

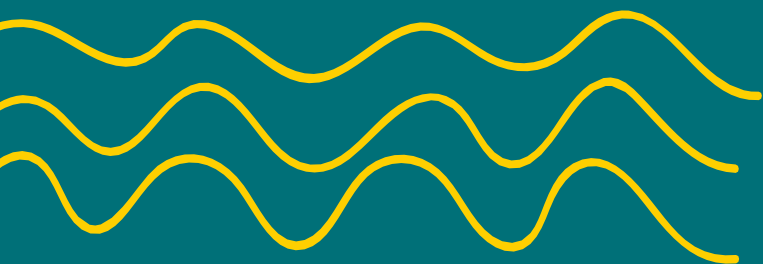


**Compassion and
Connection:**
Tasmanian **Suicide
Prevention** Strategy
2023–2027



DRAFT Implementation Plan Two:

July 2024–December 2025



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Help is available



Talking and reading about suicide can be distressing. If you're worried about how you're feeling and need help, please use the services below to access support. If life is in danger, call **Triple Zero (000)**.

Crisis Support (24/7)

Lifeline

13 11 14 or text **0477 13 11 14**

24/7 phone and online crisis support and suicide prevention services.

www.lifeline.org.au

13YARN

13 92 76

24/7 phone support for Aboriginal and Torres Strait Islander people.

www.13yarn.org.au

Suicide Call Back Service

1300 650 467

24/7 phone and online counselling service for people at risk, concerned about someone at risk, or bereaved by suicide.

www.callbackservice.org.au

Beyond Blue Support Service

1300 224 636

24/7 phone, chat, and email service.

www.beyondblue.org.au

Kids Help Line

1800 551 800

24/7 phone support and online counselling for young people aged 5 to 25.

www.kidshelpline.com.au

MensLine Australia

1300 789 978

24/7 national phone support and online counselling for men.

www.mensline.org.au

Brother to Brother Crisis Line

1800 435 799

24-hour phone support line for Aboriginal and Torres Strait Islander men.

www.dardimunwurro.com.au/brother-to-brother

Open Arms (Veterans and their families)

1800 011 046

24/7 face-to-face, phone and online counselling.

www.openarms.gov.au

1800RESPECT

1800 011 046

24-hour national sexual assault, family and domestic violence counselling line.

www.1800respect.org.au

Non-Crisis Support

Access Mental Health

1800 332 388

27/7 Tasmanian phone service for mental health support, triage and referrals.

Safe Haven

Peacock Centre, 10 Elphinstone Road, North Hobart 7000 Tasmanian service providing support to people in distress and their families, friends or support networks. 9am to 10pm, 7 days a week.

Launceston Head to Health

62-64 Canning Street, Launceston 7250

Tasmanian service providing mental health information, services and supports. 9am to 9pm, Monday to Friday, and 10am to 2pm, Saturday and Sunday.

Head to Health Phone Service

1800 595 212

Phone service providing advice and connection to the local mental health service or support that is right for you. 8.30am to 5pm weekdays (except public holidays).

www.headtohealth.gov.au

A Tasmanian Lifeline

1800 984 434

Phone counselling service for psychological distress. 8am to 8pm, 7 days a week.

atasmanianlifeline.com.au

Mental Health Families & Friends

Tasmania

03 6228 7448

Phone support and referral for families and friends supporting someone with their mental ill health.

9am-5pm weekdays.

www.mhfamiliesfriends.org.au

StandBy Support After Suicide

1300 727 247

24/7 suicide prevention counselling service.

6:00am-10:00pm, 7 days a week

standbysupport.com.au

Thirrili's Postvention Suicide Support

service

1800 805 801

24 hours a day, 7 days a week

thirrili.com.au

eheadspace

1800 650 890

24/7 online counselling for young people aged 12 to 25

9:00am-1:00am, 7 days a week

headspace.org.au/online-and-phone-support

SANE Australia Helpline

1800 187 263

10:00am-10:00pm, Monday to Friday

www.sane.org

Qlife

1800 184 527

Phone and webchat LGBTI peer support for people wanting to talk about a range of issues. 3pm to 12am, 7 days.

3:00pm-midnight, 7 days a week

[www.qlife.org.au](http://www qlife.org.au)

