

Strategic Framework for Suicide Prevention in NSW 2018–2023

Implementation Plan

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The Strategic Framework for Suicide Prevention in NSW 2018–2023

Families, communities and workplaces across NSW are impacted by suicides and suicide attempts every year.

The NSW Government has made a major commitment to preventing and reducing the incidence of suicide in NSW communities through the [Strategic Framework for Suicide Prevention in NSW 2018–2023](#). The Strategic Framework was launched in October 2018 to build on existing programs and set the direction for new and future actions.

The Strategic Framework establishes a whole of government, whole of community approach to the prevention of suicides and suicide attempts. There are many activities already occurring that make broad contributions to the prevention of suicide. For the first time, these activities have been formally linked together in an approach that places greater emphasis on integration and collaboration between all levels of government, individuals and communities, the non-government and private sector, and people with lived experience.

The NSW Government has invested \$87 million over 2019–20 to 2021–22 into the ‘Towards Zero Suicides’ initiatives, which address a number of priorities under the Strategic Framework. This is the largest single investment in suicide prevention made by any Australian state or territory, and will see new services and programs delivered across NSW.

The Strategic Framework is aligned with Commonwealth and State policy directions and supports:

- the priority areas of the [Fifth National Mental Health and Suicide Prevention Plan](#), and
- the NSW Government’s decade-long enhancement of mental health care, a response to the Mental Health Commission of NSW’s [Living Well: A Strategic Plan for Mental Health in NSW 2014–2024](#).

Together, the initiatives under the Strategic Framework and Premier’s Priority initiatives represent Towards Zero Suicides: the beginning of the journey towards zero suicides in NSW. This supports the vision that everyone in NSW lives with hope, wellbeing and good health, with fewer lives lost through suicide.



Premier's Priority: Reduce the rate of suicide deaths in NSW by 20% by 2023



The Strategic Framework also provides the blueprint for the Towards Zero Suicides Premier's Priority to reduce the rate of suicide deaths in NSW by 20 per cent by 2023. At the time of writing, a Delivery Plan for the Towards Zero Suicides Premier's Priority is in development. This follows a co-design workshop in September 2019 with government and non-government organisations, people with lived experience and other suicide prevention experts.

What are the goals of the Strategic Framework?

There are five goals of the Strategic Framework that will contribute to reducing the suicide rate in NSW:

- 1** Individuals and communities have the strength, resilience and capacity to prevent and respond to suicide
- 2** Individuals and communities are empowered to have safe conversations about suicide and suicidal behaviour, and to know how and where to seek help when needed
- 3** High quality, culturally safe, trauma informed services are available to prevent and respond with compassion when and where they are needed
- 4** Suicide prevention, intervention and postvention programs and services that place people at the centre are co-designed, inclusive, coordinated and integrated
- 5** Suicide prevention activities are responsive to the best available evidence and contribute to the evidence base, with new approaches shaping effective action

These are ambitious goals that will require action across government and non-government organisations, workplaces, and throughout the community.



Who will be responsible for change?

Effective governance is essential for driving and coordinating implementation of the Strategic Framework. To ensure that all relevant agencies are involved and work is taken forward in a cohesive way, governance arrangements have been established under the **NSW Mental Health Taskforce**.

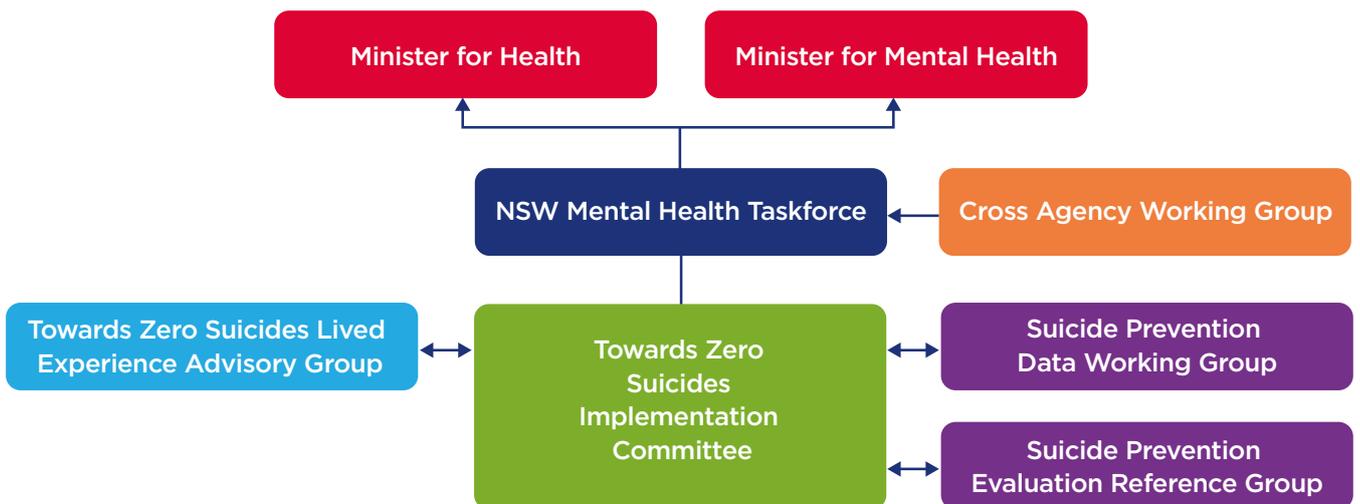
The Taskforce drives senior executive level discussion of key Government priorities and cross-portfolio matters related to mental health and suicide prevention, including the significance of regional challenges and implementation. It operates to enhance cross-agency collaboration and the strategic directions for mental health and suicide prevention in NSW, particularly those areas involving multiple agencies.

