Contact Us

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Artwork by Nikita Ridgeway captures the We-Yarn workshop. It shows the importance of culture and community in the prevention of suicide, and how once inner peace is obtained, it radiates from within, outwards.
What is We-Yarn?

- We-Yarn is a culturally appropriate suicide prevention workshop for Aboriginal people. It was created in consultation with Aboriginal health and service providers, and the Aboriginal community in New England North West NSW.
- We-Yarn is designed to be facilitated by or with an Aboriginal person.
- We-Yarn has been evaluated, and results show that it is culturally appropriate, increases understanding of social and emotional wellbeing and why people die by suicide, and increases confidence in identifying a person at risk, yarning with them, and assisting them to seek help.
- We-Yarn is typically delivered over 4-5 hours.

We-Yarn offers a flexible approach to learning about suicide prevention. We-Yarn can be held out on country (without technology), or in a classroom style setting. Facilitators work with organisations and communities, and are guided by them.

How is We-Yarn funded?

We-Yarn is managed by the Centre for Rural and Remote Mental Health (CRRMH).

Please contact us to find out where we are currently funded to deliver We-Yarn and what options are available.

What does We-Yarn aim to do?

- Begin open and honest yarning about suicide
- Increase understanding about social and emotional wellbeing
- Improve participants' own social and emotional wellbeing
- Increase understanding about why people die by suicide
- Increase confidence in identifying someone who might be at risk of suicide, yarning with that person and assisting them to seek help
- Empower communities to work together to prevent suicide

We want to inspire healthy change in anyone who attends We-Yarn, and for this to have a flow on effect throughout their own community. We want communities to understand how much they can contribute to the prevention of suicide, and to empower them to be a part of it.