



# Suicide prevention and Mental health Community Action Plan



## CAP Coordinator

Name

Email

Phone

## Need help?

If you are having thoughts of suicide or supporting someone with thoughts of suicide, please seek help. In the first instance you should contact your general practitioner (GP). However, if this is not possible or if you think the matter is more urgent, please contact one of the services below.

**In an emergency call 000 or go to an emergency department.**

### **Lifeline (24 hours)**

13 11 14 | [www.lifeline.org.au/Get-Help](http://www.lifeline.org.au/Get-Help)

### **Access Mental Health**

1800 332 388

### **Suicide Call Back Service (24 hours)**

1300 659 467 | [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **Mensline Australia**

1300 78 99 78 | [www.mensline.org.au](http://www.mensline.org.au)

### **Kids Helpline (24 hours)**

**For anyone 25 or under**

1800 55 1800 | [www.kidshelp.com.au](http://www.kidshelp.com.au)

### **Qlife**

**phone and webchat 3pm – 12pm every day.**

1800 184 527 | <https://qlife.org.au/contact-us>

### **Open Arms**

**24hr Crisis support**

1800 011 046 | <https://www.openarms.gov.au>

### **Rural Alive and Well (24 hours)**

1800 729 827 [rawtas.com.au](http://rawtas.com.au)

### **Standby Support after Suicide**

1300 727 247 Home - StandBy [standbysupport.com.au](http://standbysupport.com.au)

### **A Tasmanian Lifeline**

1800 98 44 34 A Tasmanian Lifeline | Lifeline Tasmania



# Acknowledgements

## Acknowledgement of Country

We respectfully acknowledge the Traditional Custodians of the South East Nation, the Melukerdee people of the Huon River and the Lyluequonny people of the Far South. We recognise their continuing connection to land, water and culture, and pay our respects to their Elders, past, present and emerging.

## Acknowledgement of Lived Experience

We respectfully acknowledge the individual and collective experiences of those with a living or lived experience, including those who have attempted and those bereaved by suicide. We recognize their contributions at all levels and value the courage of those who share their unique experiences for the purposes of education, support, connection and ongoing suicide prevention.

The Huon Valley Suicide Prevention Community Action Plan (CAP) is dedicated to the memory of those who have been lost to suicide and the suffering that suicide brings to our lives. The voice of people with a lived experience of suicide has been essential in the development of the Community Action Plan. These voices are a valued contribution to the ongoing body of work in suicide prevention.



## Community Action Plan

Engaging with, or establishing, local suicide prevention networks, working with the networks to support the development and implementation of the CAP based on the identified needs and strengths present, support local networks to evaluate the progress and achievements of the CAP. A Community Action Plan (CAP) is a practical plan that communities develop together to safely build supports to prevent and reduce suicide. These plans are established around the specific needs of each target group and are aligned with the Tasmanian Suicide Prevention Strategy (2016-2020).

The Tasmanian Government funded Relationships Australia Tasmania to provide community recovery support following the COVID-19 Pandemic. The specific goal of this initiative was to support engagement with the Local Government Association of Tasmania and local councils statewide to deliver mental health and suicide prevention initiatives for the community.

This initiative provides local councils up to \$5000 each to develop and implement the actions covered in the CAP.

### Region and People

The Huon Valley is a green, inviting valley located in the south of Tasmania. Spread over a large geographical area, the Huon Valley is home to regional centres like Huonville and bustling towns like Cygnet, Dover, Geeveston and Franklin.

The Huon Valley is a collection of dynamic communities, with nearly 18,000 residents and 48 localities. The region attracts a diverse population and foresees considerable growth of 21.3 percent over a 25-year period. This growth is driven largely by migration both nationally and internationally, and with a current median age of 42, we are aging as older people move to the region. The Huon Valley's percentage of residents who identify as Aboriginal or Torres Strait Islander is higher than the state average, at 9.3 percent of the population.

Early colonisation in the region dates from the 1820s, with the first Europeans harvesting timber and establishing apple orchards. Over the years the major industries have centred around the forest, agriculture and maritime industries. Major industries currently include agriculture, aquaculture, fishing, forestry and tourism.

