

MEDIA RELEASE

Community suicide prevention meeting

3 February 2020

Benalla community members affected by suicide or wanting to make a difference are invited to attend a community suicide prevention meeting on Wednesday 12 February 6.15pm at the Lakeside Community Centre.

Join members of the Benalla suicide prevention project to review and celebrate achievements from 2019 and discuss plans for the future, including a new suicide prevention network for the city and surrounding areas.

Wesley Lifeforce will introduce its suicide prevention network model and discuss the differences that suicide prevention networks can make in communities.

The Alpine Valleys Leadership Program will discuss its upcoming leadership training - available free to network members – helping people to gain the skills and knowledge they need to take on an advocacy role.

Speakers with experience of suicide will also share why they believe it's important that people with personal insights should consider getting involved and helping to make a difference.

Matt Jones, Murray PHN CEO, said the meeting would allow community members to engage with suicide prevention activities at a local level.

“Suicide remains the leading cause of death for Australians between 15 and 44, with each death by suicide affecting countless families, friends, colleagues and communities.

“We invite people to come along to the meeting and learn how they can help continue these important steps towards reducing suicide in Benalla.”

For more information, contact Emma Knapp on 0408 779 218.

Please RSVP by Monday 11 February for catering purposes <https://bit.ly/3aTdfMr>

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 lifeline.org.au or Suicide Call Back Service – 1300 659 467 or suicidecallbackservice.org.au

Event details

Date: Wednesday 12 February 2020, 6.15pm for a 6.45pm start

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

RSVP: Monday 10 February via <https://bit.ly/3aTdfMr> for catering purposes

Media contact details

For more details, Amity Bradford, Communications Specialist e: 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: <https://mindframe.org.au/industry-hubs/for-media>*