To support the NSW Mental Health Taskforce, its **Cross Agency Working Group** enhances government collaboration and action for mental health and suicide prevention in NSW. It monitors and provides advice on the implementation of strategic directions at state and national levels and promotes and enhances cross-departmental linkages, including the improvement of information sharing.

New structures have also been established to specifically guide and drive the delivery of actions under the Framework:

1. **Towards Zero Suicides Implementation Committee** will progress implementation of the Strategic Framework and the Towards Zero Suicides Premier’s Priority, with membership including government and peak bodies
2. **Towards Zero Suicides Lived Experience Advisory Group** will provide lived experience expertise and guidance in the planning and implementation of the Strategic Framework and the Towards Zero Suicides Premier’s Priority
3. **Suicide Prevention Data Working Group** will promote collaboration and provide expert advice for implementation of data linkage and the development of improved surveillance for suicide related data.
4. **Towards Zero Suicides Evaluation Reference Group** will promote collaboration and provide expert advice for improved evaluation of suicide prevention activities.

Governance Model



How are individuals and communities participating?

Delivery of the Strategic Framework requires the input of many partners, across a number of settings and sectors. A key principle of the way the NSW Government is taking action to prevent and reduce suicide in NSW is to engage people with lived experience, families, carers and communities in co-designing suicide prevention initiatives.

Peak mental health and suicide prevention organisations including Suicide Prevention Australia, Roses in the Ocean, Being, Mental Health Carers NSW and the NSW Mental Health Coordinating Council are collaborating with NSW Government agencies to ensure actions and progress meet the expectations of people with a lived experience of suicide and the community more broadly.

How will progress be monitored?

An Evaluation Plan for the Strategic Framework has been developed to identify high level indicators of implementation and performance, supporting monitoring and **reporting of annual progress** under the Strategic Framework to the Mental Health Taskforce and the Minister for Mental Health, stakeholders and the community.

The Evaluation Plan will support monitoring and measurement of the Strategic Framework and the Towards Zero Suicides initiatives. Evaluation will include:

1. Evaluations of programs, services and activities, including those targeted to individuals and communities at high risk of suicide or suicidal behaviour,
2. Case studies of programs, services and activities implemented by NSW Government agencies in partnership with community controlled health services and non-government organisations,
3. Analysis of available datasets to measure and monitor improvements in behaviours and health outcomes, and
4. Evaluation of the collaboration, coordination and integration between NSW Government agencies and across government, non-government and other sectors to reduce suicide in NSW.

At the conclusion of each funding/financial year, a brief report will be compiled for the Mental Health Taskforce outlining:

- Progress towards the priority action areas of the Strategic Framework, and
- Progress towards each of the Towards Zero Suicides initiatives.

A final report will be produced shortly after expiration of the Strategic Framework in June 2023. This report will address:

- success of the Strategic Framework, based on implementation of activities and achievement of outcomes,
- unexpected outcomes,
- barriers and enablers to achieving/ implementing the Strategic Framework,
- findings and recommendations, and
- lessons for the future.

The final report will also include information obtained in the annual monitoring activities in summative form, and case studies.

