



World Suicide Prevention Day

FORUM 2022

OUTCOME REPORT



BACKGROUND

World Suicide Prevention Day is acknowledged on the 10 September each year.

In the Northern Territory, Sabrina's Reach4Life has proudly hosted an event for the past four years to bring together people with lived experience of suicide to share their story: key stakeholders in the sector to share information, strategies, programs and identify recommendations for reducing the incidence of suicide across the NT.

The success of this event has seen it expand to a full day forum in 2022 and is the largest gathering of key service sector, government, health representatives and people with lived experience in the Northern Territory.

This initiative is coordinated by Sabrina's Reach4Life with the support of major sponsors, NT Primary Health Network and StandBy Support After Suicide and minor sponsorship from NT Government, TeamHealth and NEAMI National.



KEY OUTCOMES

- The Forum was a sold out event attended by 130 people
- Participants were from a cross section of the community with a diversity in cultural and linguistic background, age, sex, government, NGO's, businesses, service providers, health practitioners, policy makers, volunteer support services just to name a few
- Diversity of speakers ranging from those with lived experience, young people, LGBTQI +, veterans, first responders and services
- Post forum feedback indicated 93% of attendees said they would attend again.
- 20 speakers, 5 were young people.
- Event was livestreamed.
- Feedback from participants rated the Forum 8.6 out of 10.
- Quote "A fantastic event and still the premier suicide prevention event in Top End"

PRIORITY AREAS

- There needs to be stronger, authentic leadership and collaboration to reduce suicide in the NT
- "We are at a critical juncture" so what can we do differently to better support our community and implement the recommendations in national reports released on suicide prevention. This is even more important post COVID.
- It is not clear how we are going to reduce suicide across all cultures.
- *The heartfelt stories continue to cement my resolve that the voice of LE needs to be sought and integrated in all things related to suicide prevention. it is underestimated and there is no clear path as yet how we do this in the NT.*
- Establish a collective of people with commitment, passion, expertise and lived experience who can advise the Minister directly in suicide prevention.
- Government to expand and fund the Co Response model to be 24/7
- There should be a Suicide Prevention Summit in 2023 (one or two days)

PRIORITY AREAS CON'T

- Genuine and whole of community engagement in reviewing the new NT Suicide Prevention Framework for the next 5 years.
- Let's understand where we are failing, learn from this and invest in responsive and targeted solutions informed by evidence and lived experience.
- We should all continue to support and invest in young people sharing their story to inspire others and give *Hope*.
- How do ensure we have the right services in the right place at the right time, that are culturally safe?
- Postvention (support after suicide) and support after a suicide attempt is critical to reduce the risk of death by those who are most vulnerable.
- It feels like there is an element of fear if people 'advocate' for what needs to change, or if they 'speak up' as they may have their funding impacted.
- Wellness is about connection, meaning and engagement in community, finding purpose, moving away from a pathological perspective patient to people.

Speakers spoke about their living and lived experience, current practices, new and existing initiatives for people who are most at risk of suicide and advocacy targets. Nieves Murray, the Chief Executive Officer, Suicide Prevention Australia said: "we are at a critical juncture in suicide prevention".

In the NT, we are at the halfway mark to reduce suicides by 50%, as stated in *The Northern Territory Suicide Prevention Strategic Framework 2018 to 2023*. We continue to have the highest rate of suicide in the country, especially amongst young people, 3 and half times the national average. Our rate is not moving in the right direction. There was a call for more lived experience to sit across the governance, be directly involved in help identify more responsive and targeted solutions and monitoring of the NT Suicide Prevention Strategy.

As the NT Government is moving toward a new 5-year framework for 2024 -2028, there were mounting calls for a 2-day summit on Suicide Prevention to assist in elevating voices from across the Territory. Bringing together in one location those involved with, and invested in, reducing suicides in the Territory.

OVERVIEW OF PRESENTERS AND KEY MESSAGE



**MASTER OF CEREMONIES - Suicide Prevention Ambassador
Andrew Warton**

Andrew Warton is an experienced conflict resolution executive who was previously the Chief Officer of the Northern Territory Emergency Service (NTES).