GriefLine

1300 845 745

8:00am-8:00pm, 7 days a week

griefline.org.au

Carer Gateway

1800 422 737

8:00am-5:00pm, Monday to Friday

www.carergateway.gov.au

Fortem Australia

1300 33 95 94

9:00am-5:00pm, Monday to Friday

fortemaustralia.org.au

Butterfly National Helpline

1800 33 4673

8:00am-midnight

butterfly.org.au

Blue Knot Helpline and Redress Support Service

1300 657 380

9:00am-5:00pm

blueknot.org.au

PANDA National Helpline

1300 726 306

9:00am–7:30pm Monday to Friday

9:00am–4:00pm Saturdays and public holidays

panda.org.au

Listening Ear

02 9477 6777

9:00am–9:00pm

listeningear.org.au

Wellways Helpline

1300 111 500

9am–9pm, except public holidays

<https://www.wellways.org/>

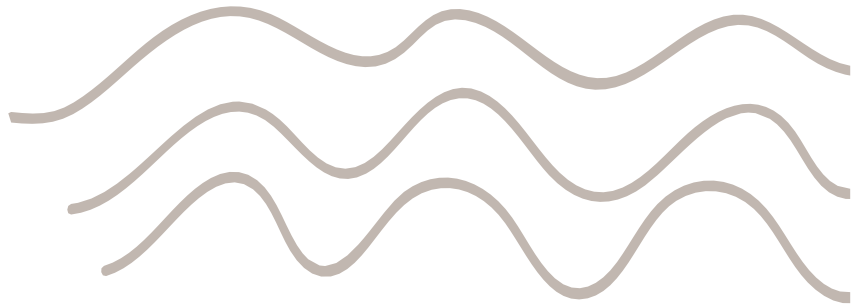
G'day Line (over 50s)

1300 920 552

8:00am–8:00pm

griefline.org.au/gday-line

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Acknowledgement

We acknowledge Tasmanian Aboriginal people as the traditional and continuing custodians of the lands and waterways in Tasmania and pay respects to Elders past and present.

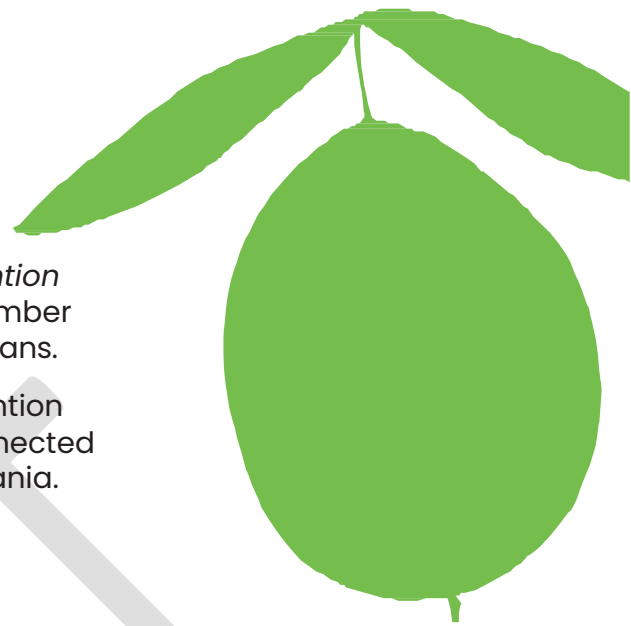
We recognise all people in Tasmania who have a lived experience of suicide, including those who have experienced suicidal thoughts, survived a suicide attempt, cared for someone through suicidal distress and/or been bereaved by suicide. Their knowledge is essential in the design and delivery of suicide prevention in Tasmania.

Thank you to the many organisations, service providers and community members in Tasmania who shared their experiences and expertise to help shape the *Tasmanian Suicide Prevention Strategy 2023–2027* and this first Implementation Plan (plan).

How was the Strategy developed?

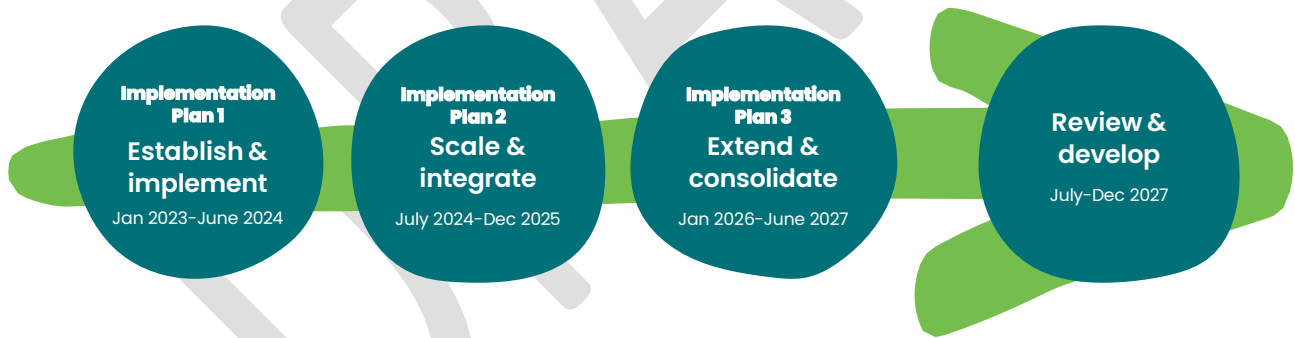
Compassion and Connection: Tasmanian Suicide Prevention Strategy 2023–2027 (the Strategy) was released in December 2022 and was shaped by the voices of over 600 Tasmanians.

The Strategy lays out a five-year vision for suicide prevention with a core vision of fostering a compassionate and connected community working together to prevent suicide in Tasmania.



