

SUICIDE PREVENTION NETWORK



Action Plan 2017 - 2020

Vision

A connected community living without suicide.

Mission Statement

Create opportunities for our communities to connect, increase resilience and enable people to reach out to one another to ensure wellbeing.

Values

The Network values the life of every person in our community.

We offer respect and empathy to all.

We are inclusive of all people of all ages, all races and all genders in our community.



Action Plan

Goal 1: Provide opportunities for our community to connect around the issue of suicide and suicide bereavement.

	Activity	What is involved	Indicators
1	Raise awareness	Develop new banner to include elements missing on the first. Eg. A Network of the South Australian Suicide Prevention Networks. Lifeline number and SA SPN website. Distribute pamphlets and who to call cards.	New Banner
2	Bring National awareness events to our community	Suicide Survivors Day – May /June ANZAC DAY 25 April – White wreath laid at the ceremony in Naracoorte for service men who have taken their lives RU OK Day and World Suicide Prevention Day Sept 10 Royal Adelaide Show Ride Against Suicide Network of Network events International Survivors of Suicide Loss Day Nov 18	Participation
3	Contemplative garden	Join with council and others to develop a garden for people bereaved by suicide to reflect on loved ones.	Plaque in garden.
4	Maintain knowledge of the group.	Develop a register of what the group has achieved over time and the changes that have been noted in the community.	Historical events register

Goal 2: Increase resilience and enable people to reach out to one another to ensure wellbeing.

1	Increase community knowledge	Facilitate/ initiate training to come to the community. <ol style="list-style-type: none"> 1. Resilience and Mindfulness training 2. ASIST or 3. Safetalk or 4. Mental Health First Aid or 5. Connecting with people 	Training and numbers attending
2	Each year focus on a target group/s for first responders training	Eg accountants, stock agents, delivery agents who work with farmers. Also Hairdressers, taxi drivers, tattoo artists, massage therapists, School counsellors, Christian counsellors.	Numbers attending from various groups
3	Involve the media	Provide information and good news stories to the media and challenge when reporting not fitting with Mindframe guidelines.	Collection of media articles
4	Bereavement Support Group	Encourage the development of a bereavement support group in the area.	People interested in taking part.

- If you feel distressed, talk to a friend and seek support -