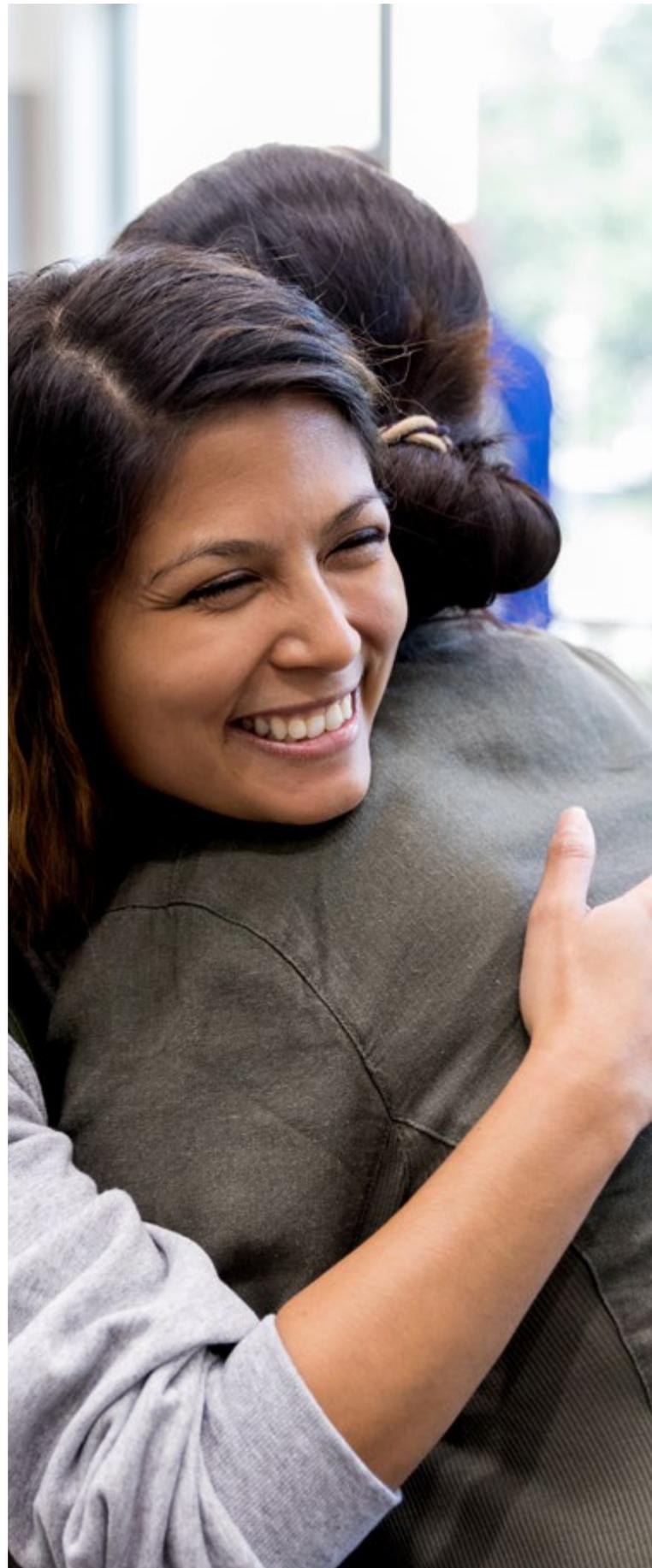
Government agencies will regularly review and update the Implementation Plan over its four-year life span in response to annual reviews on progress, significant changes in the sector, and advances in suicide prevention research and innovation.

What is the purpose and scope of the Implementation Plan?

The actions in this Implementation Plan are pitched at a high level to achieve the outcomes identified in the Strategic Framework. Each action may have in place or require further detailed planning. In some cases this may involve project specific activities that will contribute to the aims of the implementation action. The lead organisation nominated in the Implementation Plan for a specific action will be responsible for developing the more detailed project plan, should it be required, including further stakeholder consultation, where necessary.

The Implementation Plan incorporates activities being undertaken across various agencies to reflect the whole of government, whole of community commitment required to reduce the rate of suicide. It is a high-level plan aimed at detailing the actions that need to be taken to drive down the suicide rate across NSW. While actions have been assigned within each strategic Priority Area, some actions will contribute to multiple strategic Priority Areas.

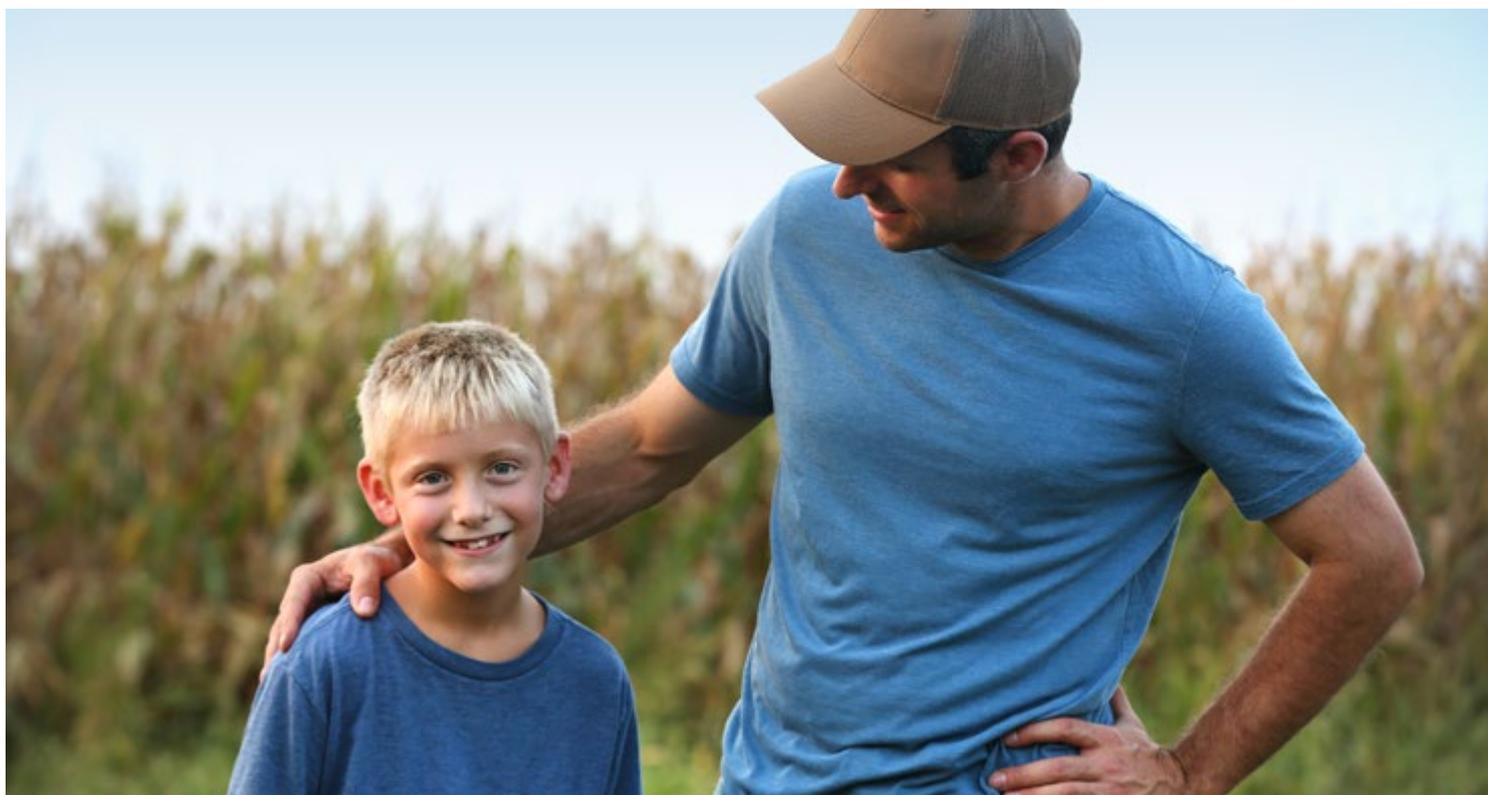
The Implementation Plan should be read in conjunction with the Strategic Framework, which provides context, risk and protective factors, principles for suicide prevention, and signals the policy intent of the Implementation Plan.



