

Sunraysia Mallee community to come together for suicide prevention

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Wesley LifeForce and Murray PHN's Mildura place-based suicide prevention trial (2017–2020) will host a meeting for Sunraysia Mallee community members on Thursday 22 August, with the aim of forming a community suicide prevention network.

Wesley LifeForce works with communities around the country to bring together local individuals and organisations that go on to develop local suicide prevention strategies.

The CEO of Wesley Mission, the Rev Keith V Garner AM, encourages residents to get involved.

“The aim is to empower people to tackle this difficult issue in a manner best suited to the needs of people living in the Sunraysia Mallee region,” he said.

“Simple effective interventions can make a difference and save lives – Wesley LifeForce networks can help communities develop local activities that address the issue of suicide.”

Coordinator of the Mildura Suicide Prevention Trial, Murray PHN's Meryll Whyte said that establishing a suicide prevention network would provide community members with the opportunity to be part of the change.

“We invite everyone in our community to come along and learn more about the network, as well as the place-based trial,” she said.

“Suicide prevention is everyone's responsibility. Research shows that more than eight people die each day in Australia by suicide. We hope that by establishing this network, we can develop strategies with the community that will help prevent suicide in our region.”

A free suicide prevention training program called QPR (Question. Persuade. Refer.), developed by Black Dog Institute, will also be launched at the meeting. The online evidence-based training provides the knowledge and skills to help identify warning signs that someone may be suicidal, confidence to talk with that person about suicidal thoughts, and how to connect them with available supports. The training will be open to anyone in the Sunraysia Mallee region, 18 years or over. It takes only 60 minutes and can be completed in multiple sittings. To find out more visit murrayphn.org.au/qpr (from 23/8).

The meeting will be held 6pm – 8pm on Thursday 22 August at MADEC Community College 133–137 Madden Ave, Mildura. To book your place for catering purposes please register at <http://bit.ly/2Mflecy>. Light refreshments will be provided.

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