



Wesley Mental Health

Wesley LifeForce

Suicide Prevention Networks

Information guide



‘Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.’

Mission

Honouring God, serving people, building hope

As a community, we all share the responsibility of preventing the unnecessary loss of life, through suicide. In partnership with community members, families and those who have lost a loved one, Wesley Mission has been working hard over the last 18 years, to raise awareness and to help local communities develop empowering networks of support. Working together we can make a real and lasting difference to this challenging issue in communities across Australia.

Keith V Garner

Rev Dr Keith V Garner
Superintendent/CEO



‘Suicide prevention is a shared responsibility across the community including families and friends, professional groups, government and non-government agencies.’

This is the second principle underpinning the LIFE Framework



On behalf of Wesley Mission I'd like to thank you for your interest in the community suicide prevention networks project. I'd also like to extend an invitation to both you and your community to partner with us to develop a suicide prevention network in your area.

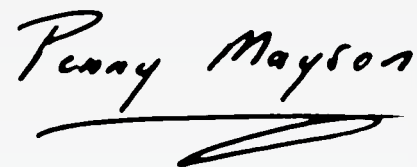
Communities can positively influence local issues and work towards their improvement. This has been ably demonstrated in the Wesley LifeForce Networks project following the establishment of community suicide prevention networks nationally.

With funding provided by the Department of Health and Ageing, Wesley Mission provides the opportunity for community members to work together to develop effective and relevant local suicide prevention strategies.

Contained within this guide is a variety of information about Wesley Mission, Wesley LifeForce and our range of suicide prevention services. If you have any further questions, or would simply like to start a discussion, please feel free to contact our Networks Manager on 1800 100 024.

We look forward to working with you.

Warm regards,



Penny Mayson
Operations Manager
Wesley Mission, Suicide Prevention Services



About Wesley LifeForce Suicide Prevention

Wesley LifeForce originally was established in 1995 by Reverend Bob Dunlop of Wesley Mission as a response to the growing number of suicides in Australia.

We take a comprehensive approach to tackling suicide by working in the areas of prevention, intervention and postvention.

Prevention

Suicide Prevention Training

We deliver a robust and evidence-based content which focuses upon educating people about suicide, challenging attitudes, and teaching basic engagement and suicide intervention skills. Since 2002, Wesley LifeForce has delivered suicide intervention skills training to thousands of people in metropolitan, regional, rural and remote Australia.

Community networks

We build community networks by bringing together key members of the community with an interest in suicide prevention. We then co-develop locally-driven and locally-focused suicide prevention strategies. There is a special focus on high risk communities such as Indigenous and/or in rural or remote locations, for example.

Intervention

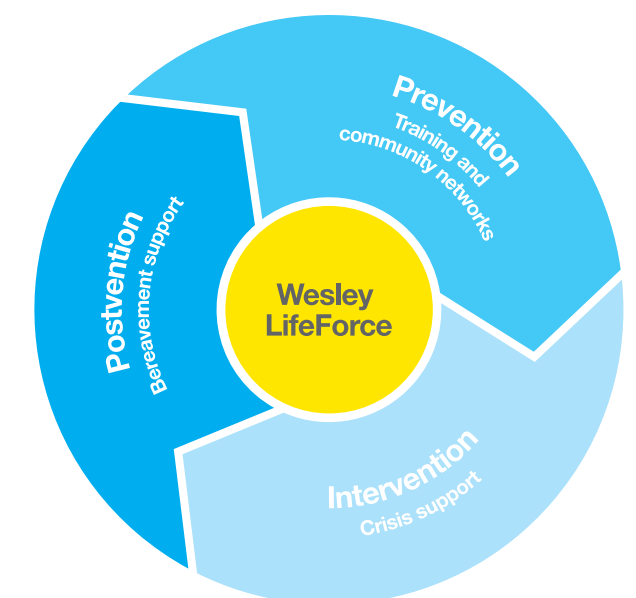
Crisis support

Since its inception by Wesley Mission, Lifeline's telephone crisis support is available 24 hours a day, seven days a week to anyone needing emotional support.

Postvention

Bereavement support

Wesley LifeForce Suicide Memorial Days enable people who have been bereaved by suicide to come together and share grief and hope in a supportive environment.