How is the Strategy being actioned?

The Strategy is being implemented through three 18-month implementation plans, each building upon the last. Each implementation plan will have actions to address the five priority areas under the Strategy.



How is the Strategy being actioned?

Implementation Plan One

Establish and implement

Jan 2023–June 2024

The first implementation plan contained 81 targeted actions to reduce suicide and suicide attempts and improve the wellbeing of all Tasmanians based upon the consultations that informed the Strategy held between June and October 2022.

FOCUS

- Establish strong governance structures
 - Build lived experience capability
 - Set the foundations for a whole-of-community, whole-of-service-system and whole of government response
- Improve coordination across sectors
 - Improve data and evaluation
 - Establish continuous learning

You can access the first implementation plan here: <https://www.health.tas.gov.au/publications/tasmanian-suicide-prevention-strategy-2023-2027>

Implementation Plan Two

Scale and integrate

July 2024–Dec 2025

The second implementation plan will run from July 2024 to December 2025 and will include ongoing and new actions.

FOCUS

- Scale and evaluate existing actions
 - Integrate new actions
- Continue the foundations set for Implementation Plan One

Implementation Plan Three

Extend and consolidate

Jan 2026–June 2027

A third implementation plan will be delivered in January 2026 to ensure consolidated and expanded actions across the key priorities outlined in the strategy.

Next TSPS

Review and develop

July-Dec 2027

Between July and December 2027 there will be a review and redevelopment phase to set the next suicide prevention strategy for Tasmania.



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How was the plan developed?

Evidence

This implementation plan builds on the first implementation plan and incorporates new evidence.

The review helped us understand what is currently happening, what works and identify gaps in our approach, opportunities for collaboration and integration. We have developed a plan informed by the latest evidence and best practice and responsive to emerging trends.



The review covered suicide prevention activity and initiatives around the world, across different regions and locally.

Consultation

Consultations across Tasmania have played a key role in shaping the actions in this plan. Under the first implementation plan we involved nearly 100 organisations, community members, and individuals with lived and living experience who have continued to support us in our work. You can find out more about our governance structures here: <https://www.health.tas.gov.au/health-topics/suicide-prevention/governance-and-key-partners>

Over the past 18 months, stakeholders have actively contributed to our ongoing consultation process through various forums, including the Tasmanian Suicide Prevention Community Network, the Tasmanian Suicide Prevention Forum, and the Roses in the Ocean Lived Experience Summit.

We encourage you to continue to share your thoughts and ideas with us here: <https://redcap.utas.edu.au/surveys/?s=WEME8CMXDP3YW4JF>

How will progress be reported?

A progress report will be provided for each implementation plan as part of our evaluation approach.

For access to our progress reports and more details on our initiatives, please visit:

<https://www.health.tas.gov.au/health-topics/suicide-prevention/progress-programs-and-initiatives>

Who is responsible for the plan?

Suicide prevention is a complex issue that requires a coordinated response from the entire community, service providers, and government.

The Department of Health coordinates the activities outlined in the implementation plans, with responsibility shared across various systems and sectors. Leads will take primary responsibility for implementing activities, while partners will contribute expert insights and collaborate to ensure successful outcomes.

For more information about our key partners, please visit:

<https://www.health.tas.gov.au/health-topics/suicide-prevention/governance-and-key-partners>

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How will we evaluate our work?

Evaluation is critical to ensure that our services are delivering outcomes for Tasmanian people and that we are continuously learning and improving our activity.

An overarching evaluation framework for the Strategy has been developed and will continue to be improved and refined over time.

Key elements of our evaluation approach include:



Annual evaluations will be part of our public reporting on suicide prevention actions.

Definitions

Term	Meaning in the strategy
Suicide	The act of purposely ending one's life
Suicidal behaviour	A range of behaviours or actions which are related to suicide, including suicidal thinking, self-harming behaviour and/or suicide attempts
Suicide attempt	Any non-fatal behaviour aimed at purposely ending one's life.
Suicidal thinking	Thoughts about suicide (sometimes called suicidal ideation in other documents).
Self-harm	Deliberately injuring or hurting oneself, with or without the intention of dying.
Lived experience of suicide	Anyone who has experienced (or is currently experiencing) suicide thoughts, or has survived a suicide attempt, cared for someone through suicidal distress or been bereaved by suicide.
Suicide prevention	The actions we take to prevent suicide and suicidal behaviour and to support people who have been impacted by suicide. These actions are focused on reducing risk factors and enhancing protective factors.
Aftercare	The care, treatment and/or support provided to a person following a suicide attempt and presentation to a health service or hospital.
Postvention	Activities or interventions occurring after a death by suicide, aimed to support and assist those bereaved or affected (family, friends, professionals, peers, responders, community) to recover from trauma, cope with stressors and manage the experience of loss and grief.
Co-design	A process whereby traditional experts work in equal partnership with people with lived experience to 'design' a service or service improvement. The core co-design principle of power sharing is especially significant in the context of suicide prevention where people with lived experience have been disempowered by their experiences of stigma and discrimination.
Resilience	Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. This may include family and relationship problems, serious health problems or workplace and financial stressors.
Stigma	The disapproval of, or discrimination against, an individual or group based on characteristics that serve to distinguish them from other members of a society. Stigma is complex and can result from negatively stereotyped characteristics, attitudes and responses that harm a person's day-to-day health and wellbeing by excluding, devaluing or shaming them.

