

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



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

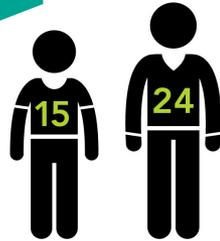


1 in 8 people report that at some point in their life, they think seriously about killing themselves.

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

Suicide and Self Harm

300 >
350

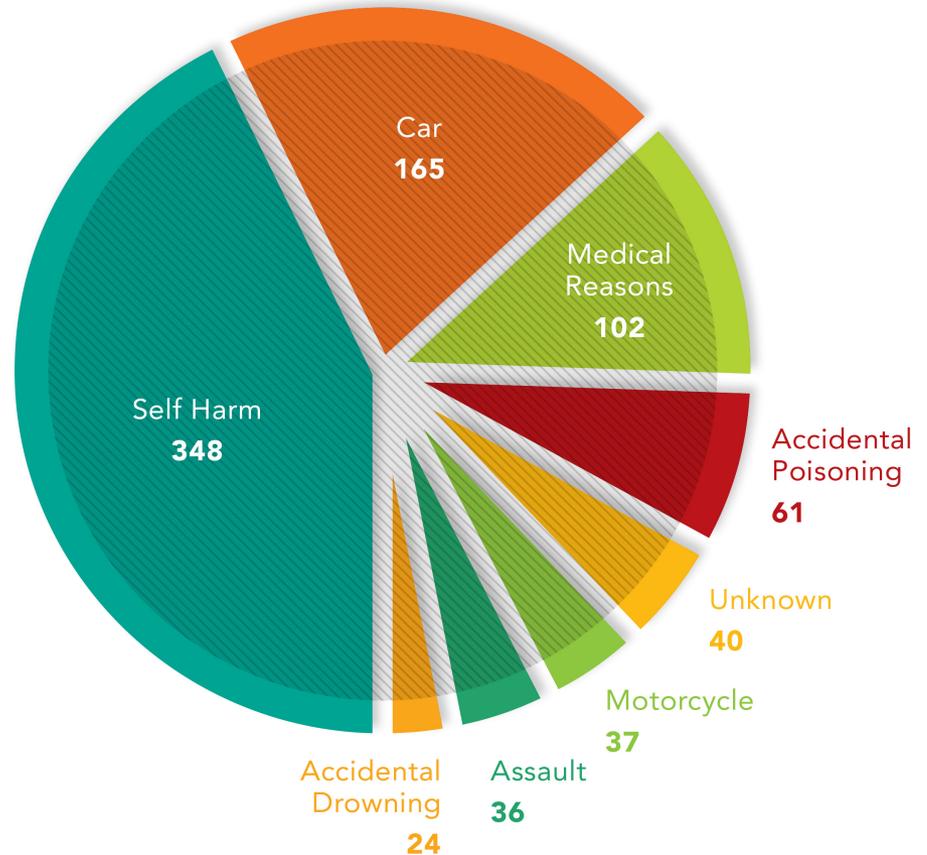


suicides per annum are 15–24 year olds.
That's 6 every week.

