



## Tasmanian LIFE Awards 2018

Nominations close 27 April 2018

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You are invited to nominate a person, service, organisation or business for the Tasmanian LIFE Awards 2018. The Awards recognise life affirming work in suicide prevention. In 2018 the Awards will be judged in four categories.

### Outstanding Contribution LIFE Award

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***Do you know someone who truly makes a difference to the lives of people and communities impacted by suicide? Then nominate them for the Outstanding Contribution LIFE Award.***

The people who work to help reduce the rate and impact of suicide in Tasmania have tremendous heart along with skills and experience. Whether they are volunteers or working in paid positions, it is through their efforts, insight and initiative that our communities become stronger and more resilient. They are the ones that work tirelessly to make sure that those who are thinking that life is not worth living are given the right tools at the right time to get them back on track. They support those individuals and communities who are bereaved and have more questions than answers and stand up for better services and supports in suicide prevention, intervention and postvention. This award acknowledges the important contribution of Tasmanians who often underestimate the value of the work that they do.

#### *In 2017 the Outstanding Contribution LIFE Award was awarded to Robin Errey*

Robin is engaged as a Volunteer In-Shift Supervisor within the Lifeline telephone crisis support area providing supervision to Crisis Support Workers where she has amassed more than 9, 200 hours over 44 years and shows no signs of stepping back.

Robin's contribution can be measured both in terms of her weekly contribution to Lifelines Crisis Support Service and through her active involvement as a Member of the Association of Lifeline Tasmania.

As an in-shift supervisor Robin provides expert guidance, support and intervention and has made significant contribution to her fellow volunteers and those experiencing personal crisis.

Through the promotion of self-care and the application of clinical supervision practises, she helps to safeguard volunteers wellbeing and ensures the continuity of the Lifeline crisis support service.

Through her role as a Member of the Association, Robin helps to influence the direction and continuous improvement of Lifelines service to the community.

## **Communities in Action for Suicide Prevention LIFE Award**

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***Are you part of or do you know a community that is working to prevent and or reduce the impact of suicide? Then nominate them for the Communities in Action for Suicide Prevention LIFE Award.***

The Communities in Action for Suicide Prevention LIFE Award recognises the critical role that communities play in identifying and taking action in suicide prevention. This action may involve the development of a local plan for suicide prevention, or the implementation of a targeted strategy to assist communities that are at risk of suicide. This award acknowledges that communities working together are at the heart of any suicide prevention strategy. A 'community' can include people from the same town/city, a sports club, an interest group or any group who work together to reduce the likelihood of suicide in their community.

***In 2017 the Communities in Action for Suicide Prevention LIFE Award was awarded to the Kingborough Tigers Football Club***

The Kingborough Tigers Football Club (KTFC) is home to 600 players and services a large geographical area extending as far south as Geeveston, including a number of rural communities.

The KTFC believe that sporting clubs are the perfect place to provide a positive support network to tackle mental health issues and have developed a targeted and systematic approach to raising awareness around mental health and wellbeing within their broader community.

Several of the staffing members have participated in targeted training courses, such as ASIST and Mental Health First Aid, to give the club the skills to identify and respond to mental health issues. Further club members have participated in Safe Talk training and information nights.

The KTFC has engaged professional critical incident debriefing experts and Mental Health Workers to manage the wellbeing of the football club community, as needed.

The KTFC has developed strong resilience within their community through combining sport with positive mental health promotion and have demonstrated ongoing commitment to engagement with the wider community.

# Best Practice in Suicide Prevention in a Workplace LIFE Award

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***Do you know, or have you had experience of a workplace that really makes a difference to its employees in its prevention and response to suicide? Nominations are encouraged from peers, members of the community and organisations.***

This award recognises a workplace demonstrating an outstanding commitment to preventing suicide amongst its employees. Every day, there are businesses and organisations that provide significant support to their employees, assisting the health and sustainability of their workforce. This award is a chance to recognise the good work that is done by workplaces that help their employees by providing structures and supports that prevent suicide, or assist them if they have been impacted by suicide. The workplace you nominate will reflect best practice, and can be held up as an example of excellence and innovation.

***In 2017 the Best Practice in Suicide Prevention in the Workplace LIFE Award was awarded to Tas Networks***

Tas Networks manage a program called Be@TasNetworks, a well being program that looks at health, connection, finances and work. Suicide prevention has been a significant component of the health category.

In 2017 TasNetworks rolled out Zero Harm Days in locations across the state. This initiative saw over 1000 employees engage in a SUSC suicide prevention awareness session.