Social determinants of health and wellbeing	The non-medical factors that influence health and wellbeing outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider systems that shape the conditions of daily life. This includes economic policies and systems, social norms and policies, as well as political systems.
Trauma informed	Refers to an organisational or practice approach to delivering health and human services directed by a thorough understanding of the neurological, biological, psychological and social effects of trauma and its prevalence in society. It is a strengths-based framework that emphasises physical, psychological and emotional safety for consumers, their families, carers and service providers.
LGBTIQA+	LGBTIQA+ is an evolving acronym and umbrella term. It stands for lesbian, gay, bisexual, trans, intersex, queer/questioning, asexual/ aromantic, and includes other sexuality, gender and bodily diverse people (+).

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Key

ACRONYM	Description
ACCHO	Aboriginal Community Controlled Health Organisation
ACER	Australian Council for Educational Research
AMA	Australian Medical Association
ANU	The Australian National University
AOD	Alcohol, Tobacco and Other Drugs
CALD	Culturally and linguistically diverse
CAP	Community Action Plan
CCYP	Commissioner for Children and Young People
CET	Catholic Education Tasmania
CHaPS	Child Health and Parenting Service
DoH	Department of Health
DPAC	Department of Premier and Cabinet
DoJ	Department of Justice
DECYP	Department for Education, Children and Young People
DoSG	Department of State Growth
DPFEM	Department of Police, Fire & Emergency Management
HLO	Health Learning Online
IST	Independent Schools Tasmania
LGAT	Local Government Association of Tasmania
MCOT	Multicultural Council of Tasmania
MH	Mental Health
MHCA	Mental Health Carers Australia
MHCT	Mental Health Council of Tasmania
MRCT	Migrant Resource Centre Tasmania
NACCHO	National Aboriginal Community Controlled Health Organisation
NHMRC	National Health and Medical Research Council
NMHCA	National Mental Health Consumer Alliance
NMHPA	Nurse Midwife Health Program Australia
NMHSPA	National Mental Health and Suicide Prevention Agreement

NMHSPF	National Mental Health Service Planning Framework
NSPLSP	National Suicide Prevention Leadership and Support Program
PHT	Primary Health Tasmania
PPPR	Policy, Purchasing, Performance and Reform
RA Tas	Relationships Australia Tasmania
RecFIT	Renewables, Climate and Future Industries Tasmania
Rethink	Rethink 2020: A state plan for mental health in Tasmania 2020–2025
RiO	Roses in the Ocean
SAHMRI	South Australian Health and Medical Research Institute
SMHS	Statewide Mental Health Services
SPA	Suicide Prevention Australia
TAC	Tasmanian Aboriginal Centre
TCMSHI	Tasmanian Centre for Mental Health Service Innovation
TDS	Tasmanian Drug Strategy 2024–2029
THEO	Tasmanian Health Education Online
TMHRP	Tasmanian Mental Health Reform Program
TSPCN	Tasmanian Suicide Prevention Community Network
TSPS	Compassion and Connection: Tasmanian Suicide Prevention Strategy 2023–2027
UoM	University of Melbourne
UQ	The University of Queensland
UTAS	University of Tasmania
YNOT	Youth Network of Tasmania

Our Priority Actions

<p>1. Enabling collective action across agencies and sectors to prevent the onset of suicidal behaviours and respond early to distress</p>	<p>1.1 Support government agencies in Tasmania to apply suicide prevention considerations to their policies</p> <p>1.2 Cross-sector action on prevention to address key risk and protective factors</p> <p>1.3 Cross-agency action to identify and provide supports at points of disconnection</p> <p>1.4 Promote best-practice reporting and communication about suicide in Tasmania and take action on stigma</p> <p>1.5 Implement cross-agency actions to reduce access to means of suicide in Tasmania</p>
<p>2. Delivering compassionate and connected services that meet people's needs</p>	<p>2.1 Increase the availability, accessibility and quality of aftercare services in Tasmania to support people following a suicide attempt or suicidal crisis</p> <p>2.2 Expand the availability of community-based models of care for people experiencing suicidal distress</p> <p>2.3 Provide coordinated supports for families, friends and caregivers impacted by suicidal behaviour</p> <p>2.4 Design, deliver and evaluate an early distress response service for Tasmania</p>
<p>3. Empowering our people and communities to lead suicide prevention action</p>	<p>3.1 Support people with lived experience of suicide to contribute to priority setting, program design and delivery of suicide prevention in Tasmania</p> <p>3.2 Further enhance the capacity of communities to implement suicide prevention community action plans</p> <p>3.3 Take targeted actions for particular groups in Tasmania who may be at increased risk of suicide</p>
<p>4. Developing a skilled, supported and sustained workforce in Tasmania</p>	<p>4.1 Scale up the delivery of contemporary and evidence-based risk mitigation education, training and tools to support clinical, non-clinical and emergency services staff across Tasmania</p> <p>4.2 Co-design and deliver education and training across workforces that builds capability to better engage and work with particular population groups</p> <p>4.3 Increase the capacity of alcohol and other drug (AOD) services in Tasmania to provide integrated support for clients experiencing suicidal distress</p> <p>4.4 Develop a suicide prevention workforce plan for Tasmania, drawing on the national suicide prevention workforce strategy (once developed).</p>
<p>5. Enhancing whole-of-government mechanisms to coordinate our approach</p>	<p>5.1 Implement new governance arrangements for coordinating and monitoring suicide prevention action under the Tasmanian Suicide Prevention Strategy</p> <p>5.2 Enhance the availability and real time use of suicide and self-harm data in Tasmania</p>