Andrew served with the AFP in several Australian States and Territories, and in a range of internationally based roles in East Timor, Pakistan, Afghanistan, Sri Lanka, Solomon Islands, PNG and Samoa.

He is a community leader and former Chair of Lifeline in the NT. He founded the police community engagement project known as "Off the Hook", contributed to the founding year of Rob de Castilla's "Indigenous Marathon Project" and is a strong believer in the power of mentoring relationships within the workforce, and in life.



Nieves Murray, CEO Suicide Prevention Australia gave a pre-recorded video message.

Key messages were:

* Covid placed us at a greater risk

* We are at a critical juncture previous experience has

demonstrated that 2-3 years after a natural disaster that suicide rate may increase. Warning signs are there now.

- Timely access to quality care, services and programs are essential.
 - Call for a National Suicide prevention Act – A critical step to protect our community.
 - We are brought together by experience and unified by HOPE
- MC Andy** reiterated this comment by Neives Murray, "we are at a critical juncture" – We are also at the halfway mark to reduce suicides by 50%. He also stated: ***"In the room today you are the call to action – Suicide is everyone's business"***



OVERVIEW OF PRESENTERS AND KEY MESSAGES



OVERVIEW - Lidia Di Lembo – Chairperson and Co Founder, Sabrina's Reach4Life.

Lidia spearheaded the World Suicide Prevention Day events held since 2019 and is a 'voice' from the Territory in several national forums, including Co-Chair of Postvention Australia and member of the Suicide Prevention Australia, QLD/NT State Committee and Lived Experience Group.

Key messages:

1. We collectively should continue to focus on finding meaningful ways to tap into and integrate lived experience in everything we do around suicide prevention and build people's capability and resilience.
2. Push for stronger local collaboration and leadership in suicide prevention to help implement the roadmap released last year by Christine Morgan, National Suicide Prevention Advisor to the Prime Minister.
3. Invest more in early intervention to support those in distress and their families, as the evidence shows this will deliver better social & economic outcomes for the individual and the broader community.
4. Continue to advocate for an NT Suicide Prevention Alliance to facilitate whole of community critical conversations regarding the current state in suicide prevention and intervention and identify the desired future state that will help make a difference in all our lives.



WELCOME ADDRESS: The Honourable Lauren Moss NT Minister for Mental Health and Suicide Prevention

Minister Moss was elected to Territory Parliament in October 2014. She is the youngest Minister in the Territory. Her community and youth development work has been recognised locally and nationally. She was honoured to receive the Excellence in Youth Leadership award at the 2016 NT Young Achiever Awards and the NT Pride of Australia Young Leader Medal. Minister Moss gave a pre-recorded speech due to Covid.

Key Messages

- We need to maintain agility and flexibility if evidence base is to shift in best practice in Suicide Prevention
- NT Suicide Prevention Strategic Framework Implementation plan is monitored by the NT Suicide Prevention Coordination Committee is responsible for implementing the Framework
- NT Government is moving towards a new 5-year framework for 2024 -2028
- 50% reduction in suicide is an aspirational goal
- Government is focussing on building capacity to respond by strengthening services and systems
- Takes time - A broad systems approach to Suicide Prevention is not widely understood.
- Lived Experience has input into regional plans and community initiatives
- Connection is critical. Connection matters – the work we do and the solutions we seek are really interrelated.

“Do we have the right strategy and resources in place. Is it still fit for purpose to reduce suicide by 50%? If it is, why are we not able to reduce the rates”? Not a time to finger point. We need to understand where we failed. Let’s step out of the bubble, look across the country and overseas. We are the Territory. We are unique, we are different. Maybe we need to swallow our Territory pride, are we really that different?”



