

# National Suicide Prevention Trial

## Introduction to the service

The aim of this Trial is to provide suicide prevention support to the LGBTIQ+ community and 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 in exchange for gathering de-identified data about its participants.

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 Centre for Human Potential (CFHP)** is the lead agency and providing clinical governance for treatment related activity. The Centre will employ psychologists to provide one-on-one and group counselling services in spaces provided by the Queensland AIDS Council (QuAC), Open Doors Youth Service, or at the Centre for Human Potential. In addition QuAC and Open Doors will also provide Case Management services. 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.

**The Queensland AIDS Council (QuAC)** is an independent community organisation funded by government grants, community fundraising, donations and sponsorships. QuAC'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.

**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.

**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.

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

Level 1, Market Central  
120 Chalk Street, Lutwyche QLD 4030  
PO Box 845 Lutwyche QLD 4030  
t 07 3630 7300 f 07 3630 7333

Level 2, 10 Endeavour Boulevard  
North Lakes QLD 4509  
PO Box 929 North Lakes QLD 4509  
t 07 3490 3490 f 07 3630 7333

## 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 LGBTIQ+ Brotherboy and Sistergirl participants.

The trial is available for members of the LGBTIQ+ individuals, including Brotherboy and Sistergirl community members, who reside, study or work, or are active in or a client of an LGBTIQ+ 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 LGBTIQ+, including First Nations LGBTIQ+, people. In exchange, there will be no cost for these services. 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), QuAC, Open Doors, Centre for Human Potential, Wendybird, Roses in the Ocean, Indigilez, Gar'ban'djee'lum, True Relationships, or BrookRED.

## How to access

Appointments can be made by calling the Centre for Human Potential on 07 3211 1117 or visiting the web site at [cfhp.com.au](http://cfhp.com.au), or by asking for a referral from one of the affiliated organisations.

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

To receive further information or enquiry about an appointment contact Centre for Human Potential on 07 3211 1117 or visit [cfhp.com.au](http://cfhp.com.au) to make an appointment.