

Research

Three funded proposals

- **Provision of suicide prevention training to Aboriginal Community Controlled Health Organisations and to their communities (We-Yarn)** prepared for Hunter New England Central Coast PHN
- **Place-based planning for Primary MH&DA Services in Western NSW PHN** prepared for Western NSW PHN
- **Murrumbidgee Primary Mental Health Stepped Care Co-Design Project Proposal** for Murrumbidgee PHN

Four publications

- **Austin, E., Handley, T., Kiem, A., Rich, J., Lewin, T., Askland, H., Askarimarnani, S., Perkins, D., Kelly, B.** (2018) Drought-related stress among farmers: findings from the Australian Rural Mental Health Study. *The Medical Journal of Australia*
- **Tonelle E. Handley, Jane Rich, Terry J. Lewin, Brian J. Kelly.** (2018) The predictors of depression in a longitudinal cohort of community dwelling rural adults in Australia. *Social Psychiatry and Psychiatric Epidemiology*
- McGill, K., Hiles, S., **Handley, T.**, Page, A., Lewin, T., Whyte, I and Carter, G. (2018) Is the reported increase in young female hospital-treated intentional self-harm real or artefactual? *Australian & New Zealand Journal of Psychiatry*
- Blackberry, I. (2018) (**Perkins, D.** Co-Author) Virtual Dementia-friendly rural communities. *Australian Journal of Dementia Care*. Vol 7 No 6 Dec 2018/Jan 2019

Presentations

Seven conference presentations

- **Livingstone, F., Blacklock, N.** 'What yarning about suicide has taught us? Delivering We-Yarn – an Aboriginal suicide prevention workshop'. National Suicide Prevention Conference. Adelaide, SA Australia. 23-26 July 2018.
- **Dalton, H., Hazell, T., Livingstone F., Caton, T., Perkins, D.** 'The Locality Gap: Tackling the entrenched problem of higher rural suicide rates.' National Suicide Prevention Conference Adelaide, SA Australia, 23 - 26 July 2018.

- Lovelock, H. and **Dalton, H.** 'Low Intensity Mental Health Services – what are they, who provides them and do they work?' The MHS Conference Adelaide, SA Australia, 28-31 August 2018.
- **Read, D., Maddox, S., McEvoy, L., Caton, T., Smyth, V. & Dalton, H.** Evaluation of the Glove Box Guide to Mental Health – poster. Australian Rural and Remote Mental Health Symposium, Hobart, Tasmania. 15-17 October 2018.
- **Perkins, D.** Rural Suicide Needs Attention. Australian Rural and Remote Mental Health Symposium, Hobart, Tasmania. 15-17 October 2018.
- Luscombe G, Lee A, Newman J, Halls M, **Fitzpatrick S, McEvoy L, Bailey J.** Towards an Aboriginal Youth Health Strategy in Orange, Western NSW. Youth Health Conference, Gold Coast, Queensland. 7-9 November 2018.
- **Fitzpatrick, S.J.** Rethinking rural suicide: Intersectionality in research and policy. Building Critical Bridges: The Third Conference of the Critical Suicide Studies Network, Perth, Australia, 12-13 December 2018.



Awards

RAMHP was awarded for their **Excellence in Mental Health Recovery** at the **Tamworth Business Chamber's Quality Business Awards**.

Series 1 of **RAMHP's 'Let's Talk Rural Mental Health' podcast** was awarded the **TheMHS Special Journalism Award in the Regional/ Rural/ Community category**.

Collaborations

RAMHP partnered with the **Baggy Blues NSW Cricket alumni group** and the **NSW Government** and toured rural towns of Lismore, Griffith, Bega and Dubbo.

CRRMH Director Professor David Perkins and Senior Research Fellow Dr Hazel Dalton attended the Senate Community Affairs References Committee on the **'Inquiry into the accessibility and quality of mental health services in rural and remote Australia'** to discuss our submission.

IFIC Australia hosted a week-long **accelerated learning program** attended by 20 delegates.

Training

RAMHP delivered **mental health training** to **4,833** people across NSW.

Good SPACE delivered **suicide prevention training** to **132** people across NSW.

Good SPACE delivered **Advanced Training in Suicide Prevention** to **11** clinicians in conjunction with the Black Dog Institute.

A new RAMHP training package **'Getting Through the Dry'** was developed to assist in supporting drought-affected communities.

Informing the public

RAMHP **linked 1,727** people to care and **attended 269** community events to educate the public on mental health concerns.

RAMHP produced a second series of their **'Let's Talk Rural Mental Health' podcast** with **1,541** listens.

RAMHP produced a new factsheet **'Let's Talk: managing stress during drought'** for drought-affected communities.

RAMHP launched their 7th edition of the **Glove Box Guide to Mental Health** in partnership with The Land newspaper. **51,508** copies of the publication were distributed across NSW by RAMHP and The Land.

Good SPACE developed a **mental health resource** wallet card in collaboration with the **Narrabri Rotary Club**, and a **service directory** for Moree, NSW.