



# Newsletter

## May 2012

### *Suicide Prevention*

Suicide remains a major issue facing the worldwide community. According to the World Health Organisation, in the last 45 years suicide rates have increased by 60% worldwide, and suicide ranks among the three leading causes of death among those aged 15-44 years. It is estimated that globally 1,000,000 people die each year by suicide; ***that equates to 1 death every 40 seconds.***

In Australia, suicide is a significant social issue - more people die by suicide each year than the road toll. A recent Senate enquiry called for submissions from individuals and organisations focusing on the impact of suicide in Australia. The Senate Inquiry Report - (**The Hidden Toll: Suicide in Australia**) - was released in 2010 and highlighted the cost of suicide to individuals, families and communities.

Whilst much has been done to address suicide, there is still more to do. The number of deaths in Australia is much too high, according to the most recent ABS data, there were 2,361 deaths from suicide, registered in 2010, resulting in a ranking as the 15th leading cause of all deaths.

Over three-quarters (76.9%) of suicides were males, making suicide the 10th leading cause of death for males. Deaths due to suicide occurred at a rate of 10.5 per 100,000 population. Whilst suicide accounts for only a relatively small proportion (1.6%) of all deaths in Australia, it does account for a greater proportion of deaths from all causes within specific age groups. For example, in 2010, 24% of all male deaths aged 15-24 years were due to suicide. Similarly, for females, suicide deaths comprise a higher proportion of total deaths in younger age groups compared with older age groups in 2010.

---

### ***Suicide is everybody's business***

Suicide can happen anywhere; it crosses many boundaries, be they gender, age groups, socio economic status, ethnicity and suicide prevention is everybody's business.

**People who contemplate suicide don't want to die; they just want the pain to stop!**

- Suicide often happens when pain exceeds resources for coping with pain
- There are many kinds of pain that may lead to suicide
- Whether or not the pain is bearable may differ from person to person
- What might be bearable to someone else, may not be bearable to another
- The point at which the pain becomes unbearable depends on what kinds of coping resources the person has. Individuals vary greatly in their capacity to withstand pain
- When pain exceeds pain-coping resources, suicidal feelings are often the result

## What can I do?

Often when people are contemplating suicide, they give warning signs or clues and it is essential that all of us learn to identify the warning signs and recognise these clues.

**Be informed-** By becoming informed about the prevalence and nature of suicidal behaviour, we are better equipped to intervene and perhaps save a life.

**Be prepared** - Information and confidence will give us the skill to be alert to the issues and help us to know what to do when we see a loved one, friend or colleague who may be suicidal. We need to be prepared to take the steps that are necessary to get that person the help they need.

**Be There**– Being a supportive and encouraging friend, who is prepared to listen and respond in a non judgmental way, can be a great help to people. Providing them with the space to talk about their feelings, acknowledging their concerns and exploring potential solutions might help to bring a new perspective to the situation and show the individual that they are not alone and that they do matter.

---

## Hope for Life Suicide Prevention



**Hope for Life offers training, free of charge, that will help you to develop the skills, knowledge and confidence to support people who may be at risk of suicide.**

## QPR Suicide First Aid Training

**QPR** – which stands for **Question, Persuade, and Refer**, is an on-line training program developed by Dr Paul Quinnett, Ph.D. (clinical psychologist). QPR Training includes -

- Myths and facts about suicide
- Some warning signs of suicide
- How to apply QPR
- How to offer hope and support

**QPR** is 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Manoeuvre help save thousands of lives each year, people trained in QPR learn how to recognise the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

The **QPR Gatekeeper Training** is accessed through the Hope for Life web site and takes approximately one hour to complete - [www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)



Be There© is a suicide prevention training course that is delivered face-to-face. The course is tailored to suit the specific circumstances and needs of individual organisations and can be completed in either 1/2 day or full day format.

---

### **Who should attend a Be There© workshop?**

This course is particularly suitable to case managers, welfare workers, social workers, financial counsellors, police and emergency service personnel, chaplains, clergy, psychologists and educators.

Be There© will provide workers in specific sectors with concrete skills that will enable them to respond appropriately to clients who may be demonstrating suicidal thoughts and feelings.

The course provides practical examples and case studies that are relevant to discrete sectors such as Employment Services, Alcohol and Other Drugs Services, Homelessness Services, Financial Services, Mental Health Services and general Welfare Services.

