

MEDIA RELEASE

Joining our community safety net

7 September 2021

Benalla community members are invited to participate in free suicide prevention training this World Suicide Prevention Day (10 September), providing simple steps to help save a life from suicide.

Question. Persuade. Refer. (QPR) is an online, evidence-based training program that provides the knowledge and skills to help people identify warning signs that someone may be suicidal, gives them confidence to talk with that person about suicidal thoughts, and explains how to connect them with available supports.

Since QPR launched in Benalla, more than 70 people have registered for the training. The training is recommended by the Black Dog Institute and offered to community members as part of Murray PHN's place-based suicide prevention trial.

Ninety-eight per cent of community members who have completed the training believe it will benefit them in helping someone who's showing signs of suicide.

QPR training is open to anyone 18 years or more, takes only 60 minutes and can be completed in multiple sittings. Interested community members can visit murrayphn.org.au/qpr for more information and to register.

Benalla is one of 12 locations taking part in Victorian Government trials to develop local strategies to prevent suicide. This work forms part of the Victorian Suicide Prevention Framework 2016-2025, which aims at halving the state's suicide rates by 2025.

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

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 available from <https://mindframe.org.au/industry-hubs/for-media> or on the Mindframe App.*

Contact details

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