

# Tasmanian Suicide Prevention Community Network Meeting

April 12<sup>th</sup> 2022 – 11.00am – 1:00pm

Ulverstone Football Club, Ulverstone

## Meeting Minutes

*\*Meeting opened at 11:00 am by Michael Kelly*

### 1. Welcome, present and apologies

#### Present

**Michael Kelly** (Chair) Relationships Australia Tasmania, **Melanie Carroll** Relationships Australia Tasmania, **Johanna Van Der Hek** Life Without Barriers, **Lindsay Morgan** Beyond Blue speaker, **Greg Wing** Simplot, **Greg Smith** Men Care Too, **Aaron Meldrum** Men's Resources Tas & Man Up Tasmania, **Mel Wells** Newport & Wildman, **Errol la Grange** community member, **Julie Patterson** Meercroft, **Tonya Walker** Mental Health Ambassador and event organiser, **Amy Walker** community member, **Tim McCarthy** Burnie Health Information and Wellbeing Hub, **Noel** community member.

#### Apologies

**Sharon Corvinus-Jones** CORES, **Geraldine Crisp** CORES, **Crystal Neep** Relationships Australia Tasmania, **Jodi Towns** Meercroft, **Mark Howard**

### 2. Confirmation of minutes of meeting held 1<sup>st</sup> March 2022

Minutes of previous meeting were tabled and opened for discussion. All present agreed that the minutes reflected the previous meeting, and no amendments were needed.

### 3. Communique from TSPC and Directorate

The TSPC met on Thursday 7<sup>th</sup> April. A formal communique from the Tasmanian Suicide Prevention Committee (TSPC) will be circulated via e-mail when this becomes available.

### 4. Updates from network members

**Lindsay Morgan** – Beyond Blue Lived Experience Speaker

Lindsay spoke on the story of his own battles with mental health, including the risks of psychological impacts associated with major health events (such as a stroke or heart attack). Lindsay highlighted that “every second counts” regarding both medical emergencies, and

suicidality. Greg spoke on the importance of seeking help and keeping the conversations of mental health up in order to address the stigma that still exists.

**Greg Wing** – Mental Health in the Workplace (Simplot – Process Specialist)

Greg spoke on the initiatives that have been implemented into the Simplot business, both in Tasmania, state wide, and internationally. The creation of the **CARE (Commit, Assess, Recognise, Encourage)** initiative has acted as the framework to transition the physical safety focus that was being utilised, to a broader staff overall wellbeing focus. Conversations around safety have come to include questions about staff wellbeing, while the organisation has committed to training a large number of staff in Mental Health First Aid, to ensure a minimum of two staff per shift are trained in MHFA. Additionally, mental health has been added to every training manual.

Usage of the EAP and recognition of colleagues struggling are clear determinants that this initiative is making a positive impact in the organisation. Greg also mentioned the community wide impact this wellbeing shift has had, extending beyond the site and staff at Simplot.

**7. General business – Open discussion**

Discussion was raised about the variety of EAP support on offer to cover a range of support needs. Financial difficulties were raised as a key concern that has been observed by those working closely with community members suffering from poor mental health.

The announcement of the reinstatement of the Medicare funding for psychiatry support was raised, and this reinstatement is welcomed due to the high demand of mental health support experienced in the NW coast. It was commented that more needs to be done to ensure all people have access to support.

**8. Next meeting** – 7<sup>th</sup> June – North (venue TBD).

**9. Meeting closed at 1PM**

**10. Lunch and Networking**

