



# Tasmanian LIFE Awards 2020

## Guidelines

SUPPORTED BY



**Nominations close Thursday 5<sup>th</sup> March 2020.**

You are invited to nominate a person, service, organisation or business for the Tasmanian LIFE Awards 2020. The Awards recognise life affirming work in suicide prevention. In 2020 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 2019 the Outstanding Contribution LIFE Award was awarded to joint winners  
Len Blair and Mark Davis***

Len has been involved with the Ulverstone Neighbourhood House and the Ulverstone Community Shed for 6 years where he has helped to strengthen the community and provided support for those in challenging situations or at risk of social isolation. Len has promoted positive mental health messages at community events including the Ulverstone Beyond Blue Gala Dinner.

Mark contributes to various co-design and policy matters concerning both mental health and suicide on an on-going basis and is an active member of both the Tasmanian Suicide Prevention Community Network and Flourish. Mark aims for around 20 hrs per week as a volunteer on-line.

# 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 2019 the Communities in Action for Suicide Prevention LIFE Award was awarded to the Channel Men's Shed Inc***

Over the last 6 years the Channel Men's Shed has provided a place for both men and women to come together and form friendships and support each other and their community.

The Shed has provided many retired people, with purpose and companionship and supports those who are unemployed, helping them to gain confidence and seek supports.

The Shed has taken a pro-active approach to supporting health and mental health and in collaboration with local service providers has hosted annual health check days for the past 3 years.

# 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 2019 the Best Practice in Suicide Prevention in the Workplace LIFE Award was awarded to Ambulance Tasmania***

Ambulance Tasmania have embarked on a significant cultural change program which is directly aimed supporting the mental health and wellbeing of their staff and volunteers.

Key initiatives have included peer-support program and organisational upskilling via the connecting with people approach.

The impact of this approach has directly influenced a change in the attitudes, beliefs and conversations within Ambulance Tasmania about mental health and wellbeing.

# 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 2019 the Outstanding Contribution by a Young Person LIFE Award was awarded to  
The Hutchins School***

The Hutchins School have actively engaged in the Mission Australia Youth Survey since 2014. Data from this survey was used to initiate a formal Wellbeing Program as part of the broader Pastoral Care Program.

Over 80 senior school students were trained in Youth Mental Health First Aid. This student-led initiative fills an important need for young people to feel adequately prepared to support their friends dealing with mental health issues. The training will increase their confidence in listening and responding appropriately to their peers and supporting a professional referral where appropriate.

# Nomination Guidelines

## Completing a Nomination

Nominations can be made by completing a Nomination Form, available on the TSPCN website [[http://suicidepreventiontas.org.au/life\\_awards/life\\_awards](http://suicidepreventiontas.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](mailto:tspcn@reltas.com.au).

## Judging

The judging panel will be comprised of three independent judges; a representative with lived experience, an active network member and a representative from a governing body. 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 all 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 Thursday 5<sup>th</sup> March 2020.**

Nominations can be submitted by email to [tspcn@reltas.com.au](mailto: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 2020 will be presented at an evening event on Tuesday 6<sup>th</sup> April 2020. 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@reltas.com.au](mailto:tspcn@reltas.com.au) .**