



**Breaking the silence- building suicide  
resilient communities**

***Lifeline Connect Centres***

**Lifeline Broken Hill Country to Coast**

July 2022



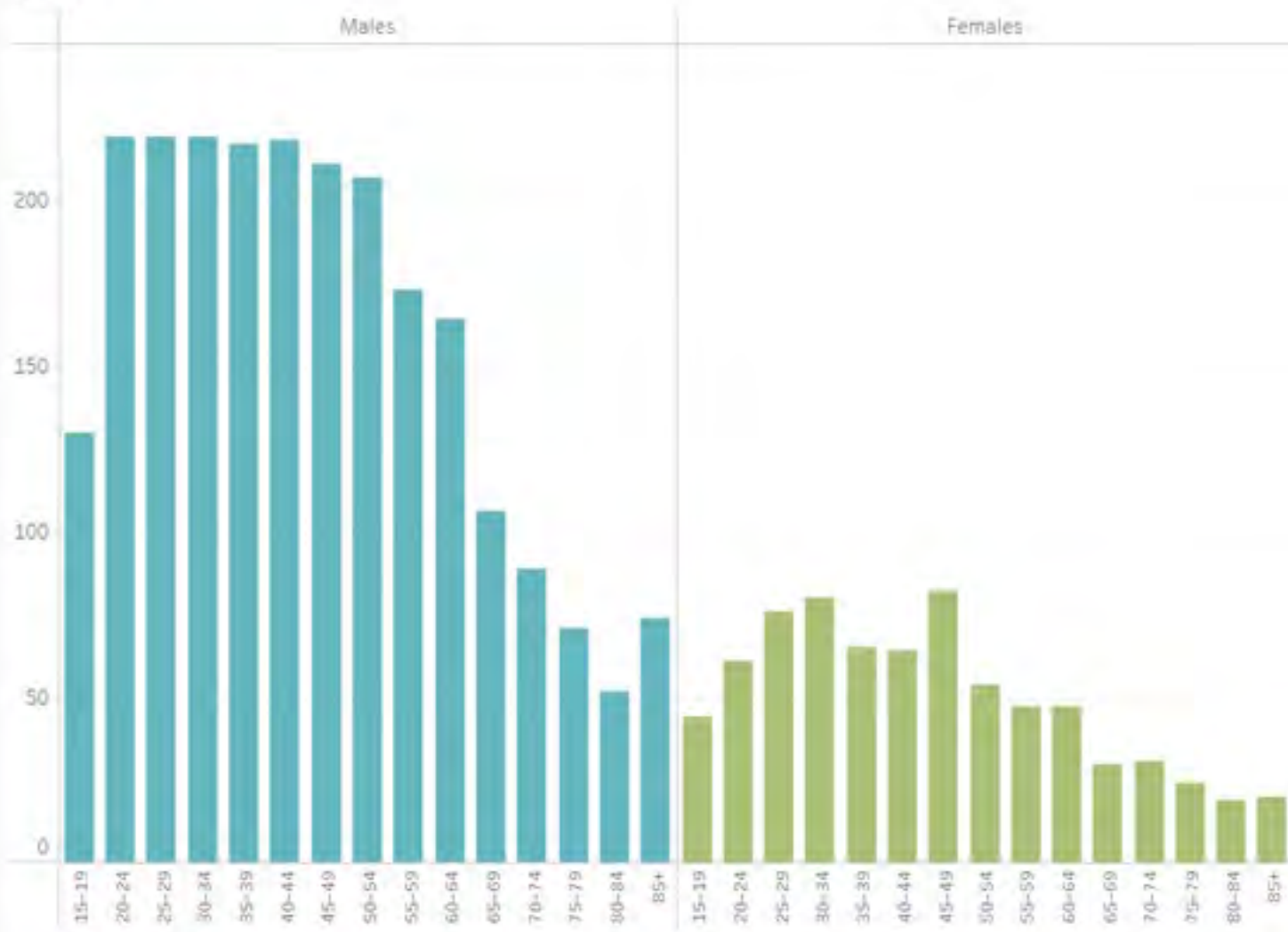
# Statistics

**Each statistic represents a person—with a family and community grieving for their loss.**

- ❖ In 2020, 1.9% of all deaths were by suicide.
- ❖ The impact of suicide deaths are felt by up to 135 people, including family members, work colleagues, friends, first responders at the time of death.
- ❖ 52% of all deaths by suicide in 2020 occurred in people aged 30-59 years.
- ❖ 8.6 Australians die every day by suicide
- ❖ 75% of those who take their own life are male

