

# MEDIA RELEASE

## Joining our community safety net

7 September 2021

Sunraysia Mallee 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 the Sunraysia Mallee region in 2019, more than 580 people have registered for the training. The training is recommended by the Black Dog Institute and is offered to community members as part of Murray PHN's place-based suicide prevention trial.

Murray PHN's Merryl Whyte, coordinator of the Mildura Suicide Prevention Trial, said, "This World Suicide Prevention Day, we can't do many of the things we might normally do – but we can perhaps find an hour to do something that may one day save a life.

"We continue to receive positive feedback from those who've completed QPR training, particularly in relation to its impact on their understanding of suicide and its warning signs, and their confidence to act," she said. "Ninety-nine per cent of community members who have completed the training believe it will benefit them in helping someone who's showing signs of suicide, so that seems a very useful way to spend an hour of time.

"Many of our regional workplaces have already included QPR as part of their scheduled staff training, and it works very well for that as it is online, brief and the content is universally relevant. However, this World Suicide Prevention Day, we challenge more of our Sunraysia workplaces to take up QPR training.

"Large workplaces, small businesses or sole traders, we don't mind who you are; we want you to get on board and be part of the safety net we are building in our community."

QPR training is open to anyone 18 years or more, takes up to 60 minutes and can be completed in multiple sittings. Interested community members or workplaces can visit [murrayphn.org.au/qpr](https://murrayphn.org.au/qpr) for more information and to register.

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

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