

# National Suicide Prevention Trail

## Introduction to the service

The aim of the Trial is to provide suicide prevention support to the Aboriginal and Torres Strait Islander Community, the LGBTIQ+ community and to gather evidence of how a systems-based approach to suicide prevention might best be undertaken at a regional level. The pilot provides psychological and case management services.

Brisbane North PHN is implementing the National Trial activity using the Black Dog Institute's LifeSpan framework, which is an evidence-based, systems approach to suicide prevention. Evaluation of the National Suicide Prevention Trial is being conducted by the University of Melbourne.

## Introduction to the providers

**The Queensland Council for LGBTI Health** is an independent community organisation funded by government grants, community fundraising, donations and sponsorships. QC's vision is to see a Queensland where all lesbian, gay, bisexual, transgender and intersex people achieve the best possible health and well-being outcomes while participating fully in the life of communities, free from stigma and discrimination.

**Open Doors Youth Service** is a leading homelessness and support service enriching the lives of young people with diverse genders, sexualities, and bodies. They support high risk and at-risk young people in developmentally and culturally appropriate ways, to provide individual group-based and family support to enhance connections to family, culture, and community.

**The Centre for Human Potential (CFHP)** The Centre for Human Potential was founded on the values of acceptance, diversity, and inclusion, and provides psychological support to the community allowing each individual to achieve their maximum potential. CFHP is an advocate for human rights and mental health, was active in supporting marriage equality and has represented LGBTIQ+ mental health issues at various levels of government.

**Kurbingui Youth Development (Kurbingui)** is an Aboriginal and Torres Strait Islander not-for-profit community service organisation that supports around 13,600 Aboriginal and Torres Strait Islander people. Kurbingui delivers various community services and support across areas such as employment and training, intensive family support and specialist services, domestic and family violence, alcohol and substance abuse, cultural education and engagement programs, education support for families and children, recreation and sports, early years, youth, women's and men's programs and cultural group activities, and health and nutrition.

**Youth2Knowledge (Y2K)** is an Indigenous owned mental health organisation. Y2K works on a national scale with high schools and Aboriginal and Torres Strait Islander communities to develop innovative programs for the youth.

[www.brisbanenorthphn.org.au](http://www.brisbanenorthphn.org.au)

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**Mates in Construction** is a charity established in 2008 to reduce the high level of suicide among Australian construction workers. The **Mateship Matters** program has been developed by Mates as part of the Trial activities with a focus on providing suicide prevention education and capacity building to sporting clubs creating the connection to young-to-middle aged men.

MATES provides suicide prevention through community development programs on sites, and by supporting workers in need through case management and a 24/7 help line. We serve the construction industry in Queensland, New South Wales, South Australia and Western Australia, the Energy industry in Queensland and New South Wales, and nationally to the Mining industry.

## Mode of delivery

Psychologists and Case Managers will work with people who are facing a suicide crisis or are bereaved community members. These services will be provided in person or where required by phone or online. In addition, access to trauma informed psychological support, including cultural healing retreats will be possible for Aboriginal and Torres Strait Islander and LGBTIQ+ Sistergirl and Brotherboy participants.

The trial is available for Aboriginal and Torres Strait Islanders, LGBTIQ+ individuals, Sistergirl and Brotherboy community members, who reside, study or work, or are active in or a client of a network or organisation based in the Brisbane North PHN area who require suicide prevention services. Those engaging in the program will be required to provide consent to participate in psychological and case management services as well as to have their de-identified data used to help improve suicide prevention activities for Aboriginal and Torres Strait Islanders and LGBTIQ+ Sistergirl and Brotherboys. This activity is supported by funding from the Australian Government under the PHN Program.

## Referral options

Individuals can self-refer or be referred by their health professional or by one of the following (but not limited to) affiliated organisations: Diverse Voices (QLife), QC for LGBTI Health, Open Doors, Centre for Human Potential, Wendybird, Roses in the Ocean, Indigilez, Gar'ban'djee'lum, True Relationships, or BrookRED.

## How to access

Access can be made via a referral from a GP, self-referral, via the Brisbane North PHN Service Navigation team or direct referral into one of the agencies providing services for the Trial.

The Trial will provide a warm and caring experience for persons with thoughts of suicide, who have previously made a suicide attempt, or are bereaved by suicide and in need of psychological/case management support.

## Contact information

Please contact our service navigation team: 1800 250 502