

Tasmanian Suicide Prevention Community Network Meeting

27 May, 2025 | 12pm-1.30pm | Online

Minutes notes from meeting

1 Welcome, acknowledgement of country and lived experience

Meeting opened at 12pm by Michael Kelly. Acknowledgement of Country and Lived Experience was provided, along with providing information on available supports.

Attendance:

Brendan Sullivan, David Horgan, Tony Wyld, Olivia Yan, Gillian Smith, Tanya Stephenson, Mariana Jora, Lee Whitely, Emily Clifford, Craig Mitchell, Peko Man, Alison Dugan, Thir Thapa, India Ford, Amber Shaw, Lynette Hoffman, Melanie Brown, Melissa Latham, Michelle Studley, Brad Smith, Angela Shaw, Kylie Delaney, Julie Ryan, Trudi Wilson, Michael Kelly, Peter Harvey, Mark Davis, Robert Alderson, Maree McCulley, Julia Gandy, Louise Madden, Loryn Silbernagel, Terry Purton, Laura Grattidge, Anita Morris, Jasmine Angus, Robyn Greaves, and Ben Fisher

Apologies:

Adele Daly, Olivia Yan, Mitch McPherson, Chantal Gregory, Sally Damiano, Terri Attrill, Evan Subedi, Cate Grant, Gabrielle Axton, Nazmoon Trisa, Ally Siggers, Michael Voumard, Megan Campo, Angela Turnbull, Ian Edwards, Paul Gregory, Cein Rat, Jordyn Rowbottom, Kat Rose, Laura Johnson, Jonathan Bedloe, Tanya Page, Lisbeth Sills, Cathryn

2 Confirmation of minutes for meeting held on 12 February 2025

Previous minutes were accepted as being true and correct.

3. Updates from network members and guests

Dr David Horgan from Australian Suicide Prevention Foundation

David is the Founder & Director of the Australian Suicide Prevention Foundation. Previously he was the clinical associate professor, at the University of Melbourne. He is here today to share his work and the "Prevent A Suicide: what to say" app.

- Dr Horgan shared the following statistics:
 - 57% of people do not know what to say and/or are afraid of saying something that will worsen the problem (*Resolve Strategic survey of 2,000 people in 2022*)
 - Survey of help-seeking by young people with suicidal ideas 2022:
 - 8% rang crisis line.
 - 10% saw GP.
 - Most told friends (or nobody)
- Dr. Horgan shared that In Tough Times Text is a family / community-driven suicide prevention initiative, supplementing conventional care, if that is available.
- Dr. Horgan noted that the direct involvement of close contacts brings emotionally powerful forces to bear when people are in suicidal crisis, at no cost to the patient, family or health service.
- The development of the 'Prevent a Suicide: What to Say' app won the 2024 award in Victoria for innovation in suicide prevention as judged by

- The app is a cost-free tool that provides friends and family medically approved messages of connection and hope that can help prevent suicide.
- Dr. Horgan highlighted the following benefits of the app:
 - *The person with suicidal ideas does not have to go anywhere or call anyone to be protected; just reading the messages initiates the safety net
 - *No waiting for help that is rarely available easily such as 9 PM on a Friday night
 - *No training for anyone
 - *Fits seamlessly with any other available help
 - *Messages can be played to people on hold for crisis lines
 - *No embarrassment...many/most people prefer texts for delicate issues
 - *Family, friends and colleagues are a huge, untapped and highly influential resource
 - *Available immediately when suicide is mentioned
 - *Available for days or weeks while suicidal ideas remain and can message repeatedly
 - *Available 24 hours a day and intensely motivated.
- Dr. Horgan stated that a goal of The Australian Suicide Prevention Foundation is to collaborate with groups of all sizes in the suicide prevention space.
- The foundation is progressing plans to use AI to guide ongoing conversations within the app and offers joint ventures cloning the App technology and modifying it to suit high-risk groups e.g. they are currently working with farmers.

- Dr Horgan is seeking support from frontline workers and our networks to publicise the app.
- Several comments/discussions in the meeting chat demonstrated a positive and supportive response to the app and website.
- App demonstration video:



Prevent A Suicide
Demo v4b.mp4

Contact details and links:

[Prevent A Suicide: What To Say](#)

drdavidhorgan@gmail.com

John Hardy CEO/Board member: 0419 73 72 71

App store: "Prevent A Suicide: What to Say."



Lee Whiteley from Rural Alive and Well (RAW)

Lee is the CEO of Rural Alive and Well (RAW), a Tasmanian not-for-profit supporting mental health in farming and remote communities. Through face-to-face outreach and genuine connection, RAW provides early intervention and helps build resilience in rural Tasmania. Today, Lee will share the important work RAW is doing across the state.

