

# MEDIA RELEASE

## Community invited to attend suicide prevention meeting

25 January 2019

Community members are invited to attend a suicide prevention meeting on Tuesday 19 February.

The meeting, hosted by Murray PHN, forms part of the Victorian Government's place-based suicide prevention trial in Benalla. The trial is one approach of the Victorian suicide prevention framework 2016-2025, which is aimed at halving the state's suicide rate by 2025.

Attendees will hear about current and future local suicide prevention activities, like the new Connect Benalla resource card that has been designed for community by community.

Matt Jones, Murray PHN CEO, said the meeting is a great opportunity for community members to come together and learn more about the project and how they can get involved.

"Suicide prevention is everyone's business. We must keep building on community activities that encourage resilience, wellbeing and education."

Stuart and Annette Baker from Albury, are special guests on the evening and will talk about how their connection to community assisted them after the loss of their daughter Mary in 2011. Since then, the couple have established a support network called Survivors of Suicide and Friends and founded the Winter Solstice event, now in its seventh year. Annette has also received an Australian Mental Health Prize nomination and been a NSW Regional Woman of the Year finalist.

To attend, RSVP: <https://bit.ly/2AWzscp> or 02 6041 0000.

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](http://www.lifeline.org.au)

Suicide Call Back Service – 1300 659 467 or [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### Event details

**Date:** Tuesday 19 February 2019

**Time:** Supper served at 6.15pm for a 6.45pm sharp start

**Location:** Glasshouse, Lakeside Community Centre, Arundel Street South Benalla

**RSVP:** Wednesday 13 February via <https://bit.ly/2AWzscp> or 02 6041 0000 for catering purposes

### Contact details

For more details, Amity Bradford, Communications Specialist e: [abradford@murrayphn.org.au](mailto:abradford@murrayphn.org.au) or t: 0436 820 014.

### 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](http://www.mindframe-media.info) or on the Mindframe App.*