FEEDBACK FROM PARTICIPANTS ON MINISTER MOSS' PRESENTATION

- Why are there no lived experience community people (Plural) on the NT Suicide Prevention Coordination committee?
- Interested in her thoughts/actions toward establishing/supporting a peak body/alliance in the NT for suicide prevention.
- I would like Minister Moss to engage with suicide prevention through the lens of addressing child sexual abuse of which the survivors are 13 times more likely to attempt suicide.
- Recognise the support she has for suicide and mental health
- The lived experience voice was very moving and is so important for policy change.
- Progress on SP was noted. However, some of what the NTG has achieved i do not believe is making a difference in SP in the NT. Acknowledging that the stats have not gone down and this was aspirational is not good enough. This is about saving lives and NTG needs to show more commitment, leadership and meaningful engagement with the community impacted by suicide.
- Her humane gentle approach
- It was evident that the Minister has a passion for Suicide Prevention - it was refreshing to see. I would ask the Minister what will she be doing to reduce the alarming statistics around suicide in the NT. We are double the national average - more action and funding is needed for this. It impacts all areas of our NT Community.
- I thought she spoke very well in general and touched on a lot of different issues. One specific question I would like to ask relates to funding for Emergency Services relative to the support and wellbeing space. The police alone have had 5 suicides this year. I believe that funding should be increased to NTPFES and St Johns so that support services can be improved.
- further information on how the NT is going to reduce the number or suicides across all cultures
- It lacked any clear direction or commitment; I would like to have the opportunity for the Minister to attend a Q & A session given she was unable to respond to questions of the group.

YOUTH PANEL

Facilitator Jahdai Vigona – 2023 NT Young Australian of the Year

Jahdai is a proud Tiwi Islands man, knew he wanted to be in a career that did something positive for First Nations People. He has been at the forefront of identifying ways to promote good health to Aboriginal people. He has been recognised for his efforts and named the GTNT 2021 Aboriginal and Torres Strait Islander Student of the Year and Overall Trainee of the Year and the NT's 2022 Young Achiever of the Year winner.

Paige Horrigan (They/Them)

A few years ago, Paige Horrigan experienced an LGBTQ+ motivated assault while at high school, yet no one was held accountable for this attack. She suffered mentally from this assault. Paige is now on a mission to promote greater awareness and acceptance of LGBTQ+ people.

Blake Wilson

Blake shares his story of his motorcycle crash, death of a pedestrian, loss of a limb and his recovery. In the years since the accident, Blake has remained positive and shares his story to help others.

Malia Ford

As a mental health advocate, she has dedicated much of her life to up-skilling young people. She will shared her traumatic tale of sexual assault, the negative impact it has had on her and the steps she has taken to turn things around and be a role model to others.

This was an incredible presentation from all young people about their experiences, trying to navigate the 'system' and forge a pathway to hope and wellness.



KEYNOTE PRESENTATION AND FEEDBACK



**Addison Joy Harper (She/Her),
Miss Trans Global Australia 2021**

"Therapy needs to be accessible and affordable."

Prior to becoming the proud transactivist and human rights activist, Addison faced many hardships and feelings of self-harm, suicide and being honest about coming out as a transgender woman.

Key Messages

- Told her story about sexual violence at a young age and its impact. Being partially believed and having parents who swept it under the carpet had her growing up thinking all men were vicious.
- Experienced blame.
- Parents never spoke about it.
- Felt alone and unseen.
- Didn't feel important.
- Engaged in Non-Suicidal Self Injury, stopped eating, felt ashamed and was starving, body was shutting down and prayed that she didn't wake up. Ended up in hospital psychiatric ward. First time she ever felt heard, therapy was helpful, but parents weren't equipped.
- Finally got into drag, it saved her life. Back to loving herself again..... Was looking at spiralling back into a depression, the only way out was suicide.
- Set a date, got everything she needed. Determined, then her mum called, as she pulled into the driveway.

- She wrote a pros and cons list on living, needed to dig deep and tell her loved ones.
- She went back into therapy
- Call to action - Therapy needs to be accessible. It is prohibitive
- Stay stronger and smarter than your negative thoughts.
- "I am so glad I didn't end my life I am proud of me"
- "You are worthy, you do matter and you are loved"

- The young people and Addison - bloody amazing
- Youth panel - engaging and thought provoking. Thanks to the young people who shared their stories
- The youth session - all of them were excellent
- Malia Ford was incredible
- Youth panel was very good
- I thought the youth panel, along with Addison Joy Harper did a fantastic job in presenting their stories.
- Blake Wilson. A refreshing perspective, vulnerability but strength and hope as well
- Addison Joy. Her story needs to be heard and she should be supported to continue sharing and helping others if she would like to.
- The lived experience voice was very moving and is so important for policy change.

