



Improving safety and reducing access to means of suicide

What do we know?

- Local suicide trends are not well understood. Timely, detailed data is lacking yet is needed to make sure local suicide prevention services and activities are informed by what is actually happening in the local community.
- Restricting access to methods of suicide is one of the most effective suicide prevention strategies. With better data and a regional approach, communities can develop a long-term, strategic approach and drive local efforts in safety and prevention.

What is happening?

- Preparing a local Suicide Audit Report using the best available data.
- Doing what we can to keep people safe. This may involve working with local crisis services, Police, Ambulance, health services, pharmacies, suppliers, councils, media, politicians and others.

What can I do?

Local media and partner organisations

- As per the Mindframe guidelines do not discuss in the media, online or publicly, specific details of means of suicide or 'hotspots' where suicides may occur. If in doubt, talk to the Mindframe team or your Primary Health Network (PHN) before preparing your story.
- If you work in local health or frontline services, council, pharmacy or any other service that may have connections with people who are vulnerable to suicide, contact your local PHN about becoming involved in LifeSpan working groups and undertaking suicide prevention skills training.

General community

- Avoid discussing or sharing online graphic details of individual suicides and information about methods of suicide deaths. There is good evidence that for those who are vulnerable, this increases the risk they will think seriously about suicide.

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

To find out how you can support this initiative and help make a difference, please visit www.lifespan.org.au

