide death'
Sensationalising suicide	'suicide epidemic'	'increasing rates', 'higher rates'
Language glamourising a suicide attempt	'failed suicide', 'suicide bid'	'suicide attempt', 'non-fatal attempt'
Gratuitous use of the term 'suicide'	'political suicide', 'suicide mission'	refrain from using the term suicide out of context

Key tips to Posting online from Mindframe:

- Do not glamourise the victim or the suicide itself.
- Do not give details of the method of suicide and location of the suicide.
- Do not give information or photos of the death scene or information about distressed mourners.
- Ensure information is accurate and family is ok to share.
- Avoid simplistic explanations that suggest suicide might be the result of a single factor or event.
- Encourage help-seeking and always include information about crisis support services and local mental health services (*see next page*).
- Visit Mindframe's or #chatsafe's website for more information.

Before you communicate online about suicide, take some time to think about why you want to 'share' this post. Reflect on how your post could affect other people and whether or not there is a different way to communicate this information in a way that is safer or more helpful.

Helpful Toolkits:

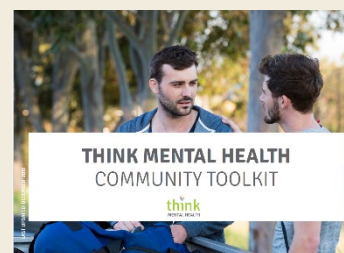
Mental Health Commission WA

Helping Someone in Distress (2022)



Mental Health Commission WA

Think Mental Health: Community Toolkit (2018)

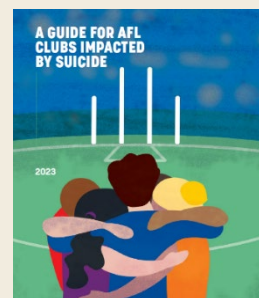


**Suicide Prevention Coordinators
Perth Metro
Supports After a Sudden loss
(2024)**

**Supports After Suicide
or Sudden Loss**

Perth Metropolitan Suicide Prevention Coordinators
Updated 2024

**A Guide For AFL Clubs Impacted
By Suicide (2023)**



**Mental Health and Wellbeing
Initiative – Sports West**



Mental Health Campaign Messaging

There are several evidence-based Community Campaigns that are free and accessible for the community to use to support your Mental Health and Suicide Prevention messaging. Here are some that we recommend:

Campaign	Target Audience	Links
<u>Think Mental Health</u>	<u>Several campaigns for the General Community.</u>	<u>'Learn to Look After You' Campaign</u> <u>'Families Under Pressure' Campaign</u> <u>'Be Positive. Be Connected. Be Active' Campaign</u> <u>'Talking and Listening are Powerful' Campaign</u> <u>'Find Your Way to Okay' Campaign</u>
<u>Strong Spirit Strong Mind</u>	Aboriginal and Torres Strait Islander	<u>Campaigns & Grants</u>
<u>Embrace</u>	Multicultural	<u>Community Resources</u>
<u>RightByYou</u>	Youth (12-25)	<u>Community Campaign Toolkit</u>
<u>R U OK Day</u>	General Community and Sports Clubs	<u>Hey Sport, R U OK?</u>



Campaign material can be a great and easy way to share important information.

Mental Health Support Lines

If you or someone you know is at immediate risk of harm call Triple Zero (000).

- **Translation and Interpreting Support Service** (Services for club members who first language not English): 131 450 <https://www.tisnational.gov.au/>
- **National Relay Service** - is an Australia-wide phone service for people who are deaf, have hearing impairment and/or speech impairment and people wanting to communicate with them. – 113 557 or TTY 1800 555 630 <https://www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub>

All listed helplines are free and confidential.

General Men Cultural Youth Parenting Other Navigation

General		
Mental Health Emergency Response Line	Telephone Mental Health Crisis support from a qualified Mental Health clinician. For Western Australians experiencing a mental health crisis and/or those supporting them.	1300 555 788 (Metro), 1800 676 822 (Peel), 24/7
Suicide Call Back Service	Ages 15+ feeling suicidal, lost someone by suicide, or caring for someone who is feeling suicidal. Provides support with safety and goal planning and service navigation. Up to 6 further sessions.	1300 659 467 Or online chat. 24/7
Lifeline	Compassionate support for people in crisis.	13 11 14 24/7
beyondblue	Online and telephone support for anyone feeling anxious or depressed.	1300 224 636 24/7
Suicide Prevention Peer CARE Connect	A 'warmline' call-back service, for those who have lost someone to suicide, are caring for someone, has survived an attempt, or have been living with your own suicidal thoughts. Connect to a similar lived experience peer.	1800 777 337
Crisis Care Helpline	Crisis support if you are concerned about a child's well-being, escaping domestic violence, or experiencing homelessness.	08 9223 1111 or 1800 199 008 (Country Toll Free)
Here for you	One-to-one support from a counsellor or relevant professional peer practitioner.	1800 437 348 7am-10pm