Today, we are well known for apple orchards, historical towns, enchanting forests, and friendly locals. Our region boasts incredible natural beauty, from the pristine Huon River and Far South coastline, to the mountain ranges, World Heritage-listed national parks, tall forests, caves, and iconic bushwalks.



## Background Information

The Huon Valley was declared a municipal area in 1993 when the municipalities of Esperance, Huon and Port Cygnet were amalgamated and the Huon Valley Council was formed.

The Huon Valley Council is the southernmost local government area in Australia, covering 5,819 km<sup>2</sup>. The major township, Huonville, is just a 30-minute drive from Hobart. Our neighbouring local government areas include Hobart, Kingborough and the Derwent Valley.

Council's 2015–2025 Strategic Plan describes how Council works with and within the community to deliver the governance and services that achieve community objectives and priorities. Council is focused on ensuring our decisions and processes deliver the following community objectives:

- A great environment
- A prosperous and resilient economy
- Capable and productive people and assets
- Community wellbeing and liveability

In late 2019, Council became aware of increasing concern across the community about suicides in the area. In a matter of 4 weeks, we sadly lost 4 individuals from the ages of 14 to 80. As you can imagine, in a small community, the impact of this loss ripples through immediate family, friends and colleagues and into the broader community.

We know our community has many strengths and assets that can be harnessed to support our community's mental health and well-being. We also recognise that a local place-based approach is key to focusing on our local needs, our local solutions and the unique attributes of our people and place.

Council decided to develop up a local community-led mental health resilience project and approach the Tasmanian Community Fund for support. This project aims to build the capacity and resilience of our local community to support mental health and wellbeing for everyone in the Huon Valley, with the ultimate intention of preventing further suicides.



## Community engagement and consultation method

Community members and groups indicated their willingness to take action to support positive mental health and wellbeing.

Mental Health support services also indicated their desire to offer support and specialist care.

In 2020, the local community went on to identify specific needs in the recovery from bushfires and the pandemic and the local Community Social Recovery Network (a network of local community leaders) identified mental health as a key priority for our region.

Led by an expert and passionate group of mental health providers and community members, it was identified that programs that raise awareness of mental wellbeing and develop mental health literacy were needed to compliment the work of local suicide prevention projects.

The Community Action Plan project will be guided by the Huon Valley Mental Health Focus Group which reports to the Huon Valley Health and Wellbeing Committee.

Current members of the Focus Group include:

- Rural Alive and Well
- StandBy Support
- Huon Valley Council
- A Tasmanian Lifeline
- Mental Health Council of Tasmania
- The Salvation Army
- Thirrili
- Royal Flying Doctor Service
- Community members
- Department of Education
- Albie House
- Wesley Mission
- Headspace/The Linc
- Geeveston Community Centre

The Huon Valley Health and Wellbeing committee comprises of community members and services that support the actions outlined through comprehensive engagement with community.



## Brief CAP project description

The Mental health Focus group identified a need to focus attention to building resilience and literacy of mental wellbeing.

This project will focus on supporting mental wellbeing and raising mental health literacy through a broad community campaign highlighting the '5 Ways to Wellbeing'.

'5 Ways to Wellbeing' will introduce people to five simple and effective ways to improve their psychological and emotional health which is based on extensive international research. This program supports mental health literacy by educating that a healthy mind is just as important as a healthy body for overall wellbeing and that individuals can strengthen their mental health in lots of small day-to-day ways. The 5 Ways to Wellbeing actions reinforce that strong mental health will help us live a happier and a longer life as well as help us to cope with stress.

The Australian 5 Ways to Wellbeing website shares practical tools and resources so you people can discover how to make the 5 Ways part of your ways to wellbeing.

The 5 Ways to Wellbeing describe 5 themes that support positive mental wellbeing, which include:

- Connect with other people,
- Be physically active,
- Learn new skills,
- Give to others, and
- Pay attention to the present moment (mindfulness).