### **What will be covered in a Be There© workshop?**

Be There© is competency based training and aims to enhance the skills of participants in identifying and responding to people who are at risk of suicide.

Specific modules include:

1. Overview of suicide - Global and Australian data and issues
2. Values, attitudes and beliefs about suicide
3. Stigma and Discrimination
4. Risk and protective factors
5. Identifying the warning signs
6. Engaging with person at risk of suicide
7. Working with ambivalence and identifying reasons for dying and reasons for living to support safety
8. Determine a level of risk and respond accordingly
9. Developing a therapeutic relationships
10. Tipping Points and Resilience
11. Promoting positive, help seeking messages
12. Self Care

**Be There©** focuses on the development of community based approaches to suicide prevention and intervention.

We have also developed specific training programs for targeted communities of people including:

- Be There© - for young people
- Be There© - for the elderly
- Be There© - for indigenous people
- Be There© - for culturally and linguistically diverse
- Be There© - for rural communities
- Be There© - for the bereaved

For more information, please contact Hope for Life National Coordinator:

Stephanie Wilks

Phone -02 9356 2120

Mobile - 0435 967 265

Email - [Stephanie.wilks@aue.salvationarmy.org](mailto:Stephanie.wilks@aue.salvationarmy.org)

## What is



## ambivalence?

Ambivalence means having conflicting feelings, thoughts or emotions about something or someone.

In suicide prevention literature, ambivalence refers to uncertainty or indecisiveness as to which course to follow. Someone in this situation may be working through the reasons for living and the reasons for dying.

You can learn how to provide support to individuals who are at risk of suicide; by understanding ambivalence, you will gain confidence in your ability to intervene appropriately.

***'The common cognitive state of suicide is ambivalence...I believe that people who are actually committing suicide are ambivalent about life and death at the very moment they are committing it. They wish to die and they simultaneously wish to be rescued.'***

M. David Rudd, (Suicidologist, Chairman: Psychology Department - Texas Tech University)



## ***Find out more....***

Are you interested in finding out more about information, resources and training for those that support people who are at risk or lost a loved one to suicide?

**Hope for Life** will help you to develop the skills, confidence and knowledge to respond to these situations.

**The Salvation Army Hope for Life Program** gratefully acknowledges the financial assistance of the Australian Government Department of Health and Aging through the National Suicide Prevention Strategy.



## ***Upcoming Events***

### **Third Australian Postvention Conference**

**A conference will be held at the University of New South Wales between 28<sup>th</sup> -30<sup>th</sup> June 2012.**

The conference is open to anyone with an interest in suicide bereavement support and will bring together people who have been bereaved by suicide as well as professionals and volunteers from a range of areas including emergency services personal, police, health and welfare professionals, crisis intervention workers, clergy, pastoral care workers, teachers, school counselors, youth workers, clinicians and counselors.

The aim of the conference is to provide support, information and opportunities for networking and collaboration between postvention researchers, policy makers, service providers, agencies, emergency services, practitioners and those bereaved by suicide.

*A Healing and Remembrance Ceremony* will be held on Saturday afternoon, 28th June 2012 and will provide the opportunity for individuals, families, friends and conference delegates to come together in strength, light and community to share and be supported in our grief as we honour and remember our loved ones.

This Conference: **“Hope Meaning and Direction: Australian Postvention Perspectives”** provides a wonderful opportunity for the bereaved by suicide together with the Conference delegates to come together to support each other remembering there is Hope and YOU ARE NOT ALONE. Together we can find **“Hope Meaning and Direction”**.

Registrations for the conference will open soon – details can be found at

[www.hotelnetwork.com.au](http://www.hotelnetwork.com.au)

**The Hotel Network**

**PO Box 5580, West Chatswood**

**NSW 1515 AUSTRALIA**

**Phone: (02) 9414-4978**

**Fax: (02) 9411-4243**

**Email: [postvention@hotelnetwork.com.au](mailto:postvention@hotelnetwork.com.au)**

## The next edition....

The June Hope for Life Newsletter will discuss the importance of Hope and focus on the Lived Experience of people who have been bereaved by suicide.

Copyright © The Salvation Army Hope for Life

**Our mailing address is:**

PO Box A435

Sydney South NSW 1235

Ph: 02 9356 2120

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)

[unsubscribe from this list](#) | [update subscription preferences](#)