The Towards Zero Suicides initiatives

Initiative	Details
Whole of Program Coordination	Essential planning and development activities, maintenance of reference and advisory structures, commissioning of training for people with lived experience of suicide and recruitment of NSW Health staff.
Zero Suicides in Care	Reorientation of mental health services to eliminate suicides among people in care of the mental health system, both in inpatient and community settings. Drawing on the Zero Suicides Healthcare approach that has shown effectiveness in other locations, this initiative will re-train clinicians, redesign procedures and promote cultural change that increases safety for patients and staff.
Aftercare	Matched funding with the Commonwealth will deliver Beyond Blue's The Way Back Support Service for people who have made a suicide attempt in additional locations in NSW, funding community managed organisations to deliver The Way Back in partnership with Primary Health Networks.
Redirections from Emergency Departments	New services will be established to provide more appropriate, peer-based crisis alternatives for people presenting to emergency departments with suicidal ideation. This initiative will provide up to twenty new services for people at risk of suicide in Sydney, regional cities and rural areas.
NSW Suicide Data Register	Data linkage activities and the development of a suicide register will improve knowledge of and responses to suicide. This initiative will establish a new data analysis team for a suicide register based in the NSW Coroner's Court and provide additional investment for data linkage projects that provide deeper analysis of the datasets that are already available across government agencies.
Resilience building in Aboriginal communities	Effective suicide prevention in Aboriginal communities strengthens identity, community and culture. This initiative will support Aboriginal Community Controlled Health Organisations to provide evidence-based, culturally relevant suicide prevention activities in their local communities.
Supporting local community collaboratives	This initiative will provide resources to strengthen local community suicide prevention collaboratives, establish a Community of Practice, and support the development of new collaboratives.
Post Suicide Support	New services will provide individual and family support to people bereaved by suicide. This initiative will fund community managed organisations to deliver targeted bereavement services in metropolitan, regional and rural locations.
Expansion of rural counselling	This initiative will provide additional counselling capacity in rural and remote areas, recognising the higher rate of suicide in regional NSW.
Suicide Prevention Outreach Teams	New teams will provide assertive follow up to people who are experiencing or recovering from a suicidal crisis. Every local health district will establish a new team to support people in the community who are at risk.
Community Gatekeeper training	Community networks, organisations, services and workplaces will deliver evidence-based suicide prevention training for gatekeepers and leaders in the community.

Initiative	Details
Youth Aftercare Pilot	A new youth aftercare service will be piloted in two NSW locations to provide community-based support services for young people following self-harm, suicidal ideation, or suicide attempt. This pilot is made possible through a contribution under the Commonwealth Health Innovation Fund.
Community Response Packages for Priority Groups	Resources will be provided to priority groups at risk of suicide in the community to run community campaigns, produce social media content, raise awareness, hold safe discussions, support people at risk and establish improved links with services.
Suicide Prevention Alert System	An alert system to quickly mobilise services for people at high risk of suicide will be trialled in locations that have existing suicide prevention collaboratives.
Expanding Peer Support and Peer Led initiatives	New and innovative evidence-based peer support and peer led initiatives will be trialled to provide appropriate support for people who are experiencing suicidal thinking or have attempted suicide by peers who have lived experience of suicide.
Training in non-mental health and non-health environments	Thousands of staff across NSW government and non-government services will be trained in suicide prevention and awareness activities so that people in crisis can receive a compassionate response and immediate support to keep them safe.
Suicide Prevention Fund	From 2016 to 2020, the NSW Government Suicide Prevention Fund provided funding to non-government organisations and community based services to deliver local suicide prevention services and activities. The second Suicide Prevention Fund will be released from 2020 to fund innovative, local and targeted suicide prevention activities in communities across NSW.