Commitment to excellence

We consistently evaluate our activities to ensure that the program maintains a high standard of service, while remaining able to adapt to new challenges.

This commitment to excellence has seen Wesley LifeForce recognised again and again as both a leading provider of ethical and effective suicide prevention services, and as an organisation that empowers and resources Australian communities to reduce suicide.

‘More than 2000 Australians take their own lives every year, and the losses have a significant impact on families, friends, workplaces and communities.

People from all ages and from all walks of life take their own life and the causes often appear to be a complex mix of adverse life events, social and geographical isolation, cultural and family background, socio-economic disadvantage, genetic make-up, mental and physical health, the extent of support of family and friends, and the ability of a person to manage life events and bounce back from adversity’¹



A background to our community suicide prevention networks

A network or coalition is a union of people and organisations, a voluntary collaboration working to influence outcomes on a specific problem. The specific aim of this project is to develop within targeted communities, localised suicide prevention objectives.

In 2005, Wesley LifeForce initiated a study that explored the effectiveness of suicide prevention networks. Four networks were selected for study.

Not surprisingly, this project revealed that a more collaborative, community approach to suicide prevention was proving highly effective:

‘Community Suicide Prevention Networks play a key role in co-ordination, collaboration and resource exchange within a community and may therefore build a community’s capacity as a foundation for the development of effective suicide prevention initiatives’.²

Wesley LifeForce has supported communities to reduce the risk of suicide through the establishment of local community coalitions within targeted communities. These networks:

- identify and bring together community participants with an interest or responsibility in suicide prevention, mental health issues and/or mental health promotion
- facilitate the exchange of information
- co-ordinate suicide prevention activities to maximise impact
- encourage sharing of skills and learning
- raise the community’s awareness of suicide risk and protective factors and help pathways

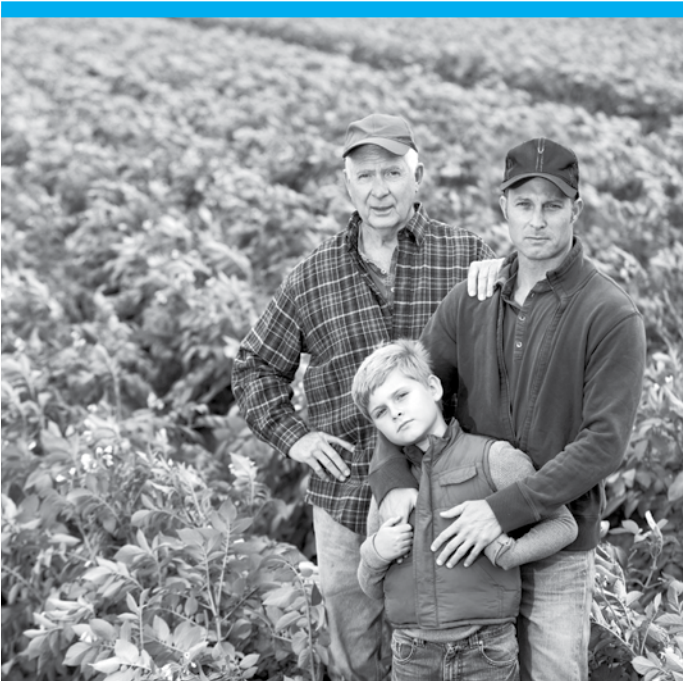
Establishing a network also promotes inter-agency co-operation, while greatly enhancing the awareness of those in the community about the specific suicide prevention services and resources available to them.

Communities are, as noted in the LIFE framework³, empowered to develop appropriate suicide prevention strategies at a grass-roots level.

We currently have plans to develop and support 47 networks nationally by 2015.

‘... The University Department of Rural Health is pleased to be associated with the Wesley LifeForce program and we have a sincere belief that positive community benefit is being attained. The program is a sound, evidence-based practical community response to a difficult problem ...’

Dr Martin Harris–Lecturer in Rural Health, University Department of Rural Health UTAS



1. *Living is for everyone, A Framework for Prevention of Suicide in Australia*, Commonwealth of Australia, 2007

2. *Suicide Safety Networks Evaluation, Phase Two Final Evaluation Report*, Cathy Davis: October 2006, page 105

3. *Life Framework, A Framework for Prevention of Suicide in Australia*, Commonwealth of Australia, 2007

The network development process typically goes as follows:

Engage

1.