5.3 Ensure that other relevant reform initiatives and funded programs connect with and support suicide prevention priorities and actions in Tasmania

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1 Enabling collective action across agencies and sectors to prevent the onset of suicidal behaviours and respond early to distress

1.1 Support government agencies in Tasmania to apply suicide prevention considerations to their policies

What are we doing?

Action	Lead	Partners	Timeframes
1.1.1 Scope the development of a Suicide Prevention Act for Tasmania.	DoH	DoJ	Dec 2025
1.1.2 Refresh the Tasmanian Sudden Loss Support Kit, including considerations for priority population groups.	DoH	Mindframe	Dec 2025
1.1.3 Develop and commence the implementation of a whole-of-system protocol to support safe discussions on potentially distressing topics.	DoH	MHCT	Dec 2025
1.1.4 Continue to implement a best-practice framework to prevent suicides in care settings.	DoH	SMHS	Dec 2025

What are other areas doing?

Action	Lead	Partners
Fund Life in Mind, a knowledge exchange portal providing translated evidence, policy, data and resources in suicide prevention.	Australian Government	Everymind
Establish the Suicide Prevention Research Fund to support research into suicide prevention.	Australian Government	Suicide Prevention Australia
Fund the LIFEWAYS project to strengthen Australian suicide prevention research and facilitate the effective translation of research into policy and practice.	Australian Government	University of Melbourne

1.2 Cross-sector action on prevention to address key risk and protective factors

What are we doing?

Action	Lead	Partners	Timeframes
1.2.1 Using global, interstate and local learnings, plan a social prescribing trial in Tasmania to inform the development of a social prescribing framework and model for Tasmania.	DoH	PHT	Dec 2025
1.2.2 Continue to develop a Promotion, Prevention and Early Intervention Framework for mental health, alcohol and other drugs and suicide prevention.	DoH	PHT	Dec 2024
1.2.3 Continue to develop a directory of evidence-informed workplace programs to support worker wellbeing.	DoJ (WorkSafe)	DoH	Dec 2025

What are other areas doing?

Action	Lead	Partners
Establish three new Head to Health Kids Hubs in Burnie, Bridgewater, and East Tamar.	DoH (Rethink)	Australian Government
Develop a practical guide to support wellbeing after experiencing natural disasters.	Everymind	Australian Government
Pilot the iCOPE digital screening tool to ensure every parent is provided with the right support for mental health during the perinatal period.	DoH (Rethink)	Australian Government
Conduct a review and initiate funding for a small grants program aimed at enhancing therapeutic farming and green care initiatives in Tasmania.	DoH (Rethink)	TCMHSI

1.3 Cross-agency action to identify and provide supports at points of disconnection

What are we doing?

Action	Lead	Partners	Timeframes
1.3.1 Undertake an evidence check to identify best practice approaches to transitional supports for people leaving justice settings and commence the development of a model for trial in Tasmania.	DoH	DoJ	Dec 2025
1.3.2 In collaboration with local councils, empower communities to grow and sustain community-led action on climate change.	DoH	LGAT, RecFIT	Jun 2025
1.3.3 Upskill health professionals to effectively support people who are experiencing eco-distress through professional development opportunities.	DoH	PHT	Jun 2025
1.3.4 In collaboration with key partners, design a brief intervention for people experiencing eco-distress to pilot.	DoH	TCMHSI, RecFIT	Dec 2025
1.3.5 Continue to drive collective action to improve mental health and suicide prevention across government services beyond the health system through the Schedule A: Improving Mental Health and Preventing Suicide Across Systems Working Group under the NMHSPA.	DPAC	DoH, Australian Government	Ongoing
1.3.6 Fund mental health nurses and other allied health supports to provide free care and coordination in between GP and specialist appointments.	PHT	Australian Government	Dec 2025

What are other areas doing?