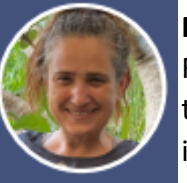
PRESENTATIONS CON'T



Jorgen Gullestrup - Suicide Prevention Australia (online)

Jorgen has dedicated the last 15 years to serving as a not-for profit leader in the field of Mental Health and Suicide Prevention. His work is committed to establishing ground-breaking programming, moving towards more sustainable and holistic solutions in suicide prevention and mental health.

He has served on multiple Boards, Trusts, Reference Groups and Advisory Committees, presenting keynote addresses on Suicide Prevention around the globe. He was a 2017 Churchill Fellow and received the Suicide Prevention Australia LIFE Award for Sector Leadership in 2018. Jorgen spoke about his experiences and the importance of valuing the lived experience in policy and strategy.



Michele Oliphant - Our Say Our Way Program Manager, Headspace
For more than a decade Michele has been committed to supporting the health and wellbeing of young Territorians, with a keen interest in Aboriginal affairs.

As the Director for Indigenous Education Policy, Director of Youth Justice and Wellbeing, Engagement and Behaviour, Senior Manager for the Department of Education, Michele joined the Headspace team and has taken it to new levels.

The **Our Way Our Say** program is a pilot social and emotional well-being and suicide prevention program for middle and senior students, co-designed and led by headspace in partnership with an expert local First Nations Cultural Advisory Council. The program promotes the building of the social and emotional competencies which lead to help seeking from First Nations perspectives of mental health and holistic SEWB and celebrates the strengths of First Nations cultures.

Michelle played a 7min video worth 23 hours of elements relating to Social and Emotional Wellbeing and help seeking behaviour for First Nations people. It was funded because of a suicide prevention trial project. on the Program. Piloting in schools currently. Michele walked through the key elements of the community driven approach and how it came about. Having a clear indigenous focus. Michele believes now this program should be rolled out to all young people.

Call to Action: Continued funding for Our Way Our Say as it will cease in November 2022. This program should be available for all young people. Let's make this happen.





Jorgen Gullestrup is a board member of Suicide Prevention Australia. He has dedicated the last 15 years to serving as a not-for-profit leader in the field of mental health & suicide prevention. Jorgen spoke of his experiences and the importance of valuing the lived experience in policy & strategy.



NTPHN ~ Robin Moore

Robin is the Executive Manager for Strategy Planning & Performance. Robin has held several health executive senior roles in both SA & Qld across acute & primary health care settings with extensive experience in a PHN context.



ADJ/A Professor Luke Batchelor who is the General Manager of Top End Mental Health. Dr Luke Batchelor has spent the last 15 years leading innovative & award-winning mental health, drug & alcohol, and offender rehabilitation services at executive levels in both government & non-government organisations.



PRESENTATION AND SHOWCASE OF PROGRAMS



Adjunct/ A Professor Luke Butcher

GM, Top End Mental Health and Alcohol and Other Drugs

Dr Luke Butcher has spent the past 15 years leading innovative and award winning mental health, drug and alcohol and offender rehabilitation services at executive levels in both government and non-government organisations.

He brings particular expertise in regional, rural and remote service design and provision, having spent his career living and working in regional, rural and remote Australia.

Key messages

- hope to be guided by peoples Lived Experience, families, and carers, think about how we provide services moving into the future.
- High degree of distress and trauma seen in patients across the Top End.
- How do ensure we have the right services in the right place at the right time?
- How do we provide culturally safe care?
- Mental Health affects everyone.
- Wellness is about connection, meaning and engagement in community, finding purpose, moving away from a pathological perspective patient to people.
- Move suicide prevention upstream away from the tertiary end.

- Traditional healing practices are being used – having traditional healers coming through the inpatient unit has been commissioned to improve on cultural practices.
- Spoke about the Towards zero suicides campaign in NSW. Suicide Prevention is everyone's business, it's about the community members, businesses, we all have a role to reduce suicide.