Implementation Plan



PRIORITY AREA 1:

Building individual and community resilience and wellbeing

Resilience is the ability to recover from stressful or challenging experiences. It involves being able to adapt to changes and to approach negative events, sources of stress and traumatic events as constructively as possible. Resilience varies from person to person and can fluctuate throughout the lifespan due to changes in experience and circumstance. For people who live with mental illness, resilience can help during setbacks and challenges, and promote the development of confidence for the effective management of illness and recovery. To prevent suicide, we need to strengthen those protective factors that increase resilience and our capacity for self-care. This ability can help us manage challenges and stress, reduce symptoms of mental health problems, and build resilience.

Individuals need to be able to connect with others and cultivate strong personal relationships, develop positive coping strategies, improve problem solving and help seeking skills, promote self-esteem, cultivate a sense of purpose and secure identity, and promote good physical and mental health and wellbeing. We also need to improve community strength, resilience and capacity by fostering community cohesion, increasing our understanding and acceptance of diversity, and providing access to social support and healthcare.

1.1 Expanding community-based mental health services

Action	Lead Agency	Completion Date
1.1.1 Continue funding the Wesley Mission Mums and Kids matter program in South Western Sydney and outreach services	NSW Health	June 2022
1.1.2 Continue funding community managed organisations to deliver NSW Health's Youth Community Living Supports Service for people aged 16-24 years in five LHDs	NSW Health	June 2020
1.1.3 Expand the adult Community Living Supports program to refugees with mental health conditions	NSW Health	August 2019

1.2 Reduce bullying and building resilience and support for young people

Action	Lead Agency	Completion Date
1.2.1 Deliver the NSW Anti-bullying Strategy using evidence-based, online resources and lesson plans in schools to identify bullying, prevent bullying and respond to bullying behaviours	Department of Education	June 2020
1.2.2 Continue the partnership with the Black Dog Institute to deliver the Youth Aware of Mental Health school-based mental health and suicide program in government secondary schools	Department of Education	Ongoing
1.2.3 Provide support to young people at risk of suicide in the Lake Macquarie region of NSW through Bright Minds, Connected Communities	NSW Health	June 2020
1.2.4 Implement Intensive Therapeutic Care for children and young people over 12 years who are in out-of-home care and have experienced significant trauma, neglect, abuse or severe adversity and where the children or young people have complex needs who are either unable to be supported in foster care or require specialised and intensive supports to maintain stability in their care arrangements	Department of Communities and Justice	June 2020

1.3 Promoting recognition of mental health issues in older people and addressing stigma

Action	Lead Agency	Completion Date
1.3.1 Deliver Older Persons Mental Health First Aid training across NSW, providing approximately 32 new instructors and delivering training to over 1,000 older people and people working with older people	NSW Health	June 2020

1.4 Promoting mental health literacy and community-led suicide prevention with Aboriginal people

Action	Lead Agency	Completion Date
1.4.1 Fund the delivery of Mental Health First Aid across NSW to improve mental health literacy, in Aboriginal Community Controlled Health Services in Orange, Condobolin and Forbes	NSW Health	Ongoing
1.4.2 Deliver the Kumpa Kiira Suicide Prevention Project integrating suicide prevention within a whole of community perspective targeting young people and elders in Balranald and Wentworth Shires	NSW Health in collaboration with Coomealla Health Aboriginal Corporation	June 2020

1.5 Supporting mentally healthy workplace

Action	Lead Agency	Completion Date
1.5.1 Lead implementation of the <i>Mentally Healthy Workplaces in NSW Strategy 2018-2022</i> , which is aimed at improving workplace mental health	SafeWork NSW	July 2022

1.6 Responding to rural adversity

Action	Lead Agency	Completion Date
1.6.1 Continue the partnership with the Centre for Rural and Remote Mental Health to deliver the state-wide Rural Adversity Mental Health Program to help communities respond to rural adversity such as natural disasters and economic change	NSW Health	Ongoing

1.7 Responding to homelessness and the risk of homelessness

Action	Lead Agency	Completion Date
1.7.1 Deliver the <i>NSW Homelessness Strategy 2018-2023</i> to intervene early to prevent homelessness and break disadvantage, increase access to supports and create an integrated, person-centred service system	Department of Communities and Justice	Ongoing

Action	Lead Agency	Completion Date
1.7.2 Provide intensive coordinated clinical, psychosocial and housing support to people who have complex mental illness and would otherwise be at risk of homelessness through the Housing and Accommodation Support Initiative	NSW Health in collaboration with the Department of Communities and Justice	Ongoing
1.7.3 Continue the partnership with Compass Housing Services to deliver mental health first aid training and an awareness campaign to better identify and respond to mental health issues among social housing tenants and staff across the Central Coast, Hunter, Dubbo and Broken Hill regions	NSW Health in collaboration with Compass Housing	June 2020

