

MEDIA RELEASE



Monday, 14 August 2017

Let's talk – Suicide Prevention workshops in the Upper Hunter

People in rural and remote areas are more likely to die by suicide than those in major cities.

The Centre for Rural and Remote Mental Health (CRRMH) is encouraging community members in the Upper Hunter to participate in a suicide prevention workshop to learn more about how to assist community members at risk of suicide.

Good SPACE is a suicide prevention program that is managed by the CRRMH. The program aims to prevent suicide through community education. The program delivers various workshops to teach community and frontline workers the skills needed to recognise if someone is at risk of suicide and how to provide support.

Good SPACE is holding their Good SPACE workshop in Muswellbrook on Friday 18th August (details below). In this workshop, participants learn why people consider, attempt or die by suicide, what to say to someone who is at risk, what the signs are that a person might be thinking of suicide and how and when to help. The workshop also encourages people to improve their own health and wellbeing, and offers practical tips on how to do this.

Good SPACE Program Coordinator, Fiona Livingstone, said the Good SPACE workshop is free and anyone aged 18 years and over is welcome to attend.

“We know that suicide is preventable yet twice as many Australians die by suicide every year compared to road accidents.”

“By coming to one of our Good SPACE workshops, you can help reduce suicide in your community. It might be as simple as having a conversation with someone you may be concerned about and asking, “Are you okay?, I've noticed some changes in you lately and I am just wondering how you are?” The workshop also teaches participants what to say if the person responds that they are not okay.”

Following on from the first Muswellbrook workshop, participants are invited to join the Good SPACE team for lunch and a conversation about how they think Good SPACE should work with the Upper Hunter communities to prevent suicide.

“We want to know what the best way is to engage with communities in the Upper Hunter and how we can best meet their needs by working together,” said Fiona.

It is hoped that workshops will be scheduled in other towns in the Upper Hunter as a result of the meeting after the workshop.

To learn more about upcoming events and other workshops, visit www.crrmh.com.au or follow us on <https://www.facebook.com/crrmh.GoodSPACE/>



Upcoming Workshops

Muswellbrook – Friday 18th August from 9:00am-1:00pm.

Registration: E: carmel.osullivan@newcastle.edu.au or call M:0419707211

ABOUT Good SPACE (Suicide Prevention through Awareness Courage and Empathy)

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

Good SPACE works in partnership with clinical and rural service providers and links individuals to services appropriate to their needs. The program provides evidence-based workshops that aim to provide 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 is 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 others have said about the Good SPACE workshops

When asked about their key learning from the workshop

'There is something I can do to help to prevent suicide'

'How to ask someone about whether they're having suicidal thoughts'

'Recognising and identifying people with potential thoughts or plans of suicide.'

When asked about what the best aspect of the workshop was

'Gaining confidence to be able to ask the right questions and knowing how to respond to the answer.'

'Clear and current information. Open and honest discussion. Very informative!'

'Has given me a new skill set to help someone.'

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