



## ACHIEVEMENTS

- Well attended event (200 attendees)
- Engagement from a diverse age and demographic
- Strong representation from the service sector
- Diverse range of topics and speakers
- Event rating of 8.93/10
- 86% of those that completed the survey said they would attend again

## About this event

The World Suicide Prevention Day (WSPD) Planning Committee, led by SabrinasReach4Life, organized the Breakfast Forum with the support of Forrest PR.

Committee representation included people with lived experience, the private, NGO and government sector.

The Forum was a free event for a third year in a row thanks to the generous sponsorship and support from partners in the suicide prevention space.

The breakfast was held at Charles Darwin University on Friday 10 September, the official World Suicide Prevention Day.

Attendees engaged in presentations and a panel session. Information booths were on display with a workshop delivered by NEAMI National and Larrakia Nation following the event.

## Outcomes from the 2021 event

- The World Suicide Prevention Day breakfast saw 207 people attend, with a further 50 join online and participate in a range of presentations, panel discussion and information sessions with a focus on supporting and enhancing suicide prevention in the Northern Territory.
- The event was attended by a diverse group of people in age and cultural diversity with strong representation from the service sector and those that work or have an interest in suicide prevention.
- The WSPD Breakfast Forum supported the theme of 'Creating Hope Through Action' with presentations about:
  - Suicide prevention
  - Youth Engagement
  - Support after Suicide (Postvention)
  - Lived experience in Mental and physical health
  - Royal Commission into Veteran Suicide
  - Indigenous health and rates; and
  - LGBTQIA+ and suicide prevention

## Event Responses

Of those that completed the survey;

- 86% said they would attend again with 14% responding maybe
- The overall event rating was 8.93 out of 10
- Out of 10, the speaker rating was 9.12



## *Key Messages from participants*

Some outcomes attendees took away with them include:

- Preventing suicide/reducing its rate is everyone's business!
- That there are many people doing good things, but there is still a disconnect among service providers
- The importance of community and connection. Many people are doing good work so we need to bring resources together.
- The importance of having people with lived experience involved at every level.
- Importance of evidence based programs, more investment in prevention is needed. We need to talk about our feelings more frequently and openly.
- There is power in sharing your story and from adversity comes triumph
- There are some amazing NGOs and passionate people in our community. I was very impressed by the Co-Responder Program
- Australian men are in crisis and need our help
- There is a lot of brilliant work being done at ground level and the room was full of people who truly cared and wanted to make a difference.

## *Feedback comments on presentations*

- Craig Garraway's personal story about his son was very powerful
- Drew Wagner and Heston Russell were the most succinct but also the most professional and their message was so powerful
- All speakers were powerful and stood out to me in one way or another. The range was diverse which was refreshing
- Dameyon Bonson and the young singer were great
- Lidia – Sabrina's Reach4Life
- All speakers from Sizol onwards were excellent.
- Dameyon - Truth telling like no one else did. And the Ambulance guy. Such an amazing message.
- Sizol, Heston and Drew Sizol was inspirational
- All had a message for both reflection and consideration
- Youth speakers and the great approach by Matt Hull as MC
- It was a very inspiring session with so many powerful and authentic speakers.
- Dameyon Bonson was the presenter that stood out the most for me as he seemed very well informed and evidenced
- Sizol Fuyana!! but I loved all the lived experience speakers. I also think the MC Matt was great and perfect for this type of event.
- The guy from Minerals Council of Australia (Drew)
- Sizol and Craig – they were real!
- It was nice to see so much from men regarding mental health
- Everyone had such a powerful story to share so all great!



## *Feedback for future topics and speakers*

- Think it would be good to continue to draw on different experiences and good news stories of community action
- Speakers and topics were great. The technology could be improved so that all can access the videos and power points
- Jacqueline from the panel as a main speaker (Thirrili)
- I would like to hear about new ideas, innovations that can be applied by people working in the area
- More on male suicide prevention strategies
- Really enjoyed the diversity of the presentations and the lived experience perspective, would be good to be maybe a half day
- Would like to hear more about initiatives happening in the community for suicide prevention. And hear more about different supports available.
- More family stories from parents of LGBT kids.
- The types of training, group work, projects, wellbeing programs etc that are being run for men particularly on mine sites
- The prevalence of suicide in older populations and outcomes of current research
- I like the message of action and I think that presenting a clearer picture of what the evidence tells us works would be good.
- Academic research on suicide prevention for men. Suicidality and Domestic and Family Violence.
- Continue having people with lived experience
- The Chaplains might share about their work
- Wendy Burns - International author and mentor (her suicide story is hauntingly powerful)
- Include the voices of Aboriginal People and their experiences and pathways to healing