1.8 Reducing financial stress for the most disadvantaged people

Action	Lead Agency	Completion Date
1.8.1 Deliver the Work and Development Order Scheme to allow eligible people who have a mental illness or other impairments or hardships to satisfy their fine debt through unpaid work with an approved organisation or by undertaking certain courses or treatment	Department of Communities and Justice	Ongoing

1.9 What are we doing next?

Action	Lead Agency	Completion Date
1.9.1 Provide more Mental Health First Aid training for young people and other priority populations, where appropriate	NSW Health	Ongoing
1.9.2 Support culturally and community informed wellbeing activities	NSW Health	June 2021
1.9.3 Explore greater integration of digital and physical suicide prevention services	National project	Ongoing
1.9.4 Enhance the ability of rural and remote communities to respond to adversity such as isolation and economic hardship and stressful events such as drought	NSW Health	June 2020

PRIORITY AREA 2:

Strengthening the community response to suicide and suicidal behaviour

Communities need the knowledge and skills to identify people at risk of suicide, and they need to know how and where to access support services when needed. Several suicide prevention initiatives are underway that provide 'gatekeeper' training and support for people to better identify and respond to people experiencing suicidal ideation and behaviours. Gatekeepers are respected community members, such as sports coaches, teachers, youth workers, clergy, pharmacists, aged care workers, leaders of community groups and others who are likely to be in contact with individuals at risk of suicide.

It is important to recognise that many suicides occur among people who have previously made a suicide attempt. Aftercare refers to the follow up care a person receives after they attempt suicide or present to health services such as general practitioners and emergency departments with suicidal thinking. The community also needs to be able to respond to the family and friends of a person who has attempted or completed suicide, as they are also at an increased risk of suicide and require support. These 'postvention' responses may include grief counselling and support for those affected in navigating the system. People with a lived experience of suicide including having lost someone to suicide provide essential contributions and this involvement can be beneficial in their own recovery journey.

Each community should be empowered to work collaboratively with organisations and different levels of government to reduce the risk of suicidality. Communities need the opportunity to talk about suicide and suicidal behaviour in a safe environment, reduce stigma, promote help-seeking and build hope.

2.1 Ensuring access to 24-hour mental health and crisis services

Action	Lead Agency	Completion Date
2.1.1 Continue the partnership with Lifeline to run a confidential 13 11 14 telephone helpline providing 24-hour support and suicide prevention services for people experiencing a personal crisis	NSW Health	Ongoing
2.1.2 Deliver the 1800 011 511 Mental Health Line which provides 24-hour mental health referral services and is staffed by mental health professionals	NSW Health	Ongoing

2.2 Increasing suicide prevention skills in the community

Action	Lead Agency	Completion Date
2.2.1 Deliver suicide prevention gatekeeper training for communities, local services and organisations throughout NSW	NSW Health	June 2020
2.2.2 Deliver suicide prevention gatekeeper training for non-mental health workers in front line roles such as emergency department staff, first responders, drug and alcohol workers and maternal health nurses	NSW Health	Ongoing
2.2.3 Deliver the Caseworker Development Program including a module relating to self-harm and suicide prevention to better support caseworkers' awareness and responsiveness to suicidality and risk taking behaviour of children and young people in the child protection system.	Department of Communities and Justice	June 2021

2.3 Delivering consistent, timely and continuing follow-up care and support

Action	Lead Agency	Completion Date
2.3.1 Continue partnerships with eight community managed organisations to deliver community based suicide prevention and aftercare activities across NSW.	NSW Health	June 2020

2.4 Responding to suicidal behaviour and complex mental health conditions in young people

Action	Lead Agency	Completion Date
2.4.1 Deliver the School-Link program which supports schools to identify young people with mental health problems and provide earlier access to mental health care and recovery planning following an episode of mental ill health	NSW Health and the Department of Education	Ongoing
2.4.2 In collaboration with headspace, deliver suicide postvention workshops with school executives, emergency management staff and school services teams across the state to minimise the impact of suicides and suicide attempts and mitigate the risk of suicidal behaviour spreading	Department of Education	Ongoing
2.4.3 Deliver Networked Specialist Centres to support schools to respond to the complex needs of students and their families and carers by coordinating access to specialist psychological supports	Department of Education	Ongoing
2.4.4 Deliver Project Air for Schools, an evidenced-based model of training and care pathways to improve responses to young people with a personality disorder, many of whom have difficulty managing distress and may self-harm	NSW Health and the Department of Education	Ongoing

2.5 Building capacity to reduce suicide among people in contact with the justice system

Action	Lead Agency	Completion Date
2.5.1 Deliver online training to Corrective Services NSW staff in suicide awareness and managing at risk inmates	Department of Communities and Justice	Ongoing
2.5.2 Work in partnership to increase the availability of Approved Counselling Service (ACS) across NSW correctional centres for inmates who have been a victim of crime in NSW. If an approved counsellor identifies that an inmate receiving counselling may be suicidal, custodial staff will be alerted to facilitate a safety intervention	Department of Communities and Justice	Ongoing
2.5.3 Prevent suicidal behaviour and self-harm among Youth Justice clients both in detention and under community supervision including through early screening, trauma counselling, specialist assessment and referral, therapeutic care and monitoring as required	Department of Communities and Justice and NSW Health	Ongoing