21%

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

DEATHS between 15–24 year olds in 2013



Conversations for life®

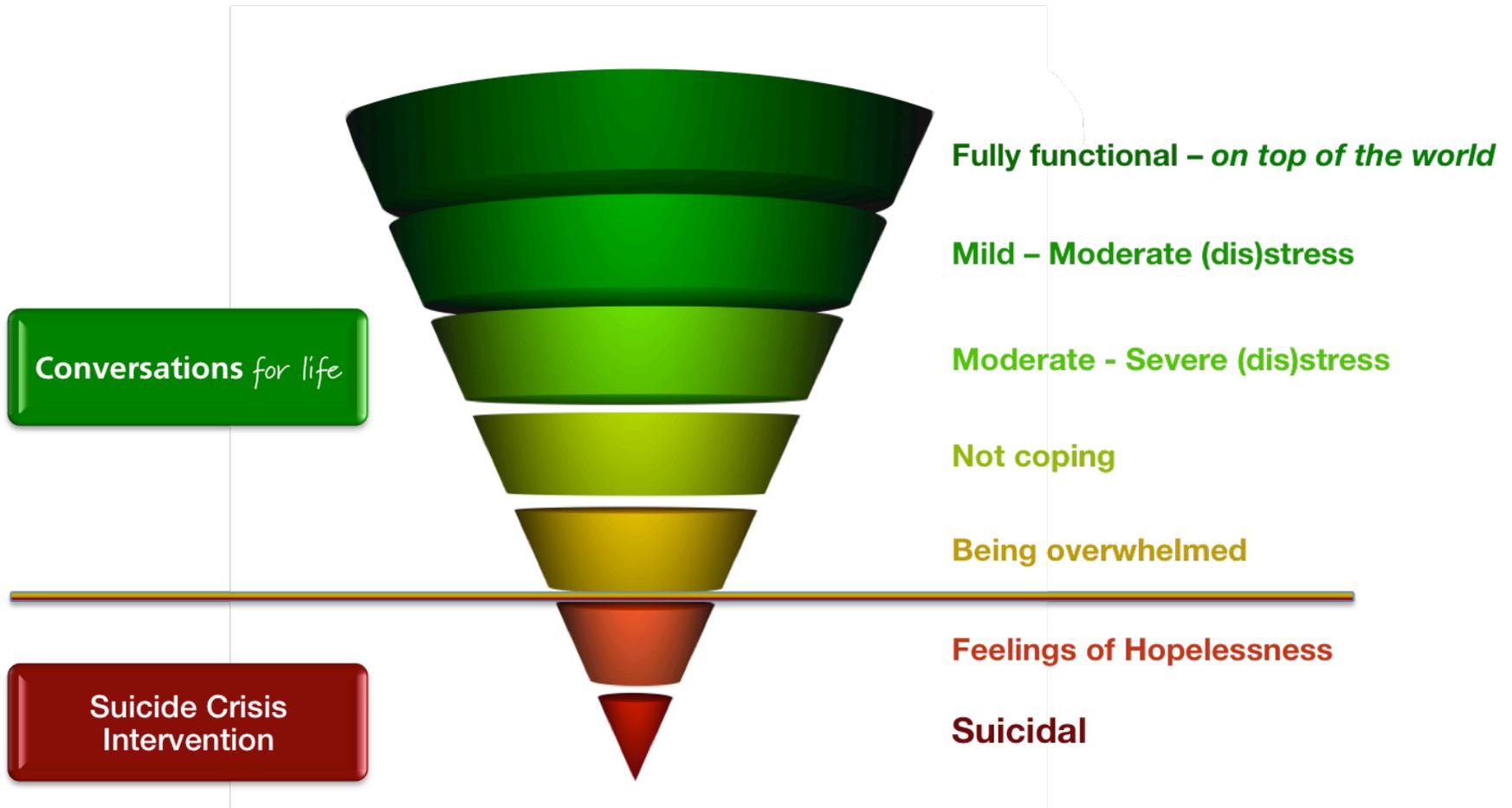
A **Conversation** for life is always *contextual* and always *personal*.

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.

