
Hello from Melbourne

Leah Walton <Leah.Walton@monashhealth.org>
To: "Tara@rakautautoko.com" <Tara@rakautautoko.com>

Wed, Oct 11, 2017 at 2:42 PM

Hi Tara

Apologies for the delay in me sending this email.

I wanted to share what has been done over here in response to a suicide cluster of young people that occurred in 2012.

Over here the drive for an organised response came from the local council. The following organisations were pulled together;

- Local Council (chaired and drove the steering group)
- Police
- Ambulance
- Public Mental Health – both community teams and inpatient teams
- Non-government organisations (those that supported young people in residential/out of home care, community support workers, youth workers, family workers)
- Drug and alcohol
- Child Protection
- Youth Justice
- Aboriginal elders
- Pastors and/or from local Pacific Island churches
- Headspace
- Education Department and local schools including welfare officers, teachers and principals
- Beyond Blue
- Emergency Department – both physical health and mental health representatives

The idea of the above group was two-fold.

- 1) There was a public forum held and many of the above attended to address community fears. It was a time of high expressed emotion understandably.
- 2) To identify at risk young people that may be considering suicide as an option following contact with other young people who had completed suicide and ensure that support could be provided as efficiently as possible across services. One of the ways the group did this was via mapping incidents across the community. This enabled resources to be deployed across the sector in the most effective way possible.

What worked was the combining and clear communication efforts between the above services. Regular meetings were held and information was shared.

What was quickly identified was how the role of social media and the internet was an integral part of the discussion. This was high many young people ended up being identified as well as identifying and education well-meaning parents/family members and friends about the use of social media at times of high emotion and how this may impact (negatively and positively on their young people, their families. For great information on young people, their mental health and technology check out this website <http://www.youngandwellcrc.org.au/> .

I have included as an attachment a toolkit that Headspace put together for postvention following suicide for schools.

I hope this helps and please let me know if you need any further information or want to shoot the breeze about anything.

Hope to catch up when I am next home xx

Leah

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 **Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf**
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