Men		
Men's Line Australia	Online and phone counselling support for men with concerns about mental health, anger management, family violence, addiction, relationship, stress, and well-being.	1300 789 978 24/7
Dads in Distress	Generalised counselling supporting dads and their families.	1300 853 437
Cultural		
13Yarn	Provides 1-on-1 yarning if you're feeling overwhelmed or having difficulty coping with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.	13 92 76 24/7
Brother to Brother	Support for Aboriginal men in need of yarn. Staffed entirely by Aboriginal men (including Elders) who have relevant lived experience and expertise.	1800 435 799 24/7
Multicultural Mind Hotline	Can arrange a call back from a trained Psychologist / Counsellor. Staff liaises with local communities and services to identify who is best placed to provide the help.	1300 643 287
Hayat Line	A crisis support line for Muslims in Australia supporting individuals when experiencing a personal crisis or emotional distress.	1300 993 398 Monday to Friday, 9am-5pm
Youth		
KidsHelpline	Online and phone counselling service for young people aged 5 to 25.	1800 551 800 24/7
eheadspace	Online and phone support and counselling to young people 12 - 25 years and their families and friends.	1800 650 890 9am - 1am AEST
CAMHS Crisis Connect	Mental health advice and support for children and young people (aged under 18) in the metropolitan area.	1800 048 636 24/7
Parenting		
PANDA (perinatal anxiety and depression)	Supports women, men and families affected by anxiety and depression during pregnancy and in the first year of parenthood.	1300 726 306 Monday to Friday 9am-7.30pm AEST
For When	Connects parents to navigate pregnancy and new parenthood to the critical mental health services you might need most.	1300 242 322 9am-4.30pm Monday to Friday
Family Relationship Advice Line	Help for families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services.	1800 050 321

Other Specialised Supports		
QLife 	Anonymous telephone and webchat LGBTI peer support for people to discuss sexuality, identity, gender, bodies, feelings or relationships.	1800 184 527 3pm to midnight
Butterfly Foundation (Eating disorders)	For anyone concerned by eating disorders or body image issues. All counsellors are qualified mental health professionals.	1800 334 673 8am to midnight AEST
Child Protection and Family Support Crisis Care Helpline	Provides support if you are concerned about the well-being of a child, you are escaping domestic violence and need help or experiencing homelessness.	08 9223 1111 or 1800 199 008 (Country Toll Free)
StandBy	Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide.	1300 727 247
1800 RESPECT (Domestic Violence)	Sexual assault, family and domestic violence counselling line for those who has experienced, or is at risk of, family and domestic violence and/or sexual assault.	1800 737 732 24/7
National Debt Helpline	Free and confidential advice from professional financial counsellors.	1800 007 007 9:30 am -4:30 pm, Monday to Friday
Mental Health Carer Helpline	Information and advice for carer support.	1300 554 660
FriendLine	Supports anyone who's feeling lonely, needs to reconnect or just wants a chat.	08 6118 0587 8am – 6pm
Navigation Support		
Peer Pathways	Assistance in WA to locate and access mental health and other care and supports over the phone or by email. Confidential support without judgement.	(08) 9477 2809 Monday – Friday 9am-5pm
Healthdirect	Speak to a registered nurse for 24-hour health advice.	1800 022 222 24/7

Helpful Websites

General Mental Health Information, guides and resources:

- **Australian Government Mental Health Support Portal** - <https://headtohealth.gov.au/>
- **Mental Health Commission WA** - www.thinkmentalhealthwa.com.au
- **Black Dog Institute** - <http://www.blackdoginstitute.org.au/>
- **Lifeline WA** - <https://www.lifelinewa.org.au/>
- **Headspace** - <https://headspace.org.au/>
- **Sane Australia** – www.sane.org.au
- **Standby Support After Suicide** <https://standbysupport.com.au>
- Page listing key WA Mental Health Commission Resources - <https://www.mhc.wa.gov.au/reports-and-resources/resources/mental-health-resources/>
- **Beyond Blue** - <https://www.beyondblue.org.au/home>

