

# Victorian suicide prevention framework 2016–25

## Summary

### GOAL: HALVE VICTORIA'S SUICIDE RATE BY 2025

#### OBJECTIVE 1: BUILD RESILIENCE

Improving individual and community strength and capacity to prevent suicide, leveraging off a new focus on building resilience across the Victorian Government, including in schools, health and emergency services

#### OBJECTIVE 2: SUPPORT VULNERABLE PEOPLE

Uniting behind groups who are experiencing higher risks of distress and suicide, including early responses to concerns among dairy farmers, regional communities, Aboriginal communities, emergency services workers, paramedics, police, and lesbian, gay, bisexual, transgender and intersex people

#### OBJECTIVE 3: CARE FOR THE SUICIDAL PERSON

Strengthened approaches to assertive outreach and personal care when a person who has attempted suicide leaves hospital, an emergency department or mental health service

#### OBJECTIVE 4: LEARN WHAT WORKS BEST

A commitment to test and evaluate new trial initiatives and share data with local communities

#### OBJECTIVE 5: HELP LOCAL COMMUNITIES PREVENT SUICIDE

Trialling a coordinated approach to suicide prevention in six local government areas across Victoria

### NEW INVESTMENT

The 2016–17 Victorian Budget provides \$27 million over four years for suicide prevention initiatives

### SUICIDE PREVENTION TRIALS

#### PLACE BASED TRIALS – HELPING LOCAL COMMUNITIES PREVENT SUICIDE

The Victorian Government will support six local communities to develop and implement proactive suicide prevention strategies over six years.

In each community, a local suicide prevention group will develop a plan to reduce suicides. Plans will include the nine proven suicide prevention interventions: prevention awareness programs, school-based programs, responsible media reporting, gatekeeper training, frontline staff training, general practitioner support, reduce access to lethal means, high-quality treatment and continuing care after a suicide attempt.

The Victorian Government will seek to partner with primary health networks and other agencies to deliver this approach.

## ASSERTIVE OUTREACH TRIALS – IMPROVING CARE FOLLOWING A SUICIDE ATTEMPT

The Victorian Government will trial assertive outreach and personal care for people leaving hospital following treatment for an attempted suicide.

Under the trial, mental health professionals will provide one-on-one support to people who have attempted suicide and make sure they get the support they need to recover.

People who have attempted suicide will be contacted within 24 hours of presenting at hospital, and support will continue for up to three months.

Mental health professionals will also work with the families and friends of people who have attempted suicide so they can better support their loved one to recover.

A number of models will be tested initially in six health services from February 2017. Evaluation of the trials will inform a decision on the best way to improve care for people leaving hospital after a suicide attempt across the state.