### Suicide deaths by age and sex, Australia, 2020

Number



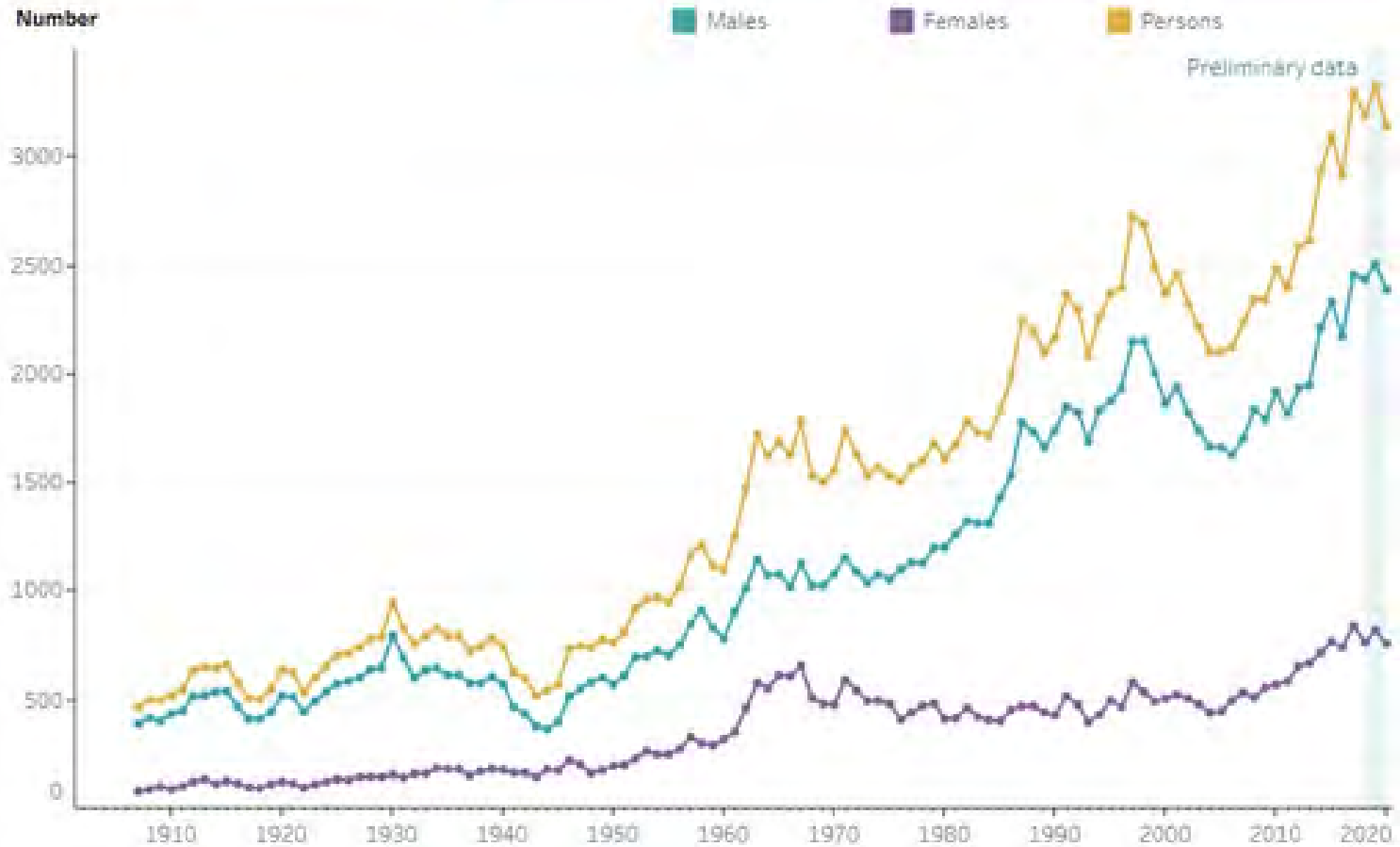
[aihw.gov.au/suicide-self-harm-monitoring](https://aihw.gov.au/suicide-self-harm-monitoring)