Luke Butcher was a standout speaker for the day, incredibly informative and his responses to fielded questions were great.

TeamHEALTH

The Way Back Program presented by Heather Bayne-Thompson

Launched in Darwin in 2014, The Way Back Program' provides better support to people who have attempted suicide or experienced a suicidal crisis.

People who have attempted suicide, or experienced a suicidal crisis, often experience severe distress in the days and weeks immediately afterwards and are at high risk of attempting again.

A Support Coordinator contacts the person within one business day of receiving their referral and works with them to tailor a program for up to three months after discharge from hospital.

Key message

This is a valuable service. 3 months of solid support for those attempt survivors who end up in ED. Walked through a case study that highlighted the positive impact with support. "You didn't give up on me".



Showcase of Services

STANDBY SUPPORT

Presented by Trent Horvison
National Standby Partnership Coordinator

Established in 2002, Standby is an Australian Government initiative to meet the need for a coordinated community response to suicide.

The Standby program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life. Standby is accessible 24 hours a day, 7 days a week, providing free face-to-face, telephone or online support at a time and place that is best for each individual.

Hear how the program has evolved in its 20 years of inception, lessons learnt and next steps.



VETERANS AUSTRALIA NT

Presented by Bob Shearing OAM,
President Veterans Australia NT Inc.
2016 NT Senior Australian of the Year

We are a Not For Profit organization who represents a cross section of the Veteran community in the NT.

Acknowledging that since 2001 up to 2019 1200 ADF Veterans have taken their own lives, that we know about.

As Veterans Australia NT we are committed to supporting all veterans and their families through health and wellbeing in attempting to bring about change.

Our organization has evolved extensively over our 40+ years, recognizing the need to assist younger veterans and their families, to assist this we changed our name from Vietnam Veterans Assoc of the NT to allow membership to all veterans, their families and others wanting to help.

Veterans Australia NT Inc. is more committed and focussed now on providing excellent compensation and wellbeing advocacy for all veterans and their families and to advocate all levels of government to bring about change for all.



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Hear how this program has evolved and what's in store for the future.



NEAMI NATIONAL

Head to Health Program

Presented by Regional Manager Joe Petrucci

NEAMI has trialled the Head to Health programs across Australia. These programs offer immediate and short-term support to reduce distress and connect people with ongoing support if required.

In 2021, NEAMI National, in partnership with Larakle Nation and supported by Northern Territory PHIL, established a Head to Health Centre in Darwin.

Each Head to Health service is tailored to the needs of the local community and offers a combination of peer-led recovery and clinical support to provide a warm, welcoming and high-quality experience.

Joe will speak to the importance of the Head to Health Centre and next steps for NEAMI National's footprint in the Territory.



SHOWCASE OF PROGRAMS

National StandBy Partnership Coordinator Presented by Trent Harvison

Established in 2002, StandBy is an Australian Government initiative to meet the need for a coordinated community response to suicide.

The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life. StandBy is accessible 24 hours a day, seven days a week, providing free face-to-face, telephone or online support at a time and place that is best for each individual.

Trent spoke about how the program has evolved in its 20 years of inception, lessons learnt and next steps. Gave a rundown on Standby's history and presence in the NT. Full National coverage from the beginning on 2022.

Important to have conversations. StandBy helps anybody bereaved by suicide. Run training "Pathways to Care" and "What do I say what do I Do" workshops. StandBy has partnered with Sabrina's Reach4Life for nearly 2 years, to offer locally trained peer support. Full staff on board now in the Territory.



Veterans Australia NT

Presented by Bob Shewring OAM President & 2016 NT Senior Australian of the Year

This non-for-profit organisation represents the veteran community of the Northern Territory.

Acknowledging that the rate of suicide within service personnel more than doubles when individuals leave the service, Veterans Australia are committed to the support of veterans and family's health and wellbeing.

The organisation has evolved extensively over their 20+ years, recognising the need to assist younger veterans and their families, therefore changing their name from the Vietnam Veterans to allow membership to all veterans. Veterans Australia are more committed than ever to provide welfare Advocates who work in the Community of Practise to support compensation for veterans and represent Territory veterans at NT Government level.



