

# LifeSpan Integrated Suicide Prevention



# LifeSpan Newcastle: Trial Context

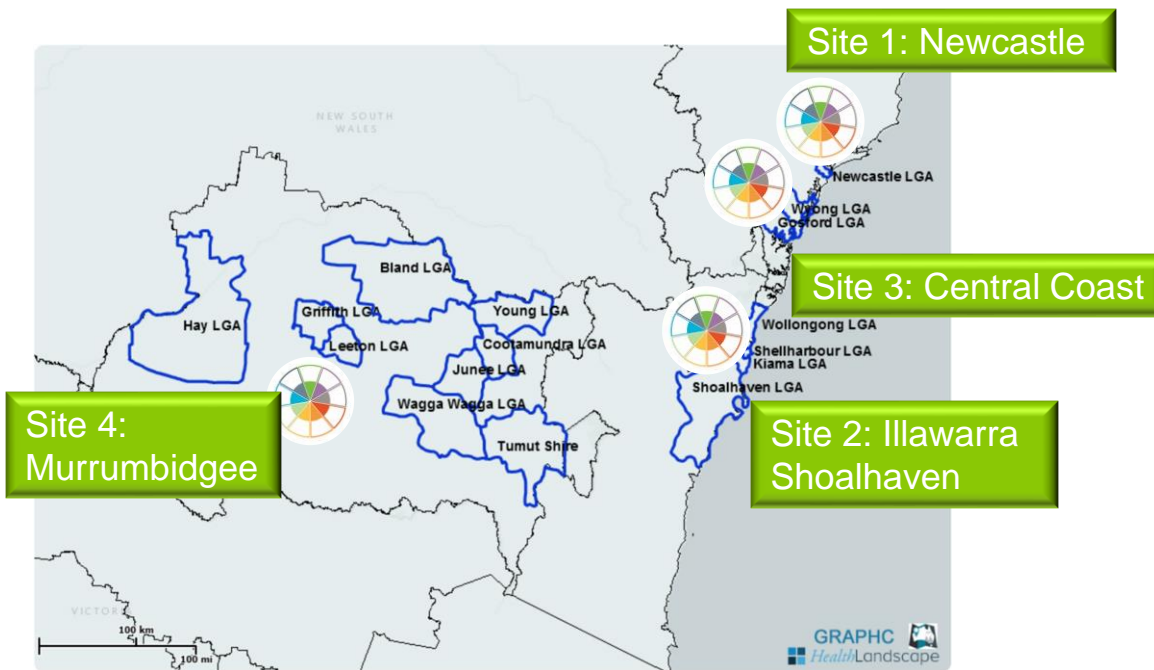
Newcastle a regional coastal city 150km north of Sydney. Population 155,411 (2016)

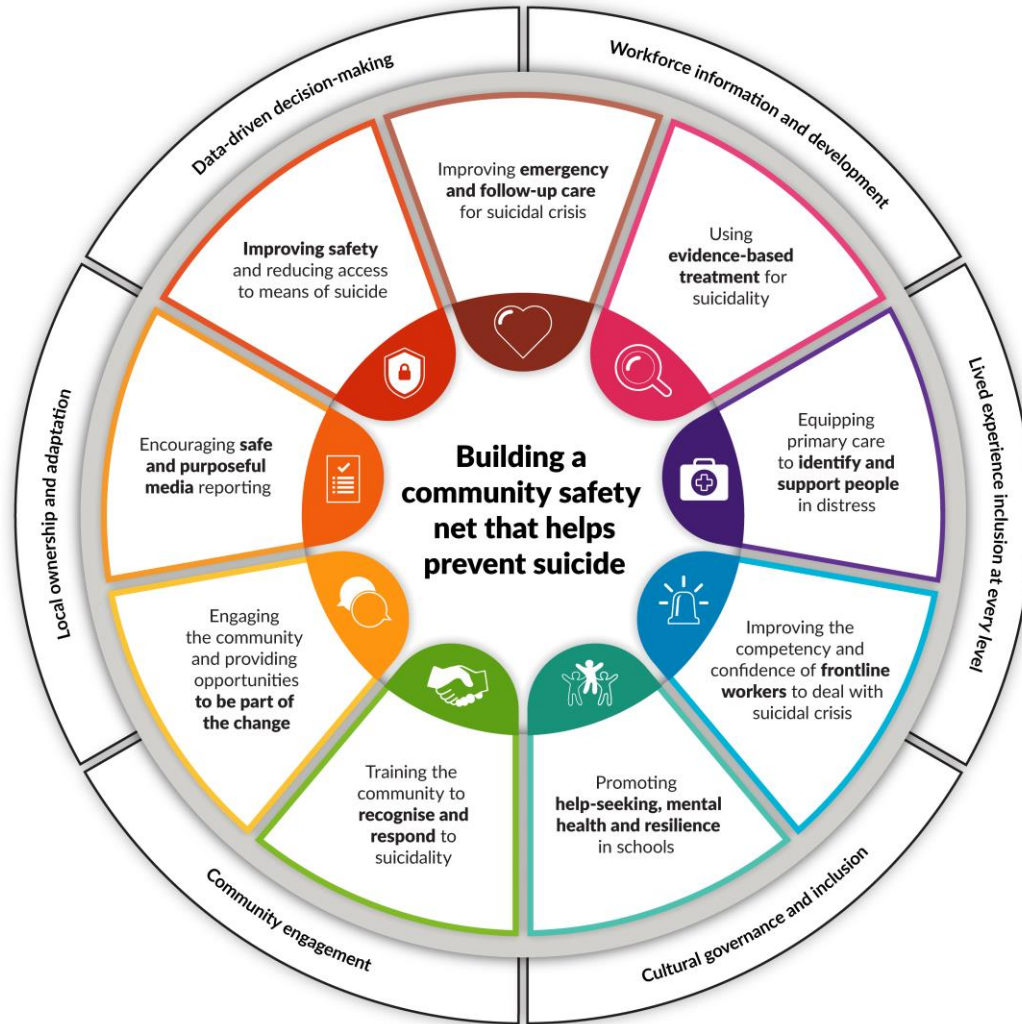
	Newcastle LGA	NSW
Males	49.3%	49.3%
Females	50.7%	50.7%
Average weekly household income	\$1,165	\$1,237
Median age	37	38
Married (over 15yrs)	40.7%	48.1%
Divorced/separated (over 15yrs)	12.6%	11.7%
Identify as Aboriginal and/or Torres Strait Islander	3.5%	2.95
Language other than English at home	9.8%	25.1%
Born overseas	13.9%	27.6%
Unemployment	7.4%	6.3%
Mental/behavioural disorders	14.4/100,000	13.6/100,000
Psychological distress (high/v.high)	11.8-13.7/100,000	10.8/100,000



# LifeSpan NSW Trial Sites

Funded through \$14.7m grant from the **Paul Ramsay Foundation**





# LifeSpan Newcastle: Lessons Learned

- Coordinator role is crucial
- Stakeholder engagement and ownership is key
- Listen to the community to identify needs and priorities
- Be guided by the evidence
- Aim to be effective vs ambitious
- Maintain hope
- Adequate resourcing needs to be in place before the work starts
- Map out interventions and assess what's needed for success
- Plan for monitoring and evaluation with regular feedback loops
- Think long term – the work and need continues beyond the project