These sessions have enhanced the culture of the organisation in regards to mental health and suicide prevention and 'Lifesafe' observations on safe behaviours have improved, with positive engagement within teams.

This organisation wide approach to awareness raising has been further supported by the training of 60 employees in Mental Health First Aid, with a further 60 committed to undertake training in 2017/2018. Suicide prevention remains a focus over the next 3 years under the Be@TasNetworks Action Plan.

## **NEW CATEGORY in 2018: Outstanding Contribution by a Young Person LIFE Award**

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***Do you know someone aged 29 or below who truly makes a difference to the lives of people and communities impacted by suicide? Then nominate them for the Outstanding Contribution by a Young Person LIFE Award.***

The young people who work to help reduce the rate and impact of suicide in Tasmania have remarkable enthusiasm which is vital in ensuring the ongoing progress in suicide prevention. Whether they are volunteers or working in paid positions, it is through their efforts, insight and initiative that our communities become stronger and more resilient. They are the ones that work tirelessly to break down the stigma around mental health and create a generation of young people who know that it is okay to not be okay and where to go for help. They help to create resilient communities and stand up for better services and supports in suicide prevention, intervention and postvention. This award acknowledges the important contribution of young Tasmanians who often underestimate the value of the work that they do.

# Nomination Guidelines

## Completing a Nomination

Nominations can be made by completing a Nomination Form, available at the end of this document.

For further information or clarification please contact Lucy Apps at Relationships Australia Tasmania by calling 1300 364 277 or emailing [lucya@reلتas.com.au](mailto:lucya@reلتas.com.au).

## Judging

The judging panel will be comprised of three independent judges. The judging panel will assess entries against the following criteria:

- In what ways has the individual, service, organisation or business contributed to the promotion of life and the prevention of suicide?
- What has been the effect of this contribution?
- How has this contribution been measured?

It is recognised that not all nominees will fit the judging criteria in which case nominations are still encouraged and will be considered by the judging panel as they deem appropriate.

Any supporting documentation should be limited to approximately 750 words, or two A4 sized pages.

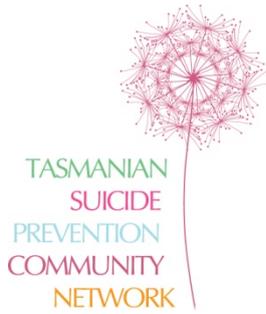
**Completed nomination forms and supporting documentation must be received by close of business Friday 27 April 2018.**

Nominations can be submitted by email to [lucya@reلتas.com.au](mailto:lucya@reلتas.com.au) or by post to:

Lucy Apps, Tasmanian LIFE Awards  
Relationships Australia  
38 Montpelier Retreat  
Battery Point TAS 7004

## Award Presentation

Thanks to the Award's sponsors each category winner will receive a plaque and a cash prize of \$1,000 to be used for suicide prevention, intervention or postvention education, research, activity or resources. The Tasmanian LIFE Awards 2018 will be presented at an evening event in Launceston on 23 May 2018. For further information or assistance with the nomination process Lucy Apps can be contacted on 1300 364 277 or via e-mail [lucya@reلتas.com.au](mailto:lucya@reلتas.com.au).



# Tasmanian LIFE Awards 2018

## Nomination Form

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Award Category: .....

Nominee Name: .....

Address: .....

Phone Number: ..... Email Contact: .....

What is the nominee's (individual, service, organisation or business) current role in suicide prevention? For what length of time has the nominee been actively involved in suicide prevention? *This may be in a formal or informal role.*

In what ways has the nominee contributed to the promotion of life and the prevention of suicide? Outline key achievements/activities to date. *This may include how the nominee advocate's for positive change, increased community awareness, innovations.*

What has been the effect of this contribution? *How has the actions of the nominee benefited the Tasmanian community? How has this been demonstrated/measured?*

How has the nominee demonstrated ongoing commitment to suicide prevention? Plans for the future?

Have the actions of the nominee received any previous recognition? *Previous awards, media mentions or articles.*

Please attach any relevant supporting material to be considered by the Award committee (maximum of two A4 pages).

Where did you hear about the LIFE Awards? Newspaper, email or other?

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Nominator: .....

Address: .....

Phone Number: ..... Email Contact: .....

Please submit by email to [lucya@reلتas.com.au](mailto:lucya@reلتas.com.au) or post to:

Lucy Apps, Tasmanian LIFE Awards  
Relationships Australia  
38 Montpelier Retreat  
Battery Point TAS 7004

**If you encounter any problems completing this form please contact Lucy for assistance.  
Completed nomination forms and supporting documentation must be received by close of  
business on Friday 27 April 2018.**