

MEDIA RELEASE

Opportunity to participate in suicide prevention research

30 November 2018

Murray PHN has commissioned research into 'Improving Emergency and Follow Up Care for Suicidal Crisis in the Mildura Local Government Area' as part of the Mildura Place Based Suicide Prevention Trial (2017-2020).

Mildura is one of 12 sites where the Victorian Government is trialing a place-based suicide prevention initiative. It forms part of the Victorian suicide prevention framework 2016-2025 aimed at halving the state's suicide rate by 2025.

With the research now underway, Murray PHN is inviting members of the public to participate through an expression of interest process closing on Friday 14 December 2018.

La Trobe University (Mildura) and the Monash School of Rural Health were successful in tendering to conduct the research which aims to:

- identify and evaluate the system within the Mildura local government area (LGA) for emergency and follow up care for suicidal crisis
- look at opportunities for the local system to be enhanced, based on the Black Dog Institute's recently developed 'Guidelines for Integrated Suicide-related Crisis and Follow Up Care in Emergency Departments and Other Acute Settings' and learnings from other trials occurring across Victoria and Australia.

The research is supported and endorsed by Ramsay Mildura Base Hospital and will look at the local capacity for provision of emergency care for suicidal crisis towards optimising experience and outcomes.

Participation is sought from a number of target groups including those people who:

- have a lived experience of suicidality who have sought assistance in suicidal crisis
- provide direct professional emergency assistance to those in suicidal crisis
- come in contact with those in suicidal crisis and refer them to emergency care
- have had people treated for suicidal crisis referred to them for aftercare
- provide peer or community-based support for those who have been treated for suicidal crisis as part of their recovery.

Participation will either involve an individual interview or taking part in a focus group. Both methods will involve being asked questions about perceptions and experiences of the system within the Mildura region.

Murray PHN CEO Matt Jones confirmed that data demonstrates that the Mildura LGA has higher rates of emergency department presentation for suicidality and intentional self-harm than the average for Victoria.

“This significant research forms part of a suite of activity within the trial, which aims to improve the system to prevent suicide in an ongoing way.

“By following up with people after a suicide attempt, we aim to provide early intervention and supports that influence their future risk.

“Black Dog’s guidelines will help to frame a structure that looks at service planning to supporting staff, as well as guiding compassionate responses to people and their families experiencing suicidal crisis.”

Lead researcher, Dr Evelien Spelten from La Trobe University Mildura encourages local people to come forward to take part in the work.

“We know that suicide is generally a difficult subject for most people to talk about.

“However, if we are to work towards enhancing care and support in Mildura LGA, we need to hear from those in our community who have experiences to share. That knowledge will help us to work closely with the hospital, and other services who provide assistance to people both during and after a suicidal crisis.

“We welcome the opportunity to collaborate with Monash University on this very important topic. As two local universities we look forward to the role we can play in improving the health and wellbeing of our community.”

To express interest in participating in this research, contact Merryl Whyte, Suicide Prevention Coordinator Murray PHN mwhyte@murrayphn.org.au or 03 40404039.

If you are in an emergency or at immediate risk of harm to yourself or others, please contact emergency services on 000. Other services include: Lifeline – 13 13 14 or www.lifeline.org.au Suicide Call Back Service – 1300 659 467 or www.suicidecallbackservice.org.au

Contact details

For more details, Amity Bradford, Communications Specialist e: abradford@murrayphn.org.au or t: 03 4408 5663.

A note on reporting suicide:

There is extensive literature linking media reporting of suicide with increased suicide rates. Suicidal behaviour can be ‘learned’ from the media when reports are sensationalised, focus on celebrities, are repeated, and explicitly describe location and method details. Evidence suggests that responsible reporting of suicide by the media can reduce suicide rates.

Mindframe Australia Media Guidelines support the media to report suicide accurately, responsibly, and ethically. A summary version of these guidelines accompanies this Murray PHN media release. This information is also available from

www.mindframe-media.info or on the Mindframe App.



Leadership



Collaboration



Knowledge



Innovation



Accountability