



Community Action Plan (CAP)

We're in it together!



A CAP is a practical plan made together to support the prevention and reduction of suicide

Interested in developing a CAP?
That's great! Contact us



Relationships Australia

TASMANIA
suicideprevention.org.au

This is a free service funded by the Tasmanian Government

We all have a role in SUICIDE PREVENTION

What is a CAP?

A CAP is a practical plan led by you and supported by us to help prevent and reduce suicide. The plans are based on the needs of each group. Our Project Officers support the development of the CAP, and small grants of up to \$1500 are available to implement actions.

Why do it?

Together we can make a difference! CAPs are community owned and led and can help you work out where to put your time and effort.

How can a CAP help?

- It can help decrease stigma and increase conversations and knowledge
- Increase awareness of local supports and promote help-seeking
- Build capacity to recognise and respond when someone is having a hard-time
- Help groups be part of the solution and support their peers

How long does it take?

You set the pace. However, typically from the initial meeting through to endorsement it takes about six months.

What are the steps to a CAP being developed?

1 Initial Meeting
We will meet with you to discuss the CAP process and how it can fit in with your needs and benefit your group. We'll explain what a CAP is, explore with you what is already happening in your group/community, and share examples of other CAPs and their actions

2 Consultation
We support you in developing community consultation to gather opinions and views from your members. This helps us understand strengths and areas to focus on, ensuring your CAP actions meet your community's needs.

3 Action Meeting
We work with you to review the consultation data, identify key themes, and find practical ways to address them. The actions are the foundation of your CAP.

4 Write Up
We take the lead in writing up the CAP and work with you on drafts until you are happy with the final document

5 Endorsement
We present your CAP to the Relationship Australia Leadership Team for endorsement and sign off to release the grant funds. \$1500 is available to support each CAP.

6 Actions Implemented & Evaluated
You own and lead the implementation of CAP actions. We check in with you to see how you are going and to provide additional support if needed.