Action	Lead	Partners
Undertake a <i>Strengthening Parenting & Perinatal Mental Health Services</i> project to establish a stepped-care service delivery model for parenting and perinatal mental health that offers a range of options in both the public and private system beyond hospital care.	DoH (CHaPS)	Australian Government
Establish a national low intensity free digital mental health service.		Australian

	Government	
Implement the Tasmanian Housing Strategy 2023–2043.	Homes Tasmania	DPAC
Develop resources to support mental health services in identifying and addressing social exclusion for people receiving treatment of their mental ill health.	University of Melbourne	Australian Government, NHMRC
Implement the Food Relief to Food Resilience: Tasmanian Food Security Strategy 2021–2024 and Action Plan 2023–2025.	DPAC	
Implement the Changing lives, creating futures - A Strategic Plan for Corrections in Tasmania 2023.	DoJ	
Implement the Child and Youth Wellbeing Strategy - 'It Takes a Tasmanian Village'.	DPAC	All agencies
Implement the Supporting Tasmanian Carers: Tasmanian Carer Action Plan 2021–2024.	DPAC	All agencies

1.4 Promote best-practice reporting and communication about suicide in Tasmania and take action on stigma

What are we doing?

Action	Lead	Partners	Timeframes
1.4.1 Work with government agencies to implement the <i>National Communications Charter</i> through a whole-of-government communications policy, <i>Mindframe</i> training and SANE's StigmaWatch program.	DoH	All agencies, MHCT	Dec 2026
1.4.2 Support <i>Mindframe</i> training delivery across Tasmania, focusing on: <ul style="list-style-type: none"> Governance and advisory groups Parliament and staff Government and non-government communications teams Tasmanian journalism students Tasmanian media organisations 	DoH	Everymind	Ongoing
1.4.3 Represent Tasmania on the Life in Mind Champions group to provide guidance towards the development, implementation, evaluation and activities of Life in Mind and the <i>National Communications Charter</i> .	MHCT	Everymind, Australian Government	Ongoing
1.4.4 Identify and plan the implementation of key stigma reduction strategies under the <i>National Stigma and Discrimination Reduction Strategy</i> (once developed).	DoH	Australian Government	Dec 2026

What are other areas doing?

Action	Lead	Partners
Develop a National Stigma and Discrimination Reduction Strategy.	National Mental Health Commission	Australian Government

Monitor and respond to reports of inaccurate or inappropriate stigmatising media portrayal of mental ill health and suicide.

SANE Stigmawatch

Australian
Government

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1.5 Implement cross-agency actions to reduce access to means of suicide in Tasmania

What are we doing?

Action	Lead	Partners	Timeframes
1.5.1 Undertake an evidence check to identify the best practice approaches to addressing means of suicide and plan the implementation of these approaches in Tasmania.	DoH	TCMHSI	Jun 2025
1.5.2 In collaboration with DPFEM, enhance support for practitioners to meet their obligations under the <i>Firearms Act 1996</i> .	DoH	DPFEM	Jun 2025
1.5.3 Implement suicide prevention measures and communication protocols to reduce suicides at locations known as places where people have died by suicide.	Australian Government	DoH, Lifeline, DPFEM, DOJ	Ongoing
1.5.4 Continue to undertake real-time prescription monitoring to monitor the prescribing and dispensing of controlled medicines.	DoH (PSB)	Australian Government	Ongoing

What are other areas doing?

Action	Lead	Partners
Establish a national real-time prescription monitoring system to monitor the prescribing and dispensing of controlled medicines.	Australian Government	
Develop and implement a real-time suicide and self-harm cluster monitoring system.	UoM	Australian Government, NHMRC

2 Delivering compassionate and connected services that meet people's needs

2.1 Increase the availability, accessibility and quality of aftercare services in Tasmania to support people following a suicide attempt or suicidal crisis

What are we doing?

Action	Lead	Partners	Timeframes
2.1.1 Continue to fund aftercare services in Tasmania to provide supportive and effective care to people after a suicide attempt.	PHT	Australian Government	Ongoing
2.1.2 Building upon the National Best Practice Guidelines for the enhancement and establishment of aftercare services, design a model of care for universal aftercare in Tasmania as part of the NMHSPA.	PHT	DoH, TAC	Dec 2025
2.1.3 Plan the enhancement of referral pathways to aftercare services considering options outside of the public health system such as community and social services, personal support networks and self-referral.	PHT	DoH	Dec 2025
2.1.4 Continue to represent Tasmania on the national Universal Aftercare Steering Group under the NMHSPA.	DoH	Australian Government	Ongoing

What are other areas doing?

Action	Lead	Partners
Undertake a national evaluation of aftercare services across Australia.	Australian Government	All states and territories
Establish and operate a national Universal Aftercare Steering Group to support the delivery of universal aftercare suicide prevention services across Australia under the NMHSPA.	Australian Government	All states and territories

2.2 Expand the availability of community-based models of care for people experiencing suicidal distress

What are we doing?