SHOWCASE OF PROGRAMS AND FIRST RESPONDER PANEL

Neami National

Presented by Regional Manager Joe Petrucci, Head to Health Program

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Each Head to Health service is tailored to the needs of the local community and offers a combination of peer-led recovery and clinical support to provide a warm, welcoming and high-quality experience including:

Joe will spoke of the importance of the Head to Health Centre and next steps for NEAMI National's footprint in the Territory.

The Head to Health Centre in Darwin operates in the Casuarina Village area. Anyone can drop in. They work closely with the Top End Mental Health Service.



Facilitated by Andrew Warton

This panel spoke about the impact of mental health for frontline workers. What's being done and what the sector can do to better support them?

Superintendent Neil Hayes, NT Police Force After almost 20 years in the Northern Territory Police Force, Superintendent Neil Hayes has seen a lot. He has worked across the NT, was integral to the NT Police force achieving White Ribbon Accreditation, lead anti violence initiatives and recruited our next generation of Police officers but his most important role has just begun. Supt Hayes has recently been appointed with the important task of reviewing the Northern Territory Police, Fire and Emergency's approach to supporting the mental health and wellbeing of its first responders.

Key Messages

- Just because you are good at something doesn't mean it is good for you.
- Recruiting differently now.
- Need to be giving people the skills to effectively manage as soon as possible.
- Early interventions are important.
- Police families are critical, working at providing Mental Health First Aid for all members and families.
- Let's start giving the families the tools to assist in supporting the members.
- In the middle of consultation sessions at the moment as going out to speak with members about what does wellbeing look like, what is working, what's not working. They are invested.
- 66% said they would not see the colleagues any different if they sought help Yet only 38% would seek help.

FIRST RESPONDER PANEL CON'T

Judith Barker, CEO St John Ambulance NT

Judith took up the position of CEO of St John Ambulance Australia five years ago. She has a career spanning more than 20 years within the health industry in Western Australia and South Australia. She has attained a Master's in Business Administration, a bachelor's degree in English Studies and a bachelor's degree in health science management.

Samantha Snell, Secretary Council of Australian Veterans (Darwin Branch)

Samantha is a Darwin local of 25 years, who served in the Navy for 7 years from 2008-2015 and spent the duration of her service in Darwin on patrol boats. She has a background in mental health and has worked in the veteran space in Darwin since 2020.

Key Messages

There is a need for greater support for veterans and assistance to seek help and support. It needs to be provided in a timely manner.

Some veterans left waiting for support years after it is sought, and the process is quite lengthy and intrusive to apply for. The family of veterans are left to cope on their own and this needs to change.

Amanda Rogers Co-Response Mental Health Clinician, NT Health

With almost 20 years' experience working in acute psychiatric services and crisis assessment teams. Amanda has also worked on the Police, Ambulance and Clinical Early Response (PACER) model in Victoria. Involved in the development of the Co-Response Model in the NT as a senior project officer with the Department of Health, Amanda has a passion for crisis intervention and recovery orientated practices.

Key Messages

- Co-Response service is not 24/7 yet. Working well but its obvious multiple teams seeing great results
- Reduction in restriction intervention
- Customers not seeking help at ED and supported in their home.
- Delivering an intervention at an earlier time in people's own homes is best.
- We need it at nights and weekends, but funding does not yet support this



THE WRAP UP

WRAP UP - Pauline Neil, Director MH Training



Pauline is a Principal Master Instructor of Mental Health First Aid and received national and state recognition for her work in mental health awareness raising and suicide prevention.

She Co-Founded the award winning Live4Live mental health education and youth suicide prevention model delivered across communities and schools in rural Victoria.

Key messages

Pauline Neil spoke about her observations since being in the NT of a silence from the sector and not speaking up. It feels like there is an element of fear if people 'advocate' for what needs to change, or if they 'speak up' they may have their funding impacted.

Who is in the centre of our decisions and actions – is it those we are fighting for, the Blakes, Paige's, Addison's, Malia's and Sabrina's?