Engage community

- research suicide data for the community/region
- develop a background report
- identify and meet with key community stakeholders

2.

Establish a suicide prevention network

- invite all interested community members, service providers and organisations to a network proposal meeting
- facilitate a network proposal meeting
- invite community members to develop (with the help of Wesley LifeForce) a suicide prevention network

Resource

3.

Develop the network

- facilitate four meetings for the network
- invite interested community members, service providers and organisations to network meetings

4.

Develop strategic plans and activities by working collaboratively with Wesley LifeForce

- engage in the strategic planning process
- develop governance structures

Empower

5.

Mobilise the network

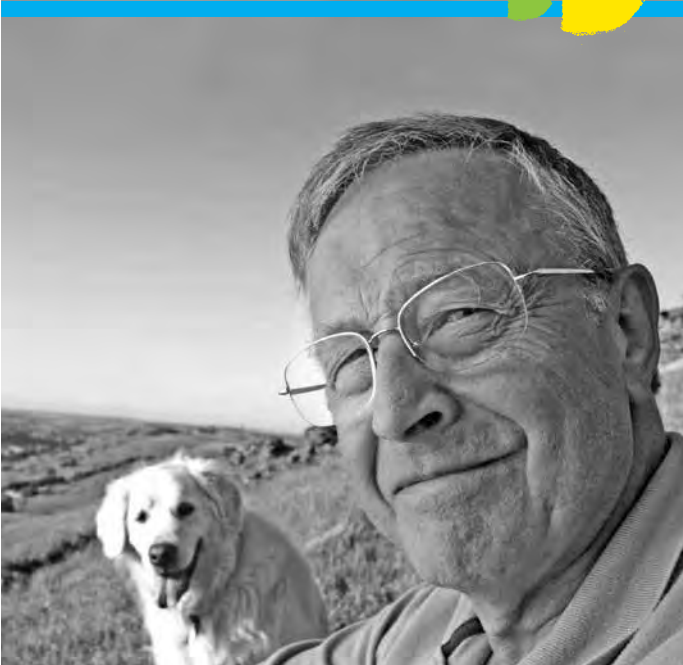
- hold regular network meetings
- meet with other suicide prevention networks and exchange information
- adopt and implement the network’s strategic plan
- consider incorporating the network
- engage new members
- participate in community activities

Wesley LifeForce will additionally provide network members with a start up kit to assist them during the developmental phase.

6.

Provide ongoing support to the network

- provide support and guidance to the network as required



‘... Wesley Mission through its Wesley LifeForce Program has provided a unique community suicide awareness and prevention program... The energy of the development and dissemination team has been quite astounding to watch, and the reach of the program has been extraordinary, especially into rural and remote country towns ...’

Professor Graham Martin OAM–
Director Child and Adolescent Psychiatry

How will Wesley LifeForce support the development of your community suicide prevention network, moving forward?

Wesley LifeForce staff will lead meetings during the first six months of development, to support network members in the early establishment phase.

Following that, we continue to support the network as it develops and implements activities.

Wesley LifeForce will provide members with the following resources:

- advice and guidance regarding the community suicide prevention network model
- regular support (via telephone, email, video conference and face to face) for network committee members
- information regarding suicide prevention training, tips on how to generate financial support for the network and how to engage with the media

Administration and operational support will be provided in the form of:

- governance guidelines
- draft meeting agendas and minute templates
- templates of marketing materials
- seed funding made available to each network. This funding is provided by the Commonwealth Department of Health and Ageing



To access this funding:

- network members agree as to how seed funding will be spent
- the decision is minuted and the minutes are provided to Wesley LifeForce
- invoices are made directly to Wesley LifeForce
- upon incorporation, any balance of seed funding is made available to the network.

All network spending is monitored by Wesley LifeForce.

In return, Wesley LifeForce requires that the community suicide prevention network will:

- make available to Wesley LifeForce copies of the agendas and minutes of network meetings and any other relevant documentation
- work in partnership with Wesley LifeForce staff to implement the community suicide prevention network model and undertake suicide prevention activities
- adhere to specific guidelines on the use of the Wesley LifeForce logo and name on any network promotional material
- actively encourage and provide opportunities to raise community awareness of mental health and wellbeing programs that protect against suicide
- actively welcome a wide spectrum of community members and organisations to participate in the network and network activities

'... The support Wesley LifeForce staff provide to the networks, both in the establishment phase and on an ongoing basis, is well regarded, appropriate and follows sound community development principles... As a consequence Wesley LifeForce is building a sustainable 'network of networks' across identified high risk Australian communities...'

