



Purpose and Guidelines

Updated 2023

Glossary of Terms

Tasmanian Suicide Prevention Community Network (TSPCN) – when using the term TSPCN, the authors are referring to the network and its members as a whole.

Relationships Australia Tasmania staff – Relationships Australia Tasmania employ suicide prevention staff who are responsible for supporting the TSPCN. If you would like contact the team please email TSPCN@relias.com.au.

Background

The Tasmanian Suicide Prevention Community Network (TSPCN) was established in 2012 to provide the opportunity for all Tasmanians to engage in suicide prevention.

The underpinning principle of the Tasmanian Suicide Prevention Community Network (TSPCN) is that suicide prevention is everybody's business. Strong and resilient communities that can understand and talk about suicide issues are more likely to be able to address it.

The network connects community members, including those with lived experience, service providers, government representatives, workplaces, sporting clubs, and anyone with an interest in suicide prevention to collaborate and share learnings, and to promote positive outcomes in suicide prevention in Tasmania.

Relationships Australia Tasmania are contracted to auspice the TSPCN until 2026.

The network activities align with the Tasmanian Suicide Prevention Strategy (2023-2027), and the TSPCN will support strategy actions as required.

Purpose and Goals

The TSPCN works to ensure Tasmanians have the opportunity to learn about and collaborate with the work that is being done in suicide prevention across Tasmania. TSPCN members are also provided with information on current research, evidence-based approaches and opportunities to support projects such as the Tasmanian Suicide Prevention Strategy. Through the TSPCN, members come together to discuss and address issues related to suicide prevention, intervention, and postvention.

The goal of the TSPCN is to provide a space that everyone with an interest in suicide prevention can engage with, and promote connection and awareness around suicide prevention in Tasmania. The ethos of the TSPCN is "suicide prevention is everyone's business", which aligns with the understanding outlined in the strategy that suicide prevention needs to be a whole-of-community approach. Tasmanian communities play a vital role in helping to prevent suicide. With these values in mind, the TSPCN strives to be a welcoming, safe and engaging place for all Tasmanians.

Membership

The network highly values the contributions of all Tasmanians who have an interest in or have been affected by suicide. Membership of the TSPCN is free and open to all Tasmanians aged 18+. Members of the TSPCN can engage with network activities in which ever capacity they would like. Membership is defined as being connected to the mailing list and receiving information regarding upcoming events, meetings and other engagement opportunities.

Members are required to adhere to the following:

- Use safe language when discussing issues around suicidality – please see <https://conversationsmatter.org.au/> or <https://mindframe.org.au/> for guides on communicating safely around suicide.
- Exercise respect and acceptance for other members and those engaging with the network.
- Members have the responsibility to be mindful around their own emotional states, and seek out support if needed. More information on self-care can be found here <https://www.beyondblue.org.au/personal-best/topics/self-care>.

Management of the TSPCN

Staff employed by Relationships Australia Tasmania are responsible for managing the activities and actions of the TSPCN. This includes organising and facilitating TSPCN meetings, running the Tasmanian LiFE Awards and Tasmanian Suicide Prevention Forum, and managing the communications associated with the TSPSN. The Suicide Prevention team is also responsible for collecting member feedback.

Communication about the TSPCN will be sent by Relationships Australia Tasmania staff through email, with updates also being provided via the TSPCN Facebook page(<https://www.facebook.com/taspcn>) and through

the TSPCN website (<http://www.suicidepreventiontas.org.au/>). If members would like to be added/removed from the mailing list they can contact TSPCN@reltas.com.au.

The TSPCN will support sharing of information regarding upcoming events and happenings in suicide prevention across Tasmania. Information can be sent to TSPCN@reltas.com.au. It is up to the discretion of Relationships Australia Tasmania staff regarding what is shared, and how this is done.

Relationships Australia Tasmania staff supporting the TSPCN do not provide clinical services for people in crisis. If you or someone you care about is experiencing personal distress or crisis, there are ways you can get support. Please see a list of helplines and contact numbers at the end of this document.

TSPCN Meetings

Meetings will be held 4 times a year, with representation across the state. Member feedback will be used to inform the time, place and content of meetings. Meetings may be held in-person, or online, and may consist of presentations, networking/collaboration opportunities and open discussions.

Risk Management

The TSPCN recognises that talking about mental health and suicide is a sensitive topic with the capacity to bring up negative emotions. We are committed to engaging the community in discussions covering mental health and suicide in a safe, evidence-informed manner with the goal of being constructive, impactful and beneficial.

The TSPCN will ensure that any engagement (online or in-person) is done within the following guidelines:

- Using evidence-based language and exercising sensitivity and purpose. The TSPCN will follow national communications guidelines such as those produced by Everymind (<https://mindframe.org.au/>), and <https://conversationsmatter.org.au/>.
- The TSPCN will provide clear communication around the sensitive nature of discussions prior to engagement to ensure attendees are aware of what will be discussed.
- The TSPCN will provide information around available support, and highlight the lens of recovery and hope when discussing mental health and suicide.

- The TSPCN chair will remind attendees at meetings to be mindful about their own emotional state, and that they have the opportunity to leave discussions at any time without judgement or consequence.

Supports Available

If you, or someone you know, is experiencing thoughts of suicide help is available. If it is an emergency, please contact emergency services on 000. Your GP is also a valuable resource in accessing mental health support.

Alternatively, the following helplines are available:

Lifeline 13 11 14

A Tasmanian Lifeline 1800 984 434

Beyond Blue 1300 224 636

Standby Support After Suicide 1300 727 247

Mensline 1300 78 99 78

Kids Helpline 1800 551 800

QLife 1800 184 527

13YARN on 13 92 76

Open Arms 1800 011 046

For more information on what support is available in your local area head to findhelptas.org.au.