



# Engaging the community and providing opportunities to be part of the change

## What do we know?

- Community activities and communication campaigns delivered in conjunction with other evidence-based suicide prevention strategies can improve local awareness of services and resources, and drive increased participation in local suicide prevention efforts.
- Campaigns and activities such as R U OK? Day can provide an important first step for many community members. Some people may wish to take the next step and undertake training so they can recognise risk and refer people to professional support.

## What is happening?

- A local communication campaign to:
  - build awareness of how to help someone who may be suicidal;
  - encourage people to make a difference by undertaking QPR ('Question Persuade Refer') training.
  - provide ways for community members including those with lived experience of suicide, to get involved in local suicide prevention efforts.

## What can I do?

### Everyone

- Help bring R U OK? Day to your local community by attending or hosting an event or sharing information.
- Take the next step, undertake online QPR training and encourage your family, friends and peers to do QPR training as well.
- Ask your employer to support QPR training and an R U OK? Day event to promote QPR training.
- Fill out surveys and encourage others to do so, so that we know if the project is working.
- If you would like to help with local suicide prevention

efforts, contact your local Primary Health Network (PHN) to become involved by doing speaker training, participate in a working group to improve a service or becoming a Champion.

### Employers/organisations

- Bring R U OK? Day to your workplace by hosting an event or sharing information.
- Contact your PHN to organise QPR training for your employees.

### Local media and suicide prevention organisations

- Work with us to reinforce local messages about prevention and places to get help.

**Contact us:** Call the LifeSpan team at (02) 9382 4530, email us at [suicideprevention@blackdog.org.au](mailto:suicideprevention@blackdog.org.au) or visit our website at [www.lifespan.org.au](http://www.lifespan.org.au)

To find out how you can support this initiative and help make a difference, please visit [www.lifespan.org.au](http://www.lifespan.org.au)