- Lee provided information about the support services offered by RAW to promote mental health and resilience in rural agricultural communities, particularly in relation to suicide prevention.
- Support Services Offered by RAW
RAW provides face-to-face support for individuals facing challenging times. They encourage people to reach out for help when needed, emphasizing the importance of mental health.
- RAW offers direct support to those in need during difficult periods.
- Individuals can request support through a callback request on their website or by calling 1800 729 827.
- Temperature Gauge for Mental Health
The temperature gauge metaphor illustrates how individuals can monitor their mental health and well-being. It suggests that while fluctuations are normal, prolonged distress signals the need for support.
- The gauge ranges from 0°C to 300°C, with 250°C - 300°C indicating a need for help.
- Various questions help assess mental state, ranging from "How are you going mate?" to "How socially connected are you?"
- Signs and Symptoms of Distress
Common signs of mental and physical distress include irritability and withdrawal from social activities. Recognizing these symptoms is crucial for seeking timely support.

- Symptoms include an irritable mood, loss of interest in enjoyable activities, and difficulty sleeping.
- Everyone's experience may vary, highlighting the need for personalized support.
- Strategies for Mental and Physical Well-Being
RAW emphasises the importance of maintaining mental clarity, social connections, and a hopeful outlook for the future. They encourage proactive measures to enhance well-being.
- Individuals are prompted to consider actions to improve mood and stay connected with loved ones.
- Staying physically strong is also highlighted as a key component of overall health.
- Impact and Reach of RAW Services
RAW has made significant strides in providing support, with a notable increase in self-referrals and support activities completed. Their outreach efforts have expanded considerably over the past year.
- 651 people received face-to-face support, with an average of 239 days of support provided.
- Self-referrals increased by 13.2%, reaching 80.3% of total referrals.
- 764,166 kilometres were driven for support activities, an increase of 183,708 kilometres from the previous year.

Contact Details and Links:

RAW: 1800 729 827

[Welcome to RAW](#)

[It's simple to request support!](#)



Jasmine Angus from the Department of Health

Jasmine works with the Department of Health. We appreciate this direct connection with the government, and the opportunity to hear from Jasmine, share our feedback on initiatives, and advocate for the needs of our local communities.

Jasmine provided the following updates:

- We are currently implementing the [second implementation plan](#) of the [Tasmanian Suicide Prevention Strategy](#) .
- The evaluation of the [first implementation plan](#) is now online. There is also a [snapshot](#) report.
- The third [Report to the Tasmanian Government on Suicide in Tasmania](#) is now available online. Please consider carefully your personal needs when reading this report.
- The ACER [Wellbeing Program Guide](#) has recently gone live. It provides a directory to support schools to find wellbeing programs that meet their specific needs and contexts.
- With support from the Tasmanian Centre for Mental Health Services Innovation (TCMHSI), the Department of Health is finalising a list of recommended suicide prevention training programs. The license for Connecting with People training has been extended until the end of the strategy (2027).
- Some recent funding agreements of programs supporting men in Tasmania include Movember's [Men in Mind](#) training and [Ahead of the Game](#), and [Men's Table](#)

- The Department of Health's Mental Health, Alcohol and Drug Directorate – which led the work of the Tasmanian Suicide Prevention Strategy – has been disbanded. The work of the Directorate has been split into three areas
 - Suicide Prevention Policy and Projects (along with AOD) sits with Public Health Services
 - Mental Health Policy and Projects sits with Statewide Mental Health Services
 - Commissioning (all work areas) sit with System Management and Reform
- Thank you to everyone for their patience with as we navigate this new arrangement

Brendan Sullivan from Men's Resources Tasmania – joint winner of the Priority Populations Award.

Men's Resources Tasmania (MRT) is a community based, not-for-profit organisation that supports and promotes the wellbeing of men and boys in Tasmania. MRT developed the Building Pathways program to support people involved in the criminal justice system.

Brendan shared the following information about Building Pathways:

- MRT developed Building Pathways is a coaching and mentoring program aimed at supporting inmates in their personal development and reintegration.
- Peer Support Worker Role
- Focus on self-care and personal well-being.

- Coaches ask questions to empower inmates to make their own decisions.
- Advocates for inmates and leads by example to inspire others.
- Educates inmates on how to seek help and resources.
- Provides clear instructions to ensure inmate safety.
- Elements of Real Conversation
 - Intent: Understand the purpose and context of conversations.
 - External Preparation: Create a conducive environment for discussions.
 - Internal Preparation: Maintain a resilient mindset and emotional clarity.
 - Appropriate Welcome: Use positive body language to foster openness.
 - Deep Listening: Prioritize understanding over responding.
 - Effective Questioning: Encourage exploration of unknowns.
 - Feedback: Summarize what has been communicated for clarity.
 - Next Steps: Discuss any follow-up actions if necessary.
 - Appreciation: Conclude conversations with gratitude.
- Coaching and Mentoring Program
 - Offers support for newly arriving inmates.
 - Conducts well-being check-ins to assess mental health.
 - Assists inmates with necessary forms and paperwork.
 - Connects inmates to post-release support services.
 - Encourages community involvement through membership, donations, and volunteering.