### Suicide deaths by sex, Australia, 1907 to 2020

In 2020 there were **3,139** suicide deaths for **persons** (12.1 per 100,000 population)

In 2020 there were **2,384** suicide deaths in **males** (18.6 per 100,000 population)

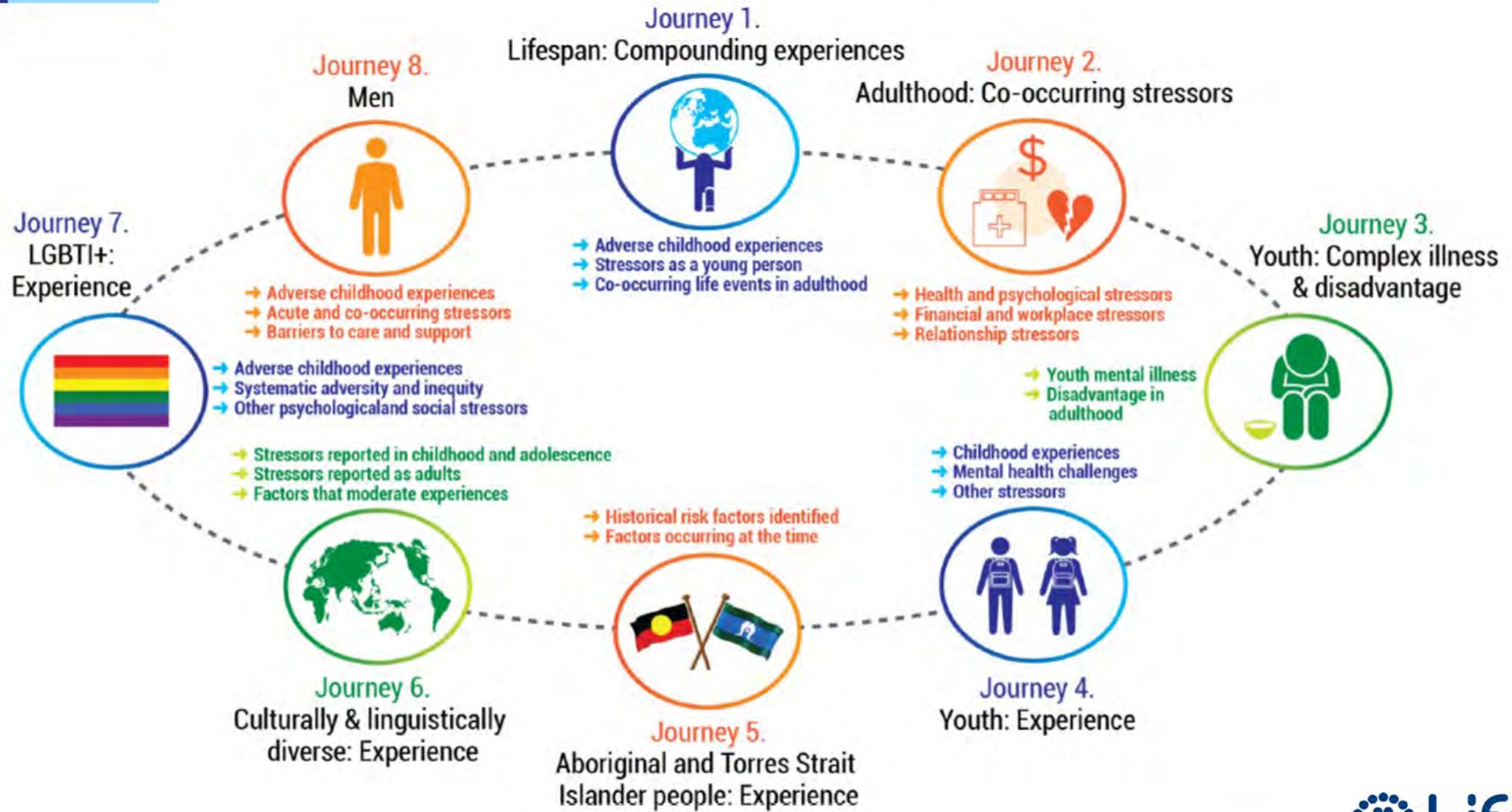
In 2020 there were **755** suicide deaths in **females** (5.8 per 100,000 population)



