SUICIDE PREVENTION - It’s About Time

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CONNETICA - CREATING BETTER FUTURES

- Suicide Prevention, Resilience and Wellbeing training and online solutions
- Program Review & Evaluation
- Service Collaboration and Integration Solutions
- Service Mapping and Hospital Transition Pathways
The Mental Health of Australians

TOTAL POPULATION
16,000,000 ADULTS

In any one year...

3,400,000 adult Australians have a mental illness

1,000,000 cases of depression

600,000 have severe mental illness

400,000 think about killing themselves

65,000 attempt to kill themselves

33,000 hospitalised due to self inflicted harm

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Suicide in Australia

Officially, 2,522 people died from suicide in 2013.\(^1\)

However, due to stigma and problems with coronial reporting processes, it is likely to be some 15-20% higher, or close to 3,000 deaths.

There are also an estimated 65,000-70,000 attempted suicides.\(^2\)

That’s between 7-9 deaths a day and an attempt every 8 minutes.

Thinking about suicide is not unusual

1 in 8 people report that at some point in their life, they think seriously about killing themselves.

A timely conversation might provide the right directions for more effective coping, rather than cascading towards a crisis.
Suicide and Self Harm

300+ suicides per annum are 15–24 year olds. That’s 6 every week.

21% of all lives lost among Australian youth are because of suicide or self harm.

DEATHS between 15–24 year olds in 2013

- Car: 165
- Self Harm: 348
- Medical Reasons: 102
- Accidental Poisoning: 61
- Unknown: 40
- Motorcycle: 36
- Assault: 37
- Accidental Drowning: 24

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A **Conversation for life** is always *contextual* and always *personal*.

This program is consistent with Australia’s Suicide Prevention Strategy\(^1\) that places the health and well-being of the individual at the centre of effective programs of care.

**Conversations for life** meet a relatively common human need and make a contribution to the individual’s capacity to:

1. Balance multiple pressures in life
2. Build or strengthen available *support systems*
3. Develop or strengthen effective *personal coping strategies*
4. Improve *personal resilience*
5. Understand there are usually *numerous solutions available.*
The Conversations for Life Scale

Fully functional – on top of the world
Mild – Moderate (dis)stress
Moderate - Severe (dis)stress
Not coping
Being overwhelmed
Feelings of Hopelessness
Suicidal

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PLANNING A CONVERSATION

PERSONAL → CONTEXTURAL

CONTEXT → SKILLS

PERSON FOCUS → OUTCOMES → CONTENT

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PLANNING THE CONVERSATION

Jen has working in your business for the past three years. She is usually wonderful with the customers and her team members – eager to help, friendly, polite and offering additional assistance where required.

You have noticed over the past week that she has been hesitant with customers, less willing to engage in conversations with them and quiet with others. She is also tending to have lunch alone and not talk with the other staff like she used to.

You know that she recently broke up with her partner and while you thought that she was managing well, you are now not so sure.

You are concerned about Jen’s well being and decide to have a Conversation for Life.

What would you say to her?
Our participants have indicated that they are Ready, Willing and Able to have a Conversation for life®
Please contact ConNetica
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Thank you.