Action	Lead	Partners	Timeframes
2.2.1 Undertake a formal evaluation of the first Safe Haven operating in southern Tasmania and publicly report on progress.	DoH	TCMHSI	Jun 2025
2.2.2 Establish another Safe Haven through the St Johns Park Health and Wellbeing Precinct as part of the <i>Royal Hobart Hospital Masterplan 2020-2050</i> .	DoH	Australian Government	TBC
2.2.3 Fund suicide prevention activities which respond to the needs of Tasmanian communities through the <i>Targeted Regional Initiative for Suicide Prevention</i> .	PHT	Australian Government	Jun 2025

What are other areas doing?

Action	Lead	Partners
Establish three new Medicare Mental Health Centres in Burnie, Devonport and outer Hobart to provide Tasmanians in distress timely and effective care from multidisciplinary teams without needing an appointment.	PHT	Australian Government, Stride
Plan the development of a national set of standards for Safe Space services for people experiencing suicidal distress to ensure their safety and quality.	Australian Government	All states and territories
Plan the development of a National Safe Spaces Network to offer people in distress options and choices outside of acute, clinical services such as emergency departments.	Australian Government	All states and territories
Develop a national needs-based planning model for suicide prevention services to complement, and potentially integrate into, the National Mental Health Service Planning Framework (NMHSPF).	Australian Government	UoM, LIFEWAYS
Implement recommendations from the Independent Review of Tasmania's Major Hospital Emergency Departments.	DoH	

2.3 Provide coordinated supports for families, friends and caregivers impacted by suicidal behaviour

What are we doing?

Action	Lead	Partners	Timeframes
2.3.1 Expand the delivery of the Minds Together program across Tasmania to improve access for families, friends and carers supporting someone who is experiencing suicidal distress or has attempted suicide.	DoH	Everymind	Dec 2025
2.3.2 Undertake an evidence check to identify best practice service models and interventions for postvention, bereavement and other relevant traumatic incidents.	DoH	Sax Institute, UoM	Dec 2024
2.3.3 Undertake an evidence check and mapping exercise to identify best practice oversight and response mechanisms for critical incidents, including suicides.	DoH	TCMHSI	Dec 2024
2.3.4 Building upon the National Best Practice Guidelines for the enhancement and establishment of postvention services, design a model of care for postvention and bereavement support services in Tasmania as part of the NMHSPA.	DoH		Dec 2025
2.3.5 Implement postvention response plans for at least two Tasmanian government agencies.	DoJ (WorkSafe)	DoH	Dec 2025

What are other areas doing?

Action	Lead	Partners
Fund a national suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide.	Australian Government	Youturn Limited
Fund a national service to provide emotional and practical support to Aboriginal and Torres Strait Islander families impacted by a loss from suicide or other fatal traumatic incidents.	Australian Government	Thirrili
Undertake a national evaluation of postvention services across Australia.	Australian Government	All states and territories

2.4 Design, deliver and evaluate an early distress response service for Tasmania

What are we doing?

Action	Lead	Partners	Timeframes
2.4.1 Develop an evaluation framework for the early distress support service model.	DoH	TCMHSI, Everymind	Jun 2025
2.4.2 Design training packages and key resources for the early distress support service model.	DoH		Jun 2025
2.4.3 Plan and commence a pilot of the early distress support service model in Tasmania to improve service navigation across health and non-health services.	DoH	TCMHSI	Dec 2025

What are other areas doing?

Action	Lead	Partners
Develop National Best Practice Guidelines for the enhancement and establishment of early distress support services.	Australian Government	RIO, Folk
Undertake a national evaluation of the Distress Brief Intervention trials across Australia.	Australian Government	All states and territories

3 Empowering our people and communities to lead suicide prevention action

3.1 Support people with lived experience of suicide to contribute to priority setting, program design and delivery of suicide prevention in Tasmania

What are we doing?

Action	Lead	Partners	Timeframes
3.1.1 Deliver bi-annual learning events for Tasmanian Suicide Prevention Community Network (TSPCN) members and an annual Tasmanian Suicide Prevention Conference to support knowledge sharing and connection.	DoH	RA Tas	Ongoing
3.1.2 Embed a focus on lived experience of suicide within Tasmania's lived experience participation frameworks and develop a suite of operational protocols to support framework implementation.	DoH	RIO	Dec 2025
3.1.3 Undertake a project to enhance lived experience representation in Tasmania to ensure approaches are contemporary, sustainable, and best practice.	DoH	TCMHSI	Jun 2025
3.1.4 Ensure lived experience representation on all suicide prevention governance groups.	DoH	DPAC	Ongoing
3.1.5 Ensure regular government attendance at TSPCN meetings and annual Tasmanian Suicide Prevention Conference to support knowledge sharing and connection.	DoH	RA Tas	Ongoing
3.1.6 Support the Roses in the Ocean Lived Experience Summit.	DoH	RIO	Ongoing
3.1.7 Provide bursaries for Tasmanians to attend the National Suicide Prevention Conference.	DoH	SPA	Ongoing

What are other areas doing?