[aihw.gov.au/suicide-self-harm-monitoring](https://aihw.gov.au/suicide-self-harm-monitoring)

# Populations disproportionately impacted by suicide:

- ❖ Young people
- ❖ LGBTIQ+ communities
- ❖ Culturally and Linguistically diverse
- ❖ Veterans and their families
- ❖ Rural and remote



# Lifeline Regional South Australia

Lifeline has a proud history of delivering community led services across regional and remote South Australia for over 56 year

Lifeline Broken Hill Country to Coast are committed to delivering mental health wellbeing, crisis support and suicide prevention services across:

- ❖ Face-to-face counselling
- ❖ Suicide prevention training, community training and awareness campaigns
- ❖ Face-to-face general counselling
- ❖ Financial counselling (Broken Hill)
- ❖ Problem gambling counselling (Broken Hill)
- ❖ Aboriginal & Torres Strait Islander DV-Alert training



# Lifeline Connect ~ The Model





# Lifeline Connect Connect Centres ~

## Aligned with Christine Morgan's Final Advice

1

Lived Experience knowledge and Leadership

- Designed and staffed by those with lived experience

2

Building community capability

- Run by community for community
- Gatekeeper and other skills and awareness work

3

Responding earlier to distress

- Approachable and safe place to seek help early
- Engaging community before crisis escalates

4

Connecting people to compassionate services and supports

- Well developed local service integration and referral pathways

5

Targeting groups disproportionately affected by suicide

- People in remote Australia die by suicide at twice the rate of those in major cities

# Lifeline Connect Connect Centres ~

Aligned with South Australian Mental Health Plan 2020-2025



- ❖ Culturally safe community-based care enables more efficient access resulting in earlier intervention and crisis prevention
- ❖ Community alternatives: timely access to community-based care earlier in the course of illness and early in episode
- ❖ Equity of access to services: ensuring people in South Australia have equitable access to services wherever they live, including people in rural and remote communities
- ❖ People in crisis have a safe place to access support which is staffed by peer workers, skilled staff and volunteers.

# Benefits realised

Building community resilience with over 50 Connect Centre volunteers trained Accidental Counsellor, SafeTalk, and DV-alert

Firm partnerships and referral pathways developed with the broader service ecosystems within Clare and Broken Hill

Over 4,600 occasions of care provided at Broken Hill Connect Centre within the first three years of operation

Access to a suite of Lifeline counselling services

A first point of contact for Helpseekers

A point of contact, coordination and information for local services – enhancing continuity of care for helpseekers

Reduce the reliance on GP and existing mental health services

Training for community members in suicide prevention, crisis support and wellbeing

Connect Centres provide a very visible and accessible positive environment promoting social inclusion and community participation

# Lifeline Connect Clare ~ What have we achieved?

The Lifeline Connect Centre Model is an early intervention and prevention model which provides a gateway to suicide prevention services and information.

Lifeline Connect Centres are currently operating in Broken Hill, and Clare Valley (with services extending to Goyder and Wakefield Council areas).

## Clare Connect Centre opened in March 2021

- ❖ Over **300** community members have received support through Clare connect in its first six months of operation
- ❖ Over **80** community members have accessed counselling services
- ❖ Over **400** individual counselling sessions provided
- ❖ **8** training workshops have been delivered to volunteers and potential volunteers
- ❖ Over **30** talks and information sessions have been provided to community groups and organisations across three council areas.
- ❖ Staff and volunteers have attended over **20** community events including country shows, NAIDOC week and fundraising events.



# How can you contribute to building resilience in your community?

- ❖ REACH training
- ❖ SafeTalk training
- ❖ Accidental Counselling
- ❖ Youth Mental Health First Aid training
- ❖ Information and talks by Lifeline Connect staff
- ❖ Join your local Suicide Prevention Network



# Lifeline National Services

- ❖ Crisis support- 13 11 14 -available 24 hours 7 days per week.
- ❖ Lifeline Text- 0477 13 11 14- available 24 hours 7 days per week- Australia's first SMS based crisis support service.
- ❖ Online chat- available 24 hours 7 days per week for those who prefer to type than talk.
- ❖ 13 YARN -13 92 76- available 24 hours 7 days per week for Aboriginal and Torres Strait Islander People who are feeling overwhelmed or having difficulty coping. Provided by Lifeline trained Aboriginal and Torres Strait Islander crisis support workers.

Any questions?

