



Tasmanian LIFE Awards 2019

Guidelines



Nominations close 12 April 2019

You are invited to nominate a person, service, organisation or business for the Tasmanian LIFE Awards 2019. The Awards recognise life affirming work in suicide prevention. In 2019 the Awards will be judged in four categories.

Outstanding Contribution LIFE Award

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 2018 the Outstanding Contribution LIFE Award was awarded to Doug Vautier

Doug Vautier is the founding CEO of OzHelp Tasmania Foundation, a not-for-profit organisation dedicated to providing workplace based early intervention suicide prevention and social capacity building programs. He has been working in this position for 11 years, throughout this time he has played a significant advocacy role in suicide prevention and mental health and wellbeing initiatives across the state.

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 mental wellbeing and suicide prevention, or an activity that brings the community together to talk about mental health and suicide prevention. 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 2018 the Communities in Action for Suicide Prevention LIFE Award was awarded to the Break O'Day Mental Health Action Group

The Break O'Day Mental Health Action Group was established in 2016 to ensure ongoing action towards suicide prevention within the Break O'Day community. The group have run extensive consultation within the community which lead them to develop a community action plan for suicide prevention.

In 2016 and 2017 the group rolled out Mental Health Week activities and have ensured that positive mental health and resilience are an ongoing focus for the community. The group have supported numerous training opportunities to up-skill the community in mental health, suicide prevention as well as to enhance community well-being.

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 2018 the Best Practice in Suicide Prevention in the Workplace LIFE Award was awarded to Hydro Tasmania

Hydro Tasmania has taken a pro-active approach to suicide prevention within the workplace. In 2015 Hydro Tasmania implemented a workplace health and well-being program to support overall workplace mental health and suicide prevention.

The Mental Health and Well-being Program includes training sessions to be undertaken on a quarterly basis and is inclusive of regional and remote sites including the West Coast, the lakes region and the Bass Strait islands.

All Hydro Tasmania managers are trained in identifying and managing mental health and well-being, creating a safe and healthy work environment for employees to seek assistance and receive appropriate supports.

In 2017/18 Hydro Tas rolled out suicide awareness training to over 70% of their workforce from this 100% of participants reported that they are aware of support services available and how to connect someone in need.

The flow on influence to employee's family, friend and social networks means that this important program will have dispersed key messages about mental health and supports to countless others across the Tasmanian community. Increasing the likelihood of individuals recognising when others may be struggling and linking them to appropriate support.

Hydro Tasmania has committed to continue the Mental Health and Well-Being Program as an ongoing whole of business activity.

Outstanding Contribution by a Young Person LIFE Award

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Do you know someone aged 30 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.

In 2018 the Outstanding Contribution by a Young Person LIFE Award

Ben Hirst is a self-appointed volunteer and ambassador for mental health and suicide prevention. Ben has translated his personal experience with mental health demons into a passion for breaking down the stigma around mental health and in turn, suicide prevention.

Ben has become a prominent figure in the Tasmanian community as he raises awareness and fundraisers for mental health through his Run for Mental Health initiatives. This work not only raises awareness within the community but is a powerful reminder that running is a tool used by many people to manage their mental health.

Nomination Guidelines

Completing a Nomination

Nominations can be made by completing a Nomination Form, available on the TSPCN website [http://suicideprevention.org.au/life_awards/life_awards].

Suicide Prevention Project Officers are available to assist throughout the nomination process. For further information or clarification please contact a Suicide Prevention Project Officer at Relationships Australia Tasmania by calling 1300 364 277 or emailing tspcn@reltas.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 12 April 2019.

Nominations can be submitted by email to tspcn@reltas.com.au or by post to:

Suicide Prevention Project Officers
Tasmanian LIFE Awards
Relationships Australia
20 Clare St
New Town 7008

Award Presentation

The Tasmanian LIFE Awards 2019 will be presented at an evening event in Hobart, 5:30 – 7pm on 8 May 2019. Invitations will be distributed to nominees and those who prepare nominations, if the nominee is unable to attend they may choose to arrange for a guest to attend on their behalf.

The LiFE Award event will be attended by members of the suicide prevention community, members of parliament, nominees and nominators. Light refreshments will be served, and a professional photographer and media may be in attendance.

Award Recipients

Thanks to the Award's sponsors each category winner will receive a framed certificate and a cash prize of \$1,000 to be used for suicide prevention, intervention or postvention education, research, activity or resources.

Suicide Prevention Project Officers are available to assist award recipients to access their prize money and identifying how they wish to spend it. Previous award winners have chosen to use the funds to best meet the needs of their community:

- To deliver Mental Health First Aid training to staff
- To engage a speaker to address their community and further increase awareness about mental health and suicide prevention
- To organise a community event recognising World Suicide Prevention Day
- To attend the National Suicide Prevention Australia Conference

Award recipients are nominated for a national LiFE Award in the following year. The national LiFE Awards are organised by Suicide Prevention Australia and finalists are recognised at the National Suicide Prevention Conference. Suicide Prevention Project Officers may contact both nominators and nominees to assist with this process.

For further information or assistance with the nomination process Suicide Prevention Project Officers can be contacted on 1300 364 277 or via e-mail tspcn@reitas.com.au.