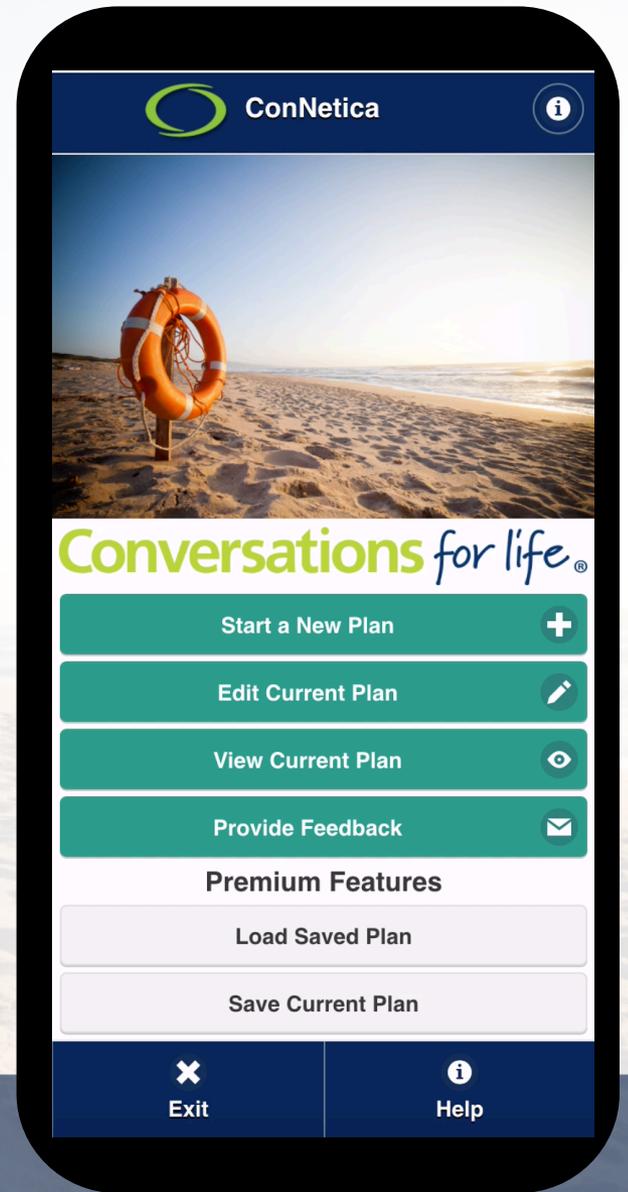
The Conversations *for life* Scale



PLANNING A CONVERSATION



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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.

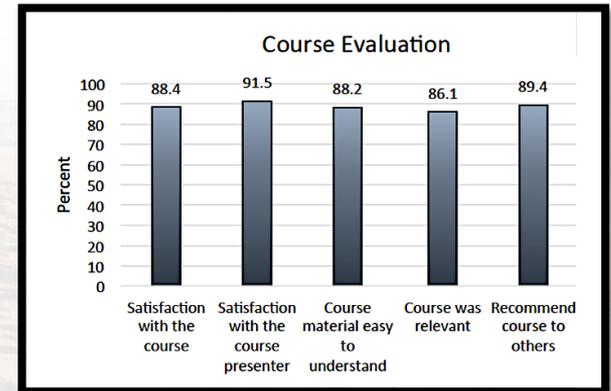
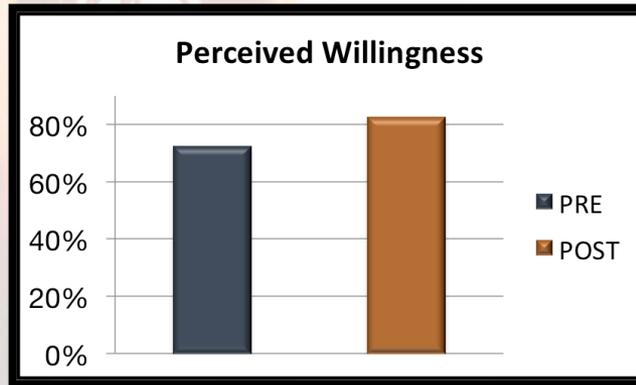
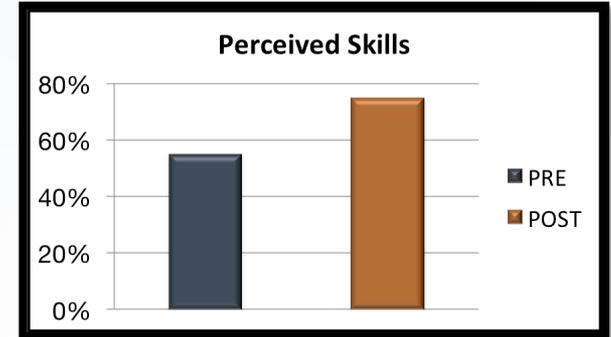
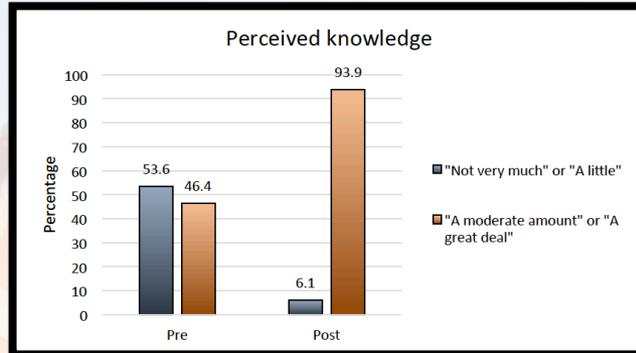
You are concerned about Jen's well being and decide to have a Conversation for Life.

What would you say to her?



ANU INDEPENDENT EVALUATION

Conversations for life®



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.