**Bruce Alcorn—Managing Director
Bruce Alcorn & Associates**





Partnership pact

Wesley LifeForce and community members work collaboratively to develop a community suicide prevention network. The partnership pact lists the values which both community network members and Wesley LifeForce uphold.

Wesley LifeForce staff

- trust that the community is deeply committed to the success of the network
- encourage ideas and actively develop a network that is inclusive in practice
- establish standards of best practice
- listen and respond to the needs of the community
- be mindful of network economics in all we recommend
- distribute resources and information that will enhance the development of the community suicide prevention network
- move promptly to resolve key issues
- measure, expect and celebrate success

Community suicide prevention network members

- trust that Wesley LifeForce has the community interests at heart
- encourage ideas and actively develop a network that is inclusive in practice
- establish transparent practices and systems
- communicate regularly with Wesley LifeForce
- welcome the advice and guidance of Wesley LifeForce
- work collaboratively with Wesley LifeForce
- adhere to the community suicide prevention network model, recognising the requirements of all project stakeholders
- actively drive participation in the network
- measure, expect and celebrate success



‘The Wesley LifeForce Program provides unique leadership in grass-roots suicide prevention by supporting and nurturing the development of local suicide prevention networks in urban and rural areas. When local communities develop their own plans to prevent suicides and support those bereaved by suicide it galvanises community action, not only for the tragedies of suicide, but for other community health problems. The networks provide a sense of belonging, commitment and relationships which have enduring benefits for those communities. I hope this idea will be taken up right across Australia. If that happens, the well-being of all Australians will be enhanced.’

Ian Webster, Emeritus Professor of Public Health and Community Medicine, University of New South Wales and the Chairperson of the Australian Suicide Prevention Advisory Committee (ASPAC)



Available resources

Online resource centre

Wesley LifeForce provides network members with access to an online resource centre. Network members can login to obtain governance information, marketing and meeting templates and information relating to suicide prevention. The site supports network function and connects members with other Wesley LifeForce Networks.

Website

Each network is also provided with a dedicated public website upon which network news, information, photos and calendar events can be posted. Content is submitted by network members to Wesley LifeForce staff for review and publishing. Wesley Mission manages the website providing structure and technical maintenance.

Wesley LifeForce provides a dedicated staff member to assist with online activities.

Communications package

Wesley LifeForce has developed four packages to support the community networks to market and communicate their activities with a professional and distinctive approach.

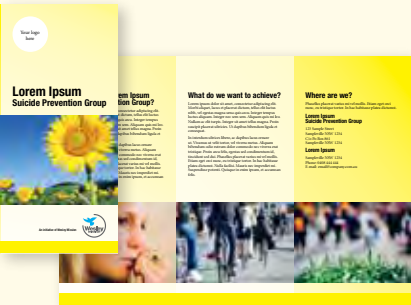
Once established, a network selects the themed communications package that best suits their community. The network simply provides Wesley LifeForce with their logo and the content to be inserted in the templates. The network will then receive finished artwork ready for them to produce. Each themed communications package comprises templates for a DL brochure, A4 letterhead, A3 poster, pull up banner, label, header, A4 information sheet and crisis card.

The materials are designed and developed by the Wesley Mission Communications & Fundraising department.