Is it those families and close supporters who are caring for a loved one who is unwell and suicidal. Or are our actions and decisions fuelled by personal agendas, organisational positioning, not wanting to offend any agency, worried that if they challenged the NTG or PHN they may see a cut in their funding. Pauline spoke of the gate keeping that is actively working against collaboration and inclusiveness. It has to stop.

Pauline reiterated calls for an NT Suicide Prevention Summit, to discuss suicide prevention in the Territory within the next 12 months that could feed into the next framework and other strategies as a collective. A show of hands was called for and was overwhelmingly supported. Pauline also reiterated that the last two World Suicide Prevention Forum events supported the establishment of an NT Suicide Prevention Alliance.

Representations were made to both the NT PHN and NT Government, but unfortunately there has not been any outcome. It is important that those who work in the sector can come together, share information, identify innovative ways of operating and come up with solutions to help reduce the suicide deaths in the NT. This needs to be a funded initiative to make it sustainable and impactful.





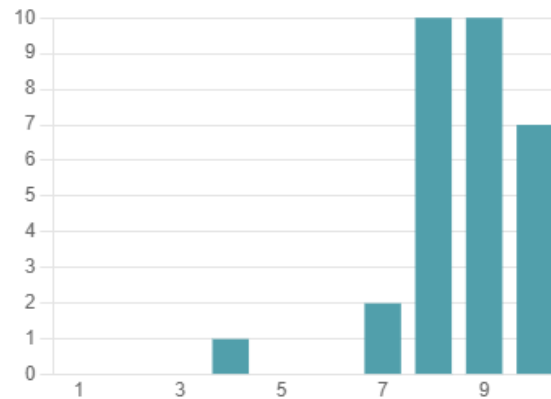


PARTICIPANT FEEDBACK

1. Overall, how would you rate the 2022 World Suicide Prevention Day (WSPD) Forum (with 1 being poor and 10 being excellent)?

[More Details](#)

8.60
Average Rating



2. Did the forum meet your expectations?

[More Details](#)

● Yes 28
● No 2



WHAT ARE THE MOST SIGNIFICANT LEARNINGS FROM THE FORUM

We all need to step up and not be afraid to ask questions of orgs and NTG

The importance of lived experience in suicide prevention, intervention and postvention. They must have a seat at the policy development table. Also, how far we still have to go to work collaboratively in the NT.

head to health - be a great referral place

Learning more about the head to health service

The tremendous benefits we reap from connecting with the grass roots

That these forums still do not understand or acknowledge that if you want to reduce suicide within any community address child sexual abuse.

talk to someone about your issues and pay more attend and listen to people

Trauma aware in all areas of life is suicide prevention.

The diversity of sectors that are doing great work and engagement in the topic of Suicide Prevention

services available, particularly postvention support

The heartfelt stories continue to cement my resolve that the voice of LE needs to be sought and integrated in all things related to suicide prevention. it is underestimated and there is no clear path as yet how we do this in the NT.

Youth panel

Everyone telling their story

Being my first forum in this space was good to see and and meet everyone

There are many contributing factors to suicide, it is universal and the NT is WAY behind in terms or actual mechanisms that reduce/prevent suicide.

That the suicide statistics are not reducing. This indicates that we are still not doing all the right things and that we need to make changes into how we tackle this issue so we can contribute to significantly reducing the suicide rates, particularly in Aboriginal and Torres Strait Islander Communities.

There are a lot of services and support available across the NT but still we are missing the target- everyone has been touched by suicide - but no one knows how to get help in a timely manner when it counts. Love the education approach but this should be across the schools not just one group.

We are doing the best we can, but just scratching the surface of understanding let alone reducing suicide rates in the NT

It affects all of us.

I don't feel as though there was much to takeaway from the forum, it very lightly touched on issues and work being done for Suicide prevention but it felt more like it was just a number of different organisations talking about their programs without much in depth discussion.

Heightened awareness of all people in your life that may be struggling and a simple "R U OK" can be a significant help.

WHAT WOULD YOU LIKE TO SEE HAPPEN IN THE NT AROUND SUICIDE PREVENTION?