Contact details and Links:

[Building Pathways — Mens Resources Tasmania](#)

info@mrtasmania.org

[0474 721 749](tel:0474721749)

[GPO Box 423](#)

[Hobart TAS 7001](#)

Ben Fisher from A Tasmanian Lifeline – Innovative Practice and Research Award

A Tasmanian Lifeline provides free emotional support and community referrals to individuals in need across Tasmania.

Ben shared the following about A Tasmanian Lifeline

- What is A Tasmanian Lifeline?
 - Launched in 2020 by Lifeline Tasmania to address local support needs.
 - Offers free phone-based emotional support from 8am–8pm, 365 days a year.
 - Available for anyone needing someone to talk to.
- ATL Services
 - Provides compassionate listening and understanding through trained Support Workers.
 - Offers ongoing emotional support with Regular Scheduled Calls for isolated individuals.
 - Links callers to local services through Community Referrals.
 - Delivers Specialised Support for those facing hardship or major life events.

- ATL Partnerships
 - Collaborates with Ambulance Tasmania for emotional support during non-clinical situations.
 - Works with Access Mental Health for warm referrals and emotional support.
 - Partners with Tasmanian Prison Service to support individuals in prisons and post-release.
- How to Access ATL
 - Call 1800 98 44 34 from 8am–8pm, 365 days a year.
 - Use the online calendar booking system at www.atasmanianlifeline.com.au.
 - Requires prior discussion and verbal consent from the person being booked.
- Celebrating Success – 2025 LiFE Award Winner
 - Recognized with the Innovative Practice Research Award for reducing isolation and loneliness.
 - Acknowledges the contributions of Support Workers and partners in creating connections.
 - Highlights the positive impact on the Tasmanian community.
- Lifeline Before Crisis
 - Focuses on early intervention to prevent crises and strengthen resilience.
 - Provides a compassionate local voice for Tasmanians needing support.

Contacts and Links:

1800 98 44 34

reachout@lifeline Tasmania.org.au

8am – 8pm, 7 days a week, 365 day per year

24/7 Crisis Support: 13 11 14

Emily and Craig from Homebase – joint winner of the Priority Populations Award

Housing and Accommodation Support Initiative (HASI) offers psychosocial support to individuals aged 18-64 with mental health issues, helping them maintain their housing and reduce the risk of homelessness and suicide.

- Eligibility Criteria

To qualify for HASI, individuals must have a primary diagnosis of mental illness, be at risk of losing their housing, be open to receiving support, and not currently be receiving NDIS support.

- Support Services Offered:

- Assistance with tenancy issues.
- Support for managing physical and mental health needs, including access to health services and safety planning.
- Improvement of daily living skills such as self-care, cleaning, shopping, cooking, and financial management.
- Building social support networks and engaging in activities of interest.
- Support for education, vocational training, or employment opportunities.
- Goal identification, self-esteem building, and vision creation for future success.

- Referral Sources
Referrals to HASI can come from various sources, including social housing providers, mental health inpatient units, community mental health services, and self-referrals.
- Priority for Limited Places
When there are limited spots available, priority is given to individuals who are in hospitals longer than necessary due to support needs or those at risk of homelessness due to serious tenancy issues.

Contacts and Links:

[Homebase Youth Services - Homebase Youth Services](#)

info@homebasetas.org.au

1800 955 700

Kylie Delaney – Outstanding Contribution to Suicide Prevention Award

Kylie has dedicated 18 years of her life to her work in the mental health sector, with a particular focus on complex PTSD and suicide. As a person with lived experience of mental ill-health and disability, she continues to dedicate her expertise to her profession and community.

Kylie shared the following regarding her work:

- Acknowledgment of Award
- Gratitude for winning the award.
- Emphasis on the importance of continued conversations about suicide prevention.
- The Need
 - 88 deaths by suicide reported in 2023, likely underreported.

- Higher suicide rates among people with disabilities and autistic individuals, especially autistic females.
- Key Contributions
 - 20 years dedicated to social services.
 - Contributions to mental health and suicide prevention research for autistic people.
 - Creation of a worldwide online support group for people with C-PTSD.
 - Advocacy and involvement in various community programs.
- Community Impact
 - Policy and practice shifts.
 - Increased partnerships and training.
 - Services informed by lived experience knowledge.
- Moving Forward
 - Commitment to building safe, connected communities.
 - Using voice to influence change in the mental health sector.
 - Working towards a world where suicide is not an option.

Contacts and links:

- Email: kyliekwc@hotmail.com
- LinkedIn: Kylie Delaney
- Work Mobile: 0478 267 393

4. General business & open discussion

Due to time constraints, Gillian Smith from Skretting has been invited to share at our next meeting.

5. Next meeting – Time, date and venue to be confirmed.

6. Meeting closed at 1.45pm