



Sabrina's Reach4Life 2020

Achievements

- Co-hosted with CDU the WSPD Forum 20 "Stronger Together" attended by over 130 people
- Co-hosted research with Karl Andriessen Melbourne University, "How to best help Bereaved Adolescents"
- Participated in Come walk with Me event in Palmerston
- Partnership with StandBy for Suicide Peer Support Persons
- Committee attended StandBy Suicide Peer Support training
- Bereaved By Suicide Support Group conducted community presentations, "Dealing with Anxiety and Sleep", "What is Trauma and It's Impact"



BEREAVED BY SUICIDE SUPPORT GROUP (NT)
Instill Hope Promote Healing Engender Compassion



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Bereaved by Suicide Support Group (NT) is hosting its first webinar after face to face sessions were suspended as a result of COVID 19 restrictions.

"Dealing with Anxiety and the links to Sleep Issues"

Who should attend? Anyone bereaved (18+ years)

Venue: Zoom webinar
Date: Wednesday 6th May 2020
Time: 7pm - 9pm

Host: Joan Washington, Trainer/Educator and Standby Support after Suicide Co-Ordinator with over 15 years' experience working with individuals, families and communities.

Speaker: **Natina Demetriou**, provisional psychologist, is a highly experienced counsellor particularly in the area of managing anxiety and the effects anxiety has on sleep. Ms Demetriou has a Bachelor of Psychological Science (Honours) and a Graduate Diploma of Counselling.

Co-Facilitator: **Coral Osborne**, has a Bachelor of Psychology and a Graduate Diploma of Counselling (Loss and Grief) and is also a crisis support counsellor with Lifeline.

This session is being held with support from Standby Support after Suicide

Bereaved By Suicide Support Group (NT) and other causes is hosting a free

"What is Trauma and it's Impact"

Host: **Joan Washington**: Graduate Diploma in Education (Adult/Vocational Education), Certificate of Nursing, Migration Law. Joan has over 15 years' experience working with individuals, families and communities affected by traumatic experiences. Joan will be conducting workshops about the effects of trauma throughout the Northern Territory.

Venue: Harry's Place (Administration Building)
1 Willeroo Street, Tiwi
Date: Wednesday 4th March
Time: 7pm - 9pm



Director/Co-Founder activities

- Conducted multiple Radio Interviews on Suicide prevention activity, advocacy for postvention services and WSPD Forum 20 "Stronger Together"
- Held meetings with NT PHN to advocate for lived experience to be trained and part of policy development and program reviews
- Meeting with Health Minister Honourable Natasha Fyles re report on outcomes of the WDPD Forum20

World Suicide Prevention Day
NT FORUM 2020

~ Stronger Together ~

18 SEP 2020 8.00AM – 4.30PM
Building Red 6, CDU Casuarina Campus

WITH MC AMY HETHERINGTON AND SPEAKERS INCLUDING:

- ✓ Christine Morgan – CEO, National Mental Health Commission, and National Suicide Prevention Advisor to the Prime Minister
- ✓ Professor Patrick McGorry – Professor of Youth Mental Health, University of Melbourne, and Executive Director, Orygen
- ✓ Bronwen Edwards – CEO, Roses in the Ocean
- ✓ Jacinta Hawgood – Program Director of Suicidology, Australian Institute for Suicide Research and Prevention
- ✓ Associate Professor Jo Robinson – Head of Suicide Prevention Research, Orygen
- ✓ Lidia Di Lembo – Director and Founder, Sabrina's Reach4Life

TOPICS:

- ✓ Strengthening collaboration across the NT
- ✓ Elevating the role of young people
- ✓ Utilising the insights of communities and people with lived experience
- ✓ Establishing a NT Suicide Prevention Alliance



Online and face-to-face attendance options available.
This is a free event, however registrations are essential at <https://stronger-together-ntforum.eventbrite.com.au> by Monday 14 September 2020.

#SR4L #WSPD2020 #STRONGERTOGETHER

SUPPORTED BY:

Logos for supporting organizations: Northern Territory Government, phn, Workforce, MARS, CatholicCare NT, Team HPAI 174, NPAKA, MISSA AUSTRIA.


A photograph of the event shows a panel of five people seated on a stage in front of a blue backdrop with the event logo. An audience member is visible in the foreground.

Centre for Mental Health
School of Population and Global Health

What is the best help for bereaved adolescents who have lost a family member or a friend by suicide or other cause?

Presenter:
Karl Andriessen, PhD (UNSW Sydney), Suicidology (Griffith University), is a NHMRC Early Career Fellow at the Centre for Mental Health, School of Population and Global Health, The University of Melbourne. His research is focused on suicide prevention, bereavement after suicide and other causes, adolescent and community mental health, and help-seeking. He received several awards and is the principal editor of "Postvention in action: The international handbook of suicide bereavement support" (Hogrefe, 2017).




The year ahead 2021

- Circulate an EOI for new Committee members to join SabrinasReach4Life
- Circulate an EOI to employ Suicide Peer Support
- EOI registered for the Mental Adult Health Centre NT
- Finalise the Website and Portal
- Plan for the Suicide Prevention Summit 21 in partnership with CDU and other key stakeholders
- Lead or assist in establishing a Suicide Prevention Alliance with WSPD members
- Continue promoting the BBSSGNT monthly meetings
- Explore the trial of a Peer Support line either just locally or push for a national one
- Youth Forum ~ Youth Award
- International Suicide Survivor's Day
- Memorial Garden

SabrinasReach4Life Team would like to acknowledge and thank you to all that have directly or indirectly supported SR4L in 2020, and for the commitment you all have shown us.

Kind Regards

Lidia & SR4L Team