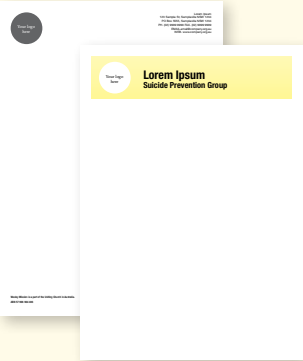
Communications package 1



A4 information sheet



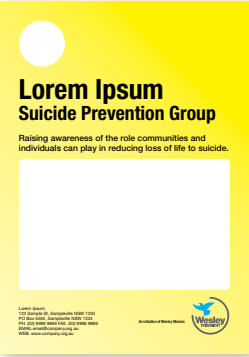
DL brochure



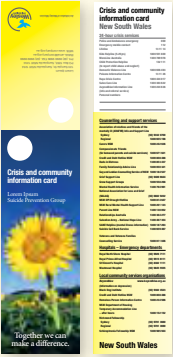
A4 letterhead and header



Label



A3 poster



Crisis card



Pull-up banner

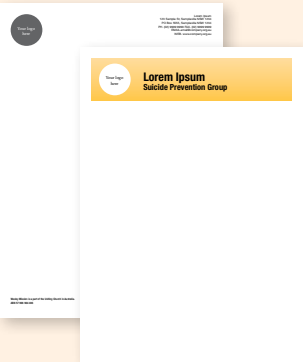
Communications package 2



A4 information sheet



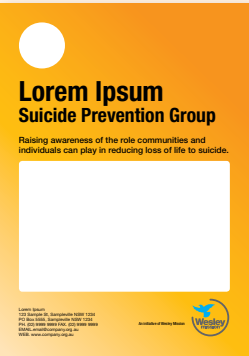
DL brochure



A4 letterhead and header



Label



A3 poster

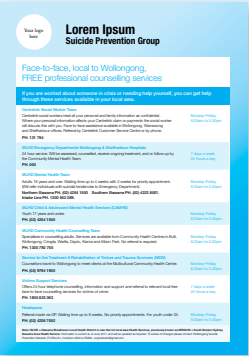


Crisis card



Pull-up banner

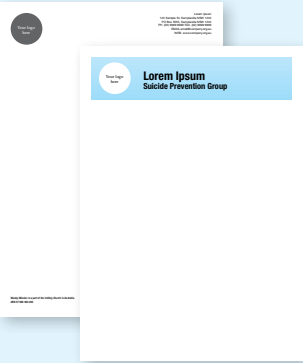
Communications package 3



A4 information sheet



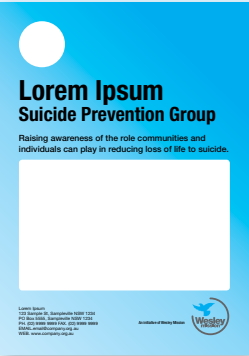
DL brochure



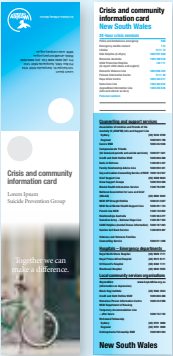
A4 letterhead and header



Label



A3 poster



Crisis card

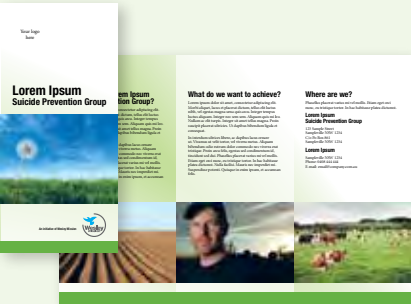


Pull-up banner

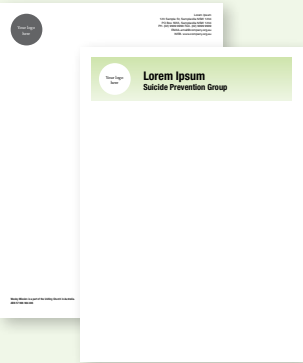
Communications package 4



A4 information sheet



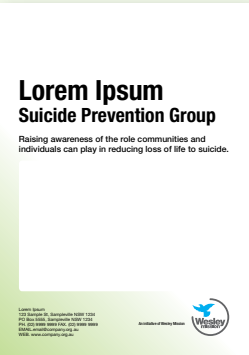
DL brochure



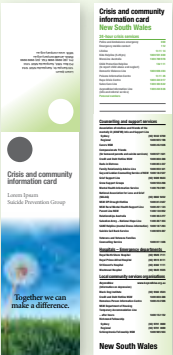
A4 letterhead and header



Label



A3 poster



Crisis card



Pull-up banner

National crisis and community information

24 hour crisis services

Emergency Services	000
Police, Ambulance, Fire Brigade	
From an ‘out of range’ mobile	112
Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
Kids Help Line	1800 551 800
Salvation Army 24hr Care Line	1300 363 622
Health Direct Australia (HDA)	1800 022 222
Men’s Line Australia	1300 789 978
Poison’s Information Centre	13 11 26
Telephone Interpreter Service	13 14 50
National Relay Service	1300 555 727
For callers with a speech/communication impairment	
Information Line	1300 22 46 36
24 hour info and referral service	

