

## What we know

Suicide is preventable yet twice as many Australians die by suicide every year compared to road accidents.

People in rural and remote areas are more likely to die by suicide than those in major cities. We are here to educate, encourage and link people to the best care and support for their situation.

## What we do

Good SPACE (formerly known as Farm-Link) is a Suicide Prevention Program that aims to prevent suicide through community and clinical education.

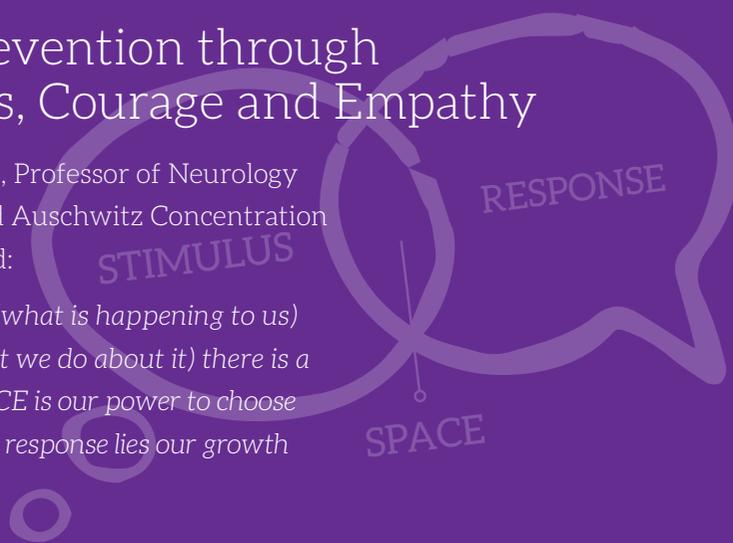
We work in partnership with clinical and rural service providers and link individuals to services appropriate to their needs. Through our evidence-based workshops we provide the general community, frontline workers and clinicians with the skills to identify a person at risk of suicide, and how to assist that person.

Good SPACE covers the Hunter New England North West region of NSW, with a view to expanding more broadly.

## Suicide Prevention through Awareness, Courage and Empathy

As Victor E. Frankl, Professor of Neurology and Psychiatry and Auschwitz Concentration Camp Survivor said:

Between **stimulus** (what is happening to us) and **response** (what we do about it) there is a **SPACE**. In that **SPACE** is our power to choose our response. In our response lies our growth and our freedom.



## If you need help now

If you're concerned about your own or someone else's mental health, **call the Mental Health Line on 1800 011 511.**

If a person is at risk of harming themselves, or others, **call 000.**

If you are experiencing a personal crisis and wish to talk to someone **call Lifeline on 13 11 14.**

## Want to partner with us?

We are continually looking for opportunities to partner with other organisations or departments to support the mental health needs of people living in rural and remote communities. If you would like to discuss ideas for joint projects or how we might work together, please contact the Good SPACE team at [goodspace@newcastle.edu.au](mailto:goodspace@newcastle.edu.au) or call +61 2 6721 0074.

To find out more about Good SPACE, visit [www.crrmh.com.au](http://www.crrmh.com.au)  
To learn more about our community events follow us on Facebook [www.facebook.com/crrmh.GoodSPACE](https://www.facebook.com/crrmh.GoodSPACE)



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## Suicide Prevention through Awareness, Courage and Empathy





## How does Good SPACE help to prevent suicide?

- We educate communities, individuals and clinicians on how to recognise if someone is at risk of suicide and how to provide support.
- We help communities and individuals to identify how they can improve their own mental health and wellbeing and how to increase resilience during tough times.
- We help people experiencing mental health concerns by providing advice and resources in their local area.
- We build relationships between local service providers and help improve access to services.

## How is Good SPACE managed?

Good SPACE is a Suicide Prevention Program funded by the Hunter New England Central Coast Primary Health Network, and is provided by the University of Newcastle's Centre for Rural and Remote Mental Health.

## What we provide

One of the ways in which we can prevent suicide is by increasing a person's skills in identifying, understanding, and responding to a person who is thinking of suicide. We offer workshops to the general community, as well as clinicians. These include:

### The Good SPACE Workshop

This four-hour rural suicide prevention workshop helps participants develop an awareness and understanding of suicide, and how to help someone who may be at risk of suicide.

The workshop also educates participants on how they can improve their own mental health and wellbeing, which may improve their capacity to cope during tough times.

**Who can attend:** Anyone aged 18 years or over.

### ASIST – Applied Suicide Intervention Skills Training

This two-day workshop teaches participants to carry out life-saving interventions for people at risk of suicide. ASIST teaches participants to recognise when someone may be at risk of suicide and how to work with someone to create a plan that will support their immediate safety. Good SPACE offers several ASIST courses each year.

**Who can attend:** Community members and clinicians.

### SuicideTALK

Ranging from 90 minutes to three hours, SuicideTALK starts a conversation that is needed in order to prevent suicide, which is to talk about suicide. It asks 'should we talk about suicide? Is it safe to talk about suicide?' By looking at these questions in a number of different ways, participants discover some of the beliefs and ideas about suicide in their communities and in themselves.

**Who can attend:** Anyone aged 16 years and older who would like to be part of this conversation.

### Clinical training

The Good SPACE team partners with the Black Dog Institute (BDI) to coordinate the delivery of BDI's 'Advanced Training in Suicide Prevention' for clinicians. This six-hour workshop is delivered by a General Practitioner and aims to up-skill clinicians in assessing and treating suicidal patients. The workshops are held on Saturdays.

**Who can attend:** General Practitioners, psychologists, and other allied health workers.

### Aboriginal suicide prevention - We-Yarn

This five-hour suicide prevention workshop has been developed in consultation with, and for, Aboriginal people.

**Who can attend:** Aboriginal and Torres Strait Islander People

## Other services

### Community engagement

Good SPACE regularly works with communities in a number of ways. We can assist with the development of a network (e.g. suicide bereavement, suicide prevention), speak at or assist with the organisation of a relevant event, and provide resources. Contact us at [goodspace@newcastle.edu.au](mailto:goodspace@newcastle.edu.au).

### Linking people to services

We maintain strong relationships in the communities where we work. If you would like to find out what services are available, how you can access them, and what to expect, please contact us at [goodspace@newcastle.edu.au](mailto:goodspace@newcastle.edu.au).

Please note that Good SPACE is not a clinical service. To find out more about upcoming workshops in your area, visit [www.crrmh.com.au](http://www.crrmh.com.au) or follow us on Facebook - [www.facebook.com/crrmh.GoodSPACE](https://www.facebook.com/crrmh.GoodSPACE).

WORKSHOPS