2.6 Reducing access to the means of suicide

Action	Lead Agency	Completion Date
2.6.1 Match investment provided by the Commonwealth to make a number of suicide 'hotspot' locations in Sydney and regional NSW safer through infrastructure such as bridges and fencing	Transport NSW and Department of Planning	June 2019

2.7 What are we doing next?

Action	Lead Agency	Completion Date
2.7.1 Expand aftercare services in partnership with PHNs and the Commonwealth	NSW Health	June 2020
2.7.2 Deliver tailored community response packages to support specific priority populations including but not limited to young people, Aboriginal communities, emergency services, LGBTI communities and key industries affected by suicide such as construction and mining	NSW Health	June 2021
2.7.3 Investigate the feasibility of social impact investment strategies for suicide prevention community responses	Treasury	Ongoing
2.7.4 Enhance and support Aboriginal communities to lead suicide prevention initiatives and develop and deliver culturally appropriate wellbeing activities that reconnect people to culture and reduce the high suicide rate among Aboriginal people	NSW Health	June 2020
2.7.5 Promote community based postvention support, tools and resources for families and communities after a suicide attempt or suicide	NSW Health	June 2020

PRIORITY AREA 3:

Supporting excellence in clinical services and care

Having timely access to appropriate, high quality clinical services and care is critical to the prevention of suicide. This contact presents an opportunity to intervene early and to avoid crises from escalating further. Clinicians needed to be supported to undertake suicide prevention training and cultural safety training to ensure the delivery of quality services. This training needs to be accessible and shared across the health system – not just within mental health services. Continuing to build excellence through the development of a state-wide mental health patient safety program will also provide more opportunities for shared learning and innovation.

People with lived experience of a suicide attempt or bereaved by suicide provide highly valued insights about the experience of people with mental health conditions and a unique form of support in mental health services. Concerted action is taking place to increase the proportion of peer workers in mental health services across the state.

3.1 Caring for people with suicidal behaviour and thinking in mental health services

Action	Lead Agency	Completion Date
3.1.1 Significantly expand clinical mental health services that make clinicians available in the community, and provide access to specialist mental health professionals in emergency department and hospitals across NSW	NSW Health	Ongoing
3.1.2 Increase the number of peer workers employed in mental health services to support people in their recovery	NSW Health	Ongoing

3.2 Providing specific suicide prevention training for the clinical workforce

Action	Lead Agency	Completion Date
3.2.1 Continue to meet minimum standards in the identification, assessment and management of people with suicidal behaviour and suicidal thinking, including in community, inpatient and emergency settings, including suicide prevention training for non-mental health clinicians and online training for mental health clinicians	NSW Health	Ongoing

3.3 Developing a new Mental Health Patient Safety Program

Action	Lead Agency	Completion Date
3.3.1 Deliver the new state-wide program to support local mental health services and clinicians to apply effective quality improvement tools and methods in a systematic, localised and continuous way, focusing on patient-centredness, patient experience, staff experience and effectiveness.	NSW Health	June 2020

3.4 What are we doing next?

Action	Lead Agency	Completion Date
3.4.1 Increase suicide prevention training for clinicians in general practice, hospitals and other health services	NSW Health	June 2021
3.4.2 Make existing and emerging evidence on suicide preventions in clinical settings easily accessible to frontline staff	NSW Health	June 2021
3.4.3 Spread knowledge and skills in using effective quality improvement tools and methods among mental health services and clinicians and support local and state-wide learning from reviews	NSW Health	Ongoing
3.4.4 Use a co-design approach to work collaboratively with staff, consumers, families and carers on redesigning mental health services to prevent suicides among people under care	NSW Health	June 2020
3.4.5 Provide cultural safety training to staff in government and non-government mental health services	NSW Health	June 2022
3.4.6 Explore through a co-design process the development of a professionalised suicide prevention peer workforce where people with lived experience of a suicide attempt or bereaved by suicide are employed to contribute to reducing suicides	NSW Health	June 2022

PRIORITY AREA 4:

Promoting a collaborative, coordinated and integrated approach

Many different organisations, services, communities and individuals have a stake in suicide prevention. Effective local action needs stakeholders to collaborate to reduce suicide in their regions. This involves improving access to the right support at the right time in the right place including mental health, drug and alcohol, domestic violence, sexual assault, disability supports, homelessness and financial advice services.

At times, different services become aware that someone is suicidal, but lack of information sharing and collaboration means the person is not effectively supported. Information should be made available in a timely manner to relevant services about a person's suicide risk and previous suicide attempt, wherever possible, so that services can respond quickly and appropriately and contribute to the prevention of suicide.