Multicultural Mental Health Information

- The **Translating and Interpreting Service (TIS)** provides free access to phone and on-site interpreting services in over 150 languages.(ph):131 450
- **Health Translations Director** provides links to over 12,000 reliable multilingual resources covering a range of health topics (including mental health) at the Health Translations Directory. <https://www.healthtranslations.vic.gov.au/>
- The **Engage Mental Health** website provides health resources in multiple language and information on services and multicultural groups in your area. <https://www.embracementalhealth.org.au/>

Carers Supports and Information

- **Mental Illness Fellowship WA:** Carer support and advice <http://www.mifwa.org.au/>
- **Carers WA** - <https://www.carerswa.asn.au/>

Aboriginal Mental Health Resources

- Strong Spirit Strong Mind <https://strongspiritstrongmind.com.au/>
- Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People <https://wellmob.org.au/>

General Mental Health Information, guides and resources:

- National Indigenous Postvention Service - The National Indigenous Postvention Service (NIPS) supports individuals, families, and communities affected by suicide or other significant trauma. <http://thirrili.com.au/nips>

Lesbian Gay Bisexual Transgender Intersex and Queer (LGBTIQ+) Resources and supports

- LGBTIQ+ Support - <https://qlife.org.au/>
- LGBTIQ+ Support Friends and Family - <https://www.pflagwa.org.au/>
- LGBTI+ - Transfolk of WA support for Trans people and family <https://www.transfolkofwa.org/>

Sporting Club Mental Health Resources

- Good Sports – Healthy Minds program for Clubs - <https://goodsports.com.au/programs/healthy-minds/>
- Orygen Mental Health Toolkit for Community Clubs with member 12 – 17 years old - <https://www.orygen.org.au/Training/Resources/Physical-and-sexual-health/Toolkits/Supporting-mental-wellbeing-in-community-sport>
- Beyond Blue Guide Developing a Mental Health Strategy for your Organisation <https://www.headsup.org.au/training-and-resources/getting-started-pack>
- West Australian Government Act Belong Commit Campaign to keep people to join community groups - www.actbelongcommit.org.au/
- R U Ok Community Guides including Hey Sport Materials - <https://www.ruok.org.au/community>
- Movember's Ahead of the Game - <https://aheadofthegame.org.au/>

References

- Australian Government Department of Health. (2007). *What is Mental Illness*.
<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/mental-pubs-w-whatmen-toc~mental-pubs-w-whatmen-what>
- Beyond Blue. (2018). *Developing A Work Place Mental Health Strategy – A How To Guide*, p.4.
<https://das.bluestaronline.com.au/api/prism/document?token=BL/1833>
- Department of Education Western Australia. (2018). *School response and planning guidelines for students with suicidal behaviour and non-suicidal self-injury*.
- Everymind. (2020). Reporting Suicide and Mental Ill Health: A Mindframe Resource for Media Professionals Newcastle Australia
- Good Sports Healthy Minds Program Overview PDF (June 2017) <http://goodsports.com.au/wp-content/uploads/2017/06/Good-Sports-Healthy-Minds-Program-Overview.pdf>
- Headspace National Youth Foundation. (2012). *Suicide Postvention Toolkit: A Guide For Secondary Schools*. <https://headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf>
- Herrman, H., Saxena, S., & Moodie, R. (Eds.). (2005). *Promoting mental health: concepts, emerging evidence, practice*, p.19.
https://www.who.int/mental_health/evidence/MH_Promotion_Book.pdf
- Orygen. (2018). *Talking Online About Suicide*. <https://www.orygen.org.au/chatsafe/talking>
- Swannell, S., Martin, G., Page, A., Hasking, P., & St John, N. (2014). Prevalence of Non-Suicidal Self-Injury in nonclinical samples: Systematic review, meta-analysis and meta-regression. *Suicide and Life-Threatening Behavior*, 44(3). <https://doi.org/10.1111/sltb.12070>

More Information

For feedback/comments please contact the Neami Suicide Prevention Coordinators:

Neami National Perth

Ground Floor, 9 Kitchener Avenue, Burswood WA 6100

Proudly working on the traditional lands of the Whadjuk people

Email: spc.metro@neaminational.org.au

**This service is not a crisis response service. If you require crisis support,
please call 000 or Lifeline 13 11 14.**



We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.

Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.