It is proposed that this project utilises the 5 Ways to Wellbeing evidence base, developing and distributing awareness raising and educational materials across the community.

Resources will include a variety of mediums and engagement methods to engage with diverse community groups.

The project will incorporate a call for action, supported through face-to-face workshops, community sessions and on-line resources, which will challenge people to add a wellbeing action to their daily schedule.





## Community plans for building sustainability

The 5 Ways to Wellbeing program will be developed and delivered by the Mental Health Focus Group and Mental Health and Resilience Project Officer.

The Plan's actions will focus on developing community awareness and the development of resources that will be shared across a broad range of community settings.

The resources developed will remain freely available for community groups to use.

To ensure sustainability, the Council's Health and Wellbeing program project partners will support the ongoing project resources, ensuring ongoing, consistent and equitable access.

## Reporting and Promotion

Do you agree to provide an implementation report about the CAP one month after it is complete? Yes / No

Do you consent to information about the CAP being uploaded to the TSPCN website? Yes / No

Are you happy to collaborate with similar CAPs in your region? Yes / No

Are you willing to be interviewed for or present your CAP at a TSPCN meeting? Yes / No

Sign: ..... Date:.....

# Action Plan

Effective From: 1st October 2022

Review Date: 1st May 2023

<b>Action 1: Develop and Distribute '5 Ways to Wellbeing' Promotional materials which compliment the local culture and context</b>	
<b>How will the CAP make a difference? (Outcomes)</b>	<p>Developing targeting and tailored 5 ways to Wellbeing materials will Raise awareness of how individual actions can support mental wellbeing.</p> <p>Research shows there are five simple things you can do as part of your daily life – at work and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing</p>
<b>How will this action lead to sustainable change?</b>	<p>Individuals will identify and undertake achievable and realistic wellbeing actions.</p> <p>The Five Ways to wellbeing " are simple accessible and achievable for everyone. Resources will include a variety of mediums and engagement methods to engage with diverse community groups.</p> <p>The project will incorporate a call for action, supported through face-to-face workshops, community sessions and on-line resources, which will challenge people to add a wellbeing action to their daily schedule.</p>
<b>How will you know if the CAP has made a difference?</b>	<p>The creation, implementation and advertisement of the materials and by measuring website visits and number of resources distributed.</p>

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## Action 2: Support individuals to undertake the Wellbeing Quiz and complete a personal wellbeing plan.

<p><b>How will the CAP make a difference? (Outcomes)</b></p>	<p>The Mental Health Focus Group and Mental Health and Resilience Project Officer will support individuals to understand how the 5 key actions impact on mental wellbeing.</p> <p>Supporting community members to complete a personal well-being plan can help them cope better with stress and to live longer, happier and healthier in ways that are good for them and others.</p>
<p><b>How will this action lead to sustainable change?</b></p>	<p>Individuals will have the confidence to complete a personal 5 Ways quiz to understand their current state of overall wellbeing. From the results will these set of actions are simple and achievable for the individual to complete daily to improve their personal wellbeing.</p>
<p><b>How will you know if the CAP has made a difference?</b></p>	<p>Record the number of participants that the project engages with.</p>

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## Action 3: Engage directly with service providers to seek their support to promote the 5 Ways to Wellbeing

**How will the CAP make a difference? (Outcomes)**

Local service providers use the same language to boost local mental health literacy.

increasing the number of services providers promoting the 5 ways to well-being will increase community capacity and readiness to support others but also work towards reducing the stigma of mental health and wellbeing.

**How will this action lead to sustainable change?**

Mental wellbeing language will be embedded in local mental health services.

Collaborating with service providers using the Focus Group will allow for greater sharing of knowledge and increased awareness of the 5 ways to wellbeing.

**How will you know if the CAP has made a difference?**

This action can be measured by the number of local service providers supporting the campaign.



This is a working document that can be added to , as community needs change or new actions are developed.

Relationships Australia Tasmania are available to provide assistance in the future should changes be required.

We look forward to following up with you on the below dates

- Three month check in : 1 February 2023
- Six month review: 1 May 2023
- One year review 1 November 2023

