

Welcome to the third issue of the Ministerial Council for Suicide Prevention E-Newsletter. This newsletter seeks to increase knowledge of current activities and research in suicide prevention.

ACCESSING INFORMATION

ASPiRE

The Australian Suicide Prevention Information and Resource Exchange (ASPiRE) is a strategy of the Resource and Information working group of the Council. ASPiRE provides access to suicide prevention information, research and resources. Over 2000 items are available, online where possible, or via interlibrary loans.

Web Log

The suicide prevention web log, or "blog", is now available providing access to relevant publications and websites of note <http://suicideprevention.blogspot.com/>.

Fact sheet

The fact sheet for this issue summarises key findings of the "*Youth Suicide In Western Australia Involving Cannabis and other Drugs*", the Western Australian Strategy Drug Abuse Strategy Office Occasional Paper #2, June 2001.

RESOURCES OF NOTE

Bereavement Pack

The National CommunityLIFE project has made the *Information and Support Pack for those bereaved by suicide or sudden death* developed in WA available nationally. This has required modification of sections to ensure procedural information and local support services details are accurate. Online copies of the resource will be available on the CommunityLIFE website at www.community-life.org.au. The Western Australian Pack has been reprinted with state NSPS funding and will continue to be distributed through the Coroner's Office. It is also available on the MCSP website at www.mcsp.org.au and from MCSP. Some minor changes have been made following feedback and the national consultation process.

Content includes:

- | | |
|---------------------------|-------------------------------|
| - What helps? | - Early grief and mourning |
| - Friends can help | - Emotions during bereavement |
| - Country services | - Children and grief |
| - Support services | - For teenagers |
| - Books and websites | - Questions about grief |
| - Practical matters | - Suicide Bereavement |
| - Grieving Aboriginal Way | - The future |

Evaluation of the Western Australian Bereavement Support Pack

The Pack has been distributed by the Coroner's Office in Western Australia since October 2001. An evaluation is currently being undertaken to ascertain its usefulness and relevance. An advertisement was placed in fifteen Perth Community Newspapers

inviting recipients of the Pack to participate in the evaluation. Evaluation questionnaires are also available on the home page of the MCSP website (www.mcsp.org.au). Please encourage people to complete the evaluation questionnaire before the 20th of November. Responses will be analysed and documented in a final Report due for completion before the end of the year.

SUPPORT GROUPS FOR THOSE BEREAVED BY SUICIDE

Western Australia

Compassionate Friends (Free service)

Telephone 9486 8711

10:00am-2:00pm, Monday – Friday. (Need to phone first to check someone is available).

The Compassionate Friends (TCF) is a self-help organisation offering support to families after the death of a child at any age from suicide. TCF has no religious or political affiliation. TCF was founded in the UK in 1969 and is now a worldwide organisation that aims to assist in the positive resolution of grief following the death of a child.

TCF also offer support and information to other relatives, friends and professionals who are helping the family.

Contact the Compassionate Friends in Perth on 1800 628 118 for details of country contacts and support groups in your area. They also offer contacts for siblings in some country areas.

Samaritans (Free service)

Telephone 9381 5555

The Samaritans support group exists to provide support for anyone who has experienced the suicide of a relative or close friend. The groups are facilitated by trained and experienced Samaritans. The group encourages those attending to talk openly about their feelings in connection with the suicide.

Support for children bereaved by suicide is also available. This service involves individual sessions for 4-12 years olds and is based on a child centred play therapy approach. Currently sessions are available on Thursdays (days can be flexible) at 4pm, 5pm, and 6pm, and runs for 40 minutes.

Based in Perth and non-religious the Samaritans offers telephone, e-mail and face-to-face counselling. Samaritan House is open every day with someone available to listen 9:00am to 8:00pm. No appointment needed.

Australia wide

Support group for young people bereaved by suicide – Sunshine Coast

Samantha Harrison (18yo), Cassie Harrison (16yo) and the Sunshine Coast Suicide Prevention Network have recently organised a support group on the Sunshine Coast for youth bereaved by suicide.

The aim of this group is to provide a place for youth to be able to express their feelings in an open environment without being embarrassed/shy. Information can be obtained by emailing casmiceter2000@hotmail.com or phoning 0754790802 / 0407631532.