## *Other comments*

- Involving more young people - needed more youth in the room
- We need a Suicide Prevention Alliance to strengthen collaboration in the NT
- Half day conference instead of a breakfast. Better venue and charge people to ensure professionalism and better food.
- Not just Darwin centric events and conversations
- The collaboration between NEAMI and Larrakia Nation is a model that could be rolled out on a national level.
- Providing a platform for young people to stand up to help others from their experience will help in so many ways. The partnership between the relationship is vital.
- Free (or subsidised) community training programs such as ASIST
- Having workshops around each item would mean the messages were clearer and it would give some output from bringing everyone together.
- Reiterating that people should look out for each other, debrief for attendees seeking

**CREATING HOPE  
THROUGH ACTION.  
SEPTEMBER 10**

 International Association  
for Suicide Prevention  
World Suicide  
Prevention Day



**World Suicide Prevention Day  
Breakfast Forum 2021- Précis**  
help.

## Key points from presenters

**Minister Natasha Fyles** – The voice of people with lived experience is essential!

An Adult mental health model is coming. Appreciate the efforts of SR4L and the WSPD Committee for today

**Lidia di Lembo** - Lived experience required at all levels to effect change – NT not quite there yet. More collaboration and information sharing needed across all sectors working in suicide prevention. Focus on early intervention.

SR4L has become a Darwin Suicide Prevention Network with Wesley Lifeforce

SR4L working on a Young Healthy Mind Award, to be co designed with and for young people to help reduce stigma around mental ill health and suicide

**Christine Morgan** – Suicide prevention needs to be a whole of government approach – authorise our Ministers to work in this space at all levels of government

Must embed and integrate SP policy to help shape services. Highlighted key outcomes from the reports released.

Services need to intervene early - Not only intervening when in crisis but where there is early signs of distress.

**Sizol Fuyana** - Disengaged student at school. Mental health declined after her friend died by suicide. 2019 was her first suicide attempt and was hospitalized where she just answered hospital staff questions so she could be discharged and go home. Financial stress and loss of job heightened anxiety. Gained confidence when a nurse told her “your story is going to change the world.” The future became brighter.

**Craig Garraway** - All emergency services operate from the one room. All services that need to be involved in crisis response know what is happening. The Joint Emergency Services Communications Centre(JESCC) receives 55,000, 000 calls a year and the 3<sup>rd</sup> highest calls for help relate to mental health. The new Police, Health and Ambulance co-responder model can track a suicide threat call up to 3 square metres so help can be sent.

Craig’s heartfelt personal story received numerous, positive feedback.

**Heston Russell** – shared his lived experience – took on the role of encouraging veterans to share their own stories. When he speaks with veterans, sadly 9/10 have had experienced some form of suicidal ideation and 6/10 had never shared that fact before he asked.

People need a chance to be heard. The Royal Commission is a chance to bring the community back together

### **Lyrics for life**

Clients shared their experience through stories ‘tell and get well’

Stigma is big obstacle – how to help someone with suicidal ideation and where to seek help. Songs developed to speak to the heart of these concerns and reached 4,500 Territorians in the first 3 months of release.

### **Drew Wagner – Executive Director of NT Minerals council**

Mental health and suicide is the largest and most important topic we should be talking about. Through COVID, FIFO workers were not returning home to their families in other states, they were staying in Mitchell St - disconnected. We need to change the stigma that “Blokes” are the rocks. Get conversations with men started.

### **Anne Marie O’Brien and Robert Cooper – Head to Health (Adult Mental Health Centre)**

This is the first of the National strategy to deliver a non-clinical, safe space where someone can go if they are in distress. Tele health will step in if no one is available face to face. Will be open 7 days a week including outside of business hours. Opening in December 2021

**Dameyon Bonson** - Outlined issues in suicide prevention in remote Australia. Founder of Black Rainbow Creative solution in suicide prevention. Need individual approaches to suicide. We are not just lived experience but have qualifications around this. We need Empirical studies/evidence that suicide prevention action strategies work. Evidence is essential to what we are trying to do. Existing services funded should be evaluated.

**Jacqueline McGowan-Jones – Thirrili** – This service helping those who have had a loss to navigate through the system, Covid 19, police, child protection. There is no definitive research on post-vention support. Shared her personal story of suicide loss. Trauma was a casual factor a continuum of care that is culturally responsive. Thirrili connects people to support services, they do not provide the support.

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