Suicide prevention Summit

A 2 day summit that feeds into the next framework - The summit must not be controlled by NTG

Fully support a summit. Important that words become actions.

summit would be a great idea to try and map out a whole community approach

I would like to see the Co-response service's operating times expanded to 24/7 not just 12 pm - 8 pm Monday - Friday.

NT hosts a Summit, as well as having a panel of Disability specific lived experience and how disability intersects with mental health and suicidality.

I think a summit would be very beneficial

The call to action is that we start lobbying government around the CSA issue. Holding talk fests achieves little. Driving real prevention solutions will mean that we can address suicide through addressing the cause of the trauma and building emotional resilience in children.

definitely host Suicide prevention summit %100

The importance of working together and setting the example of collaborative work and being working through conflict/difference of opinion respectfully.

Collective work and long term funding for quality services.

More collaboration between services, practical supports for services to implement new ways of practice (i.e. personnel, time, funding),

A summit or a series of targeted focus group sessions that involve whole of community ie businesses, employers, sporting clubs, hospitality, mines, construction, ngo, govt to develop a plan that is going to reduce suicide in our community. Govt needs to allocate more resources in strategy as well as services whether directly or indirectly by funding others to achieve and make a difference

More focus on Aboriginal communities

More talks, don't just wait for the day plan more workshops

I definitely support an NT Summit for Suicide prevention and would like more details if this were to happen. The NT need an immediate Action Plan is they are serious about reducing and preventing suicide by our Territorians.

As Pauline mentioned in her address, politics and hidden agendas still interfere with our ability to prevent suicide. I would suggest a peak body, with representatives from all relevant organisations, that can oversee/guide organisations, in an attempt to coordinate prevention and response strategies., so we can effectively use the resources that we have at the moment.

Get help phone numbers on all phones - in all pubs - above urinals- at the bar - in smoking areas- at the clinics- shops - police stations -play grounds - everyone should be able to recite the number off the top of their heads- toll free

NT to host a summit

Dont be limited or constrained by the louder voices in the room. White middle class men still have the highest representation in the statistics, but a disproportionate amount of attention and resources keep getting drawn to LGBTQI and to a lesser extent ATSI populations

more education, a summit is a fantastic idea.

ANY OTHER RECOMMENDATIONS OR COMMENTS?

I think a focus needs to be placed on engagement programs to provide people with the assistance and outlet to speak up and feel heard, whether that be through the arts/sport/community engagement activities that create safe spaces to openly discuss mental health and develop lifelong skills and coping mechanisms to assist in early prevention. I think the proposition of a summit is counterproductive, as the costs incurred for such an event could be directed to engaging different agencies/sporting clubs and art industry sectors to promote suicide awareness and assistance in a grassroots and community space.

It was great - loved the personal stories (LGBTIQ, Abuse, Amputee, Trans) - these were great - and I liked the end message suggesting reflection on the stories of people rather than having political agendas etc..

Well do to everyone involved

Great forum again. Venue was very good. Food average. Feedback from a couple of attendees could not find vegetarian lunch options.

Looking forward to next year

keep talking about prevention's

Thank you for providing this space and time to allow the people doing the heavy work to not feel alone or isolated in their work.

The MC did his job in a professional way.

Well planned and delivered forum. perhaps push out to one day next time

Very well organised event and I sincerely hope there is a call to action that happens sooner rather than later.

The forum was great. I was happy for it to go even a little bit longer with either more time for speakers or an ability to add some extra speakers.

there venue was too small for the numbers attending on the day

A fantastic event and still the premier suicide prevention event in Top End

Great forum, excellent sessions, be great if there were opportunities for table groups to workshop issues together from each session and to have come up with answers to these questions in small groups and develop some position statements on the day

It was an awesome day everyone involved should be proud.

I felt as though the day had great potential but was let down by a few of the speakers and the topics discussed, focus felt as though it drifted away from genuine discussion and engagement between different organisations. In particular, I felt as though the youth panel could have been much more directed towards what organisations can do for the youth of the NT, whilst it was incredibly brave of the panel to share their lived experience, I felt there could have been a more directed aim to discuss what the youth want to change in our community.

***Special thanks to all the speakers, presenters
and participants in the
2022 World Suicide Prevention Day Forum***

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