NEW RESEARCH

1. Mental Health Behind Bars. A new ground breaking study of the mental health of NSW prison inmates.
2. The Bottom Line. Findings suggest that developmental assets play a significant role in students' academic achievement across a wide range of students (AICAFMHA newsletter, 2003)

Click onto the Web Log to access new research
<http://suicideprevention.blogspot.com/>.

WHAT'S HAPPENING IN WA

WA Mental Health Promotion Action Link

The WA Mental Health Promotion Action Link (MHPAL) was formed in October 2002 by individuals interested in promoting the mental health of individuals, communities and systems. Its objectives are to:

1. Establish a recognised group of individuals interested in mental health promotion
2. Promote the role of mental health promotion
3. Advocate for appropriate infrastructure for mental health promotion
4. Support colleagues in, and provide a resource for, mental health promotion.

The MHPAL meets face-to-face and via teleconference approximately every two months and has an active email network too. If you would like to join the MHPAL as an active or associate member contact Sandy Clark 9224 1657 or Nikki Bushell on 9071 7677.

LivingWorks

Lifeline auspiced the LivingWorks ASIST program nationally in 1996 ASIST is a 2-day interactive workshop that teaches participants practical skills to identify someone at risk of suicide and know how to help. Other Lifeline WA workshops include *Counselling the Bereaved* - a one day workshop designed for caregivers working with the bereaved in any situation, especially those bereaved by suicide, and *Suicide TALK* - a community talk aimed at opening the channels of communication about suicide and its effect on the community.

www.lifeline.org.au

Support and Information Links

Good outcomes for mental health on-line

The Office of Mental Health website has recently been launched. The website has been developed to provide access to up to date information for all consumers, carers, service providers, GP's and non-government agencies.

Their website is www.mental.health.wa.gov.au.

Mental Health Phone Lines for Rural WA

Mental Health Direct (1800 220 400), a free mental health telephone advice line for all West Australians, commenced operations in December 2001. The service operates from Perth and employs experienced registered nurses who use mental health endorsed guidelines to provide advice, with support from a psychiatrist and experienced mental health professionals.

Two pilot programs for rural areas have commenced.

- I. Rurallink (1800 552 002), commenced on 17th February 2003, and operates after hours for Midwest and Gascoyne residents.
- II. SouthWest24 (1800 555 336), a 24-hour service for residents in the South West Health Region, was launched on 7th April 2003.

Bush Crisis Line- 1800 805 391

Bush Crisis Line is a twenty-four hour confidential telephone support and debriefing service for multi-disciplinary remote and rural health practitioners and their families. It is staffed by qualified psychologists with remote and cross-cultural experience, is toll free and available from anywhere in Australia. For more information http://www.crana.org.au/pandp_bcl.html

WHAT'S HAPPENING NATIONALLY?

National Suicide Prevention Strategy

NSPS project details are now online on the CommunityLIFE website at <http://www.community-life.org.au/govtfundproj.php>

Auseinetter Issue 18 August 2003 is available at <http://www.auseinet.com/resources/auseinet/netter18/>

MindMatters

MindMatters places mental health on the agenda in secondary schools throughout Australia, employing a comprehensive, whole school approach that acknowledges the importance of the school as a setting for promoting mental health and wellbeing. MindMatters provides a range of resources, supported by professional development activities and a dedicated website: <http://www.curriculum.edu.au/mindmatters>.

The implementation phase of the program was launched in March 2000 and is being managed by two national education organisations, the Australian Principals Associations Professional Development Council (APAPDC) and the Curriculum Corporation and has cross-sector support for the three school education sectors in all States and Territories.

CONTACT US

If you have project material that you would like to have listed in the next newsletter, please email project information to katem@ichr.uwa.edu.au. Articles or project information will only be published by MCSP if they comply with National Guidelines. MCSP will reserve the right to alter submissions where necessary to ensure they comply with these guidelines. Programs mentioned in this newsletter are not necessarily endorsed by MCSP.

Please provide feedback as to what you would like to see in the newsletter email katem@ichr.uwa.edu.au.

MAILING LIST: If you are not already on the MCSP mailing list and would like to join click on the following link www.mcsp.org.au. Details provided for the mailing list will be treated in line with the Guidelines on Privacy in the Private Health Sector 2001.