4.1 Improving whole of government responses to mental health and suicide prevention

Action	Lead Agency	Completion Date
4.1.1 Through the NSW Mental Health Taskforce, enhance collaboration between NSW Health, Department of Communities and Justice, Department of Education, Department of Premier and Cabinet, Department of Finance, Services and Innovation and NSW Treasury to support a whole of government approach to mental health, including monitoring the 10-year mental health reform agenda in response to <i>Living Well: A Strategic Plan for Mental Health in NSW 2012-2014</i>	NSW Mental Health Taskforce (Health)	Ongoing
4.1.2 Provide oversight for the <i>Strategic Framework for Suicide prevention in NSW 2018-2023</i> through the NSW Mental Health Taskforce	NSW Mental Health Taskforce (Health)	Ongoing
4.1.3 Provide whole of community guidance to the NSW Mental Health Taskforce on issues relation to suicide prevention and implementation of the Framework, through the Suicide Prevention Advisory Group	NSW Health	Ongoing
4.1.4 Continue NSW's status as a signatory to the <i>National Communications Charter: A unified approach to mental health and suicide prevention</i> to guide the way organisations talk about mental health and suicide prevention and develop better structures and processes for collaboration	NSW Health	Ongoing
4.1.5 Collaborate with the Commonwealth Government on the development of the <i>National Suicide Prevention Implementation Strategy</i>	NSW Health	February 2020

4.2 Supporting regional mental health and suicide prevention planning

Action	Lead Agency	Completion Date
4.2.1 Develop joint regional mental health and suicide prevention plans between LHDs, PHNs and other stakeholders in line with the <i>Fifth National Mental Health and Suicide Prevention Plan</i> to map provides across the service system to develop stronger referral pathways, build community knowledge of the range of available services and break down barriers to access	NSW Health	June 2020

4.3 What are we doing next?

Action	Lead Agency	Completion Date
4.3.1 Investigate a local 'suicide alert system' to share information more easily and quickly between programs and services about people at risk of suicide so that they can respond appropriately	NSW Health	June 2021
4.3.2 Explore further options for increased coordination between LHDs and PHNs	NSW Health	June 2022
4.3.3 Ensure that people get to the right service quickly through supported and compassionate referrals	NSW Health	June 2021

PRIORITY AREA 5:

Innovating for a stronger evidence base

Ongoing research, evaluation and the development of evidence are critical to improving our response to suicide. There are a number of suicide prevention research activities that will inform the future implementation of the Framework and greater sharing of this evidence will support local communities to act according to what is known to be effective.

Reducing suicide and suicidal behaviour also requires innovative approaches. Trialling new interventions and programs that have been showing promising results in other locations will help to shape effective services in NSW.

5.1 Trialling innovative and promising interventions

Action	Lead Agency	Completion Date
5.1.1 Invest a record amount in mental health research, including Western Sydney LHD's trial of effectiveness of SMS text messaging to improve the rehabilitation of people who have self-harmed, and the partnership between the Black Dog Institute and Hunter New England LHD to investigate a wrist-worn monitoring device to prevent suicides among patients in mental health facilities	NSW Health	Ongoing
5.1.2 Pilot new models for reducing suicide such as Beyond Blue's The Way Back Service in LHDs and PHNs	NSW Health	June 2020

5.2 Evaluating interventions for continuous improvement

Action	Lead Agency	Completion Date
5.2.1 Evaluate the pilot of LikeMind mental health hubs in Penrith, Seven Hills, Orange and Wagga Wagga	NSW Health	January 2019

5.3 Sharing knowledge and experience

Action	Lead Agency	Completion Date
5.3.1 Continue funding the Preventing Railway Suicide project aimed at developing an automated suicide risk detection system to reduce the incidence and impact of railway suicide	Transport NSW	Ongoing

5.4 What are we doing next?

Action	Lead Agency	Completion Date
5.4.1 Develop and trial new models of crisis services that provide an alternative to emergency departments for people who are at immediate risk of suicide	NSW Health	June 2020
5.4.2 Explore opportunities to use data already available to inform suicide prevention activities	NSW Health	June 2020
5.4.3 Explore how digital technologies can enhance suicide prevention activities, especially through consideration of predictive technologies and machine learning	National project	Ongoing
5.4.4 Develop and trial peer support and peer-led initiatives that provide appropriate support for people experiencing suicidal ideation or who have attempted suicide	NSW Health	June 2021

For further information on the status of implementation of the Towards Zero Suicides initiatives, please visit:

<https://www.health.nsw.gov.au/mentalhealth/Pages/services-towards-zero-suicides.aspx>

For further information on the status of the Premier's Priority, please visit:

<https://www.nsw.gov.au/premiers-priorities/towards-zero-suicides>

If you, or someone you know, is thinking about suicide or experiencing a personal crisis or distress, help is available. Tell someone about what you are thinking, even at the earliest signs.

Please contact one of these services or speak to your General Practitioner:

Lifeline
13 11 14
lifeline.org.au

Provides all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services

Kids Helpline
1800 551 800
kidshelpline.com.au

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25

Suicide Call Back Service
1300 659 467
suicidecallbackservice.org.au

A nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide

MensLine Australia
1300 78 99 78
mensline.org.au

A telephone and online support, information and referral service for men

NSW Mental Health Line
1800 011 511

A single number, state-wide 24-hour mental health telephone access service

QLife
1800 184 527
qlife.org.au

A nationally-oriented counselling and referral service for LGBTI people operating from 3pm to Midnight, every day

Beyond Blue
1300 224 636
beyondblue.org.au

Provides information and support to help everyone in Australia achieve their best possible mental health

If you, or someone you know, are in immediate danger, please call 000 or go to your nearest hospital Emergency Department.

