



# Kevin Humphries MP

## Minister for Mental Health

## Minister for Healthy Lifestyles

## Minister for Western NSW

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## MEDIA RELEASE

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### **STARTING A CONVERSATION THAT COULD SAVE A LIFE**

People who want to understand, prevent and respond to suicide but don't know where to begin will be given practical support to guide conversations around suicide following the launch of a new suite of online resources today by the Minister for Mental Health, Kevin Humphries.

Mr Humphries said the new resources, *Conversations Matter*, are the first of its kind in the world and will support people wanting to talk about suicide and help to break down the barriers that prevent people from reaching out to one another.

"More than 2,100 Australians die by suicide each year and for every person that dies in this tragic way another 30 attempt to end their life. It is a national problem that is greater than it should be because all too often we are afraid to speak about it," Mr Humphries said.

"We know that talking about suicide can be a very difficult and challenging experience, but that should not be a barrier to having the conversation.

"Every single one of us has a responsibility to work together to support those around us who may be at risk of suicide.

"Through these resources individuals, schools, workplaces and community groups will be given the tools to be able to start having safe and effective conversations about suicide.

"These evidence-based, online resources are for people who may be worried about someone but are scared they don't know what to say or how to help. It is for people who know someone who has lost a loved one to suicide and want to know how they can support them.

"*Conversations Matter* provides community members and professionals from a range of sectors looking to engage with and support communities with practical information that can be used as a guide to have one-on-one, group or community-wide conversations about suicide."

Mr Humphries said the resources have been developed by the Hunter Institute of Mental Health and the NSW Mental Health Commission with input from over 130 stakeholders, and follows a series of suicide prevention forums held by the NSW Government across the State last year.

"Upon coming into Government the NSW Liberals & Nationals held suicide prevention forums in communities across the state to give people the opportunity to help shape the Government's response to suicide prevention," Mr Humphries said.

“What people told us was that they wanted to reach out and help those at risk of suicide, but didn’t know where to start or who to turn to.

“We have listened and through *Conversations Matter* have given people the information they need to talk about suicide prevention and help support those at risk and those affected by suicide.”

The *Conversations Matter* resource is complimented by the recently launched *Communities Matter*, which is a toolkit for community-driven suicide prevention that gives community leaders and local residents the ability to develop evidence-based suicide prevention strategies that meet their local needs.

For more information or to access the resource please visit [www.conversationsmatter.com.au](http://www.conversationsmatter.com.au)