Counselling and support services

Salvation Army: The National Hope Line	1300 467 354
Sane Australia: Referral & Info Service	1800 187 263
Family Relationship Advice Line	1800 050 321
Relationships Australia	1300 364 277
Dads in Distress	1300 853 437

Australian Capital Territory

ACT Mental Health Service	1800 629 354
Women’s Information and Referral Centre	02 6205 1075

New South Wales

Alcohol & Drug Information Service	1800 422 599
Black Dog Institute	02 9382 4523
Family Crisis Service	02 9622 0313
Mental Health Information Service	1300 794 991
Rural Mental Health Support Line	1800 201 123

Northern Territory

Bush Support Line	1800 805 391
Mental Health Carers NT	08 8948 1051
Rural Medical Family Network	1800 218 176

Queensland

Alcohol & Other Drugs Information Service	1800 177 833
Mental Health Association	1300 729 686
Rural Medical Support Agency Family Helpline	1800 882 156

South Australia

Alcohol & Drug Info Line	1300 131 340
Child & Family Health Services Parent Helpline	1300 364 100
Mental Health Assessment & Crisis Intervention Service	13 14 65
Women’s Health Statewide	1300 882 880

Tasmania

Alcohol & Drug Information Service	03 6233 6722
Family Violence Counselling & Support Service	1800 608 122
Tasmanian Association for Mental Health	1800 808 890

Western Australia

Family Helpline	1800 643 000
Alcohol & Drug Information Service	1800 198 024
Women’s Information Service	1800 199 246

Victoria

Women’s Health Information Centre Infoline	1800 442 007
Rural Medical Family Network	1800 333 621
Suicide Helpline Victoria	1300 651 251
Women’s Health VIC	1800 133 321
Mental Health Advice Line	1300 280 737



Online resources

Australian suicide prevention

Australian Institute for Suicide Research and Prevention
www.griffith.edu.au/health/australian-institute-suicide-research-prevention
Commonwealth Department of Health and Ageing
www.health.gov.au
National Suicide Prevention Strategy
www.livingisforeveryone.com.au
Suicide Prevention Australia
www.suicidepreventionaust.org
The Salvation Army
www.suicideprevention.salvos.org.au
Mindframe
www.mindframe-media.info
Suicide Call Back Service
www.suicidecallbackservice.org.au
Mindmatters
www.mindmatters.edu.au

International

American Foundation for Suicide Prevention
www.afsp.org
International Association for Suicide Prevention
www.iasp.info
Suicide Prevention Information New Zealand
www.spinz.org.nz
Suicide Prevention Resource Centre (US)
www.sprc.org

Depression and mental health information

beyondblue
www.beyondblue.org.au
Black Dog Institute
www.blackdoginstitute.org.au
Blue Pages
www.bluepages.anu.edu.au
National Mindframe Initiative
www.mindframe-media.info
MoodGYM
www.moodgym.anu.edu.au
SANE
www.sane.org

Youth

headspace
www.headspace.org.au
Reach Out!
www.reachout.com.au
Inspire
www.inspire.org.au
Youth beyondblue
www.youthbeyondblue.com

Wesley Mission services

When people are suffering and in need, there’s seldom one cause and one solution. That’s why Wesley Mission offers a range of integrated community, health, aged care and spiritual services.



Wesley Congregational Life



Wesley Child & Family



Wesley Youth



Wesley Seniors



Wesley Mental Health Services



Wesley Alcohol, Drug & Gambling Services



Wesley Counselling Services



Wesley Homeless Services



Wesley Employment, Training & Conferences



Wesley Disability Services



Wesley Carer Services



Wesley Help at Home Services



Contact us

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PO Box 576, Ashfield NSW 1800
1800 100 024
lifeforcenetworks@wesleymission.org.au
wesleylifeforce.org

Get involved

To volunteer, donate or leave a bequest visit wesleymission.org.au/getinvolved

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wesleymission@wesleymission.org.au wesleymission.org.au

Superintendent/CEO: Rev Dr Keith V Garner

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ABN 57 996 964 406 Wesley Mission is a part of the Uniting Church in Australia.

... because every life matters