Action	Lead	Partners
Build and support the lived experience peer mental health workforce through the establishment of a national professional association for peer workers.	Australian Government	

Establish a new independent National Mental Health Consumer Peak Body to represent people with lived experience of mental ill-health.	Australian Government	NMHCA
Establish a new independent National Mental Health Carers, Family and Kin Peak Body to represent people with lived experience of mental ill-health.	Australian Government	MHCA
Continue the Access to Health Services (A2HS) project to engage communities in a place-based approach to health services planning and to trial local solutions.	DoH (PPPR)	LGAT
Deliver a strengths-based campaign to empower Tasmanians to understand, value, and take charge of their own mental health and wellbeing.	MHCT	Tasmanian Government, SAHMRI

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3.2 Further enhance the capacity of communities to implement suicide prevention community action plans

What are we doing?

Action	Lead	Partners	Timeframes
3.2.1 Provide support to ready communities to develop and implement Community Action Plans (CAPs) to support local action across communities.	DoH	RA Tas	Ongoing
3.2.2 Fund small community grants for the Tasmanian Suicide Prevention Community Network (TSPCN) and local government areas to support local action across communities.	DoH	RA Tas	Ongoing
3.2.3 Empower local communities to demonstrate the value of grassroots activities through the development of an evaluation framework for community-led suicide prevention activities.	DoH	TCMHSI	Dec 2025
3.2.4 Establish a continuous engagement process with local councils to ensure integration of suicide prevention activities statewide.	DoH	LGAT, PHT	Ongoing

What are other areas doing?

Action	Lead	Partners
Continue to support existing local community suicide prevention networks established under the National Suicide Prevention Leadership & Support Program.	Australian Government	Wesley Liferforce
Implement the Healthy Tasmania Fund for community action to support health and wellbeing, including a focus on mental health and wellbeing	DoH	
Provide <i>Neighbours Every Day</i> grants to communities across Tasmania to create opportunities for social connections	DoH	RA Tas

3.3 Take targeted actions for particular groups in Tasmania who may be at increased risk of suicide¹

What are we doing?

Action	Lead	Partners	Timeframes
3.3.1 Provide funding for Working It Out's volunteer peer support buddy program 'Working It Out Together' to improve connections, acceptance, and inclusive support for LGBTIQ+ Tasmanians.	DoH	Working it Out	Ongoing
3.3.2 Fund LGBTIQ+ peer navigators to provide free information and help LGBTIQ+ Tasmanians to understand, find and use services.	DoH	Working it Out	Ongoing
3.3.3 Boost funding for targeted community action plans focused on engaging priority populations in Tasmania, including small grants to embed community-led actions.	DoH	RA Tas	Dec 2026
3.3.4 Provide funding to ACCHOs so that they can provide suicide prevention training for Aboriginal organisations and community members.	DoH	ACCHOs	Dec 2025
3.3.5 Provide funding to ACCHOs to work with Aboriginal Community experts, with input from others to design suicide literacy resources specific to palawa children.	DoH	ACCHOs	Dec 2025
3.3.6 Provide funding to ACCHOs to develop and codesign a range of multifaceted yet connected culturally informed and safe palawa suicide prevention and early intervention initiatives. This will result in a comprehensive palawa suicide prevention and early intervention package and provide for the collection and collation of evidence-based data to inform and grow additional programs and initiatives.	DoH	ACCHOs	Dec 2025
3.3.7 Review and develop a plan to implement actions from the National Aboriginal and Torres Strait Islander Suicide Prevention Strategy (once released) with partnerships with Aboriginal Health and community agencies in Tasmania.	DoH	ACCHOs	Dec 2025
3.3.8 Work with NACCHO affiliate for Tasmania and Primary Health Tasmania to support the	DoH	TAC	Ongoing

¹ Priority populations are based upon the priority populations identified within the *Tasmanian Suicide Prevention Strategy 2023-2027* and the *National Mental Health and Suicide Prevention Agreement*.

	implementation of the Culture Care Connect Program.			
3.3.9	Develop a culturally responsive and culturally appropriate screening questionnaire to allow earlier detection and intervention for mental health and wellbeing issues in refugees.	DoH	MRC, MCOT	Dec 2025
3.3.10	Explore the feasibility of a consultation liaison model for the Phoenix Centre to provide timely case management and system navigation for people from a CALD background in Tasmania.	DoH	MRC, TCMHSI	Dec 2025
3.3.11	Work with the UTAS Psychology Department to explore options to provide support to people from a CALD background in Tasmania.	DoH	MRC, TCMHSI, UTAS	Dec 2025
3.3.12	Review and develop a plan to implement recommendations from the Royal Commission into Defence and Veteran Suicide in Tasmania.	DPAC	DoH	Dec 2025
3.3.13	Boost funding for targeted community action plans focused on engaging veterans and past defence members in Tasmania, including small grants to embed community-led actions.	DoH	RA Tas	Dec 2026
3.3.14	Continue to capture the views of Tasmanian veterans and past defence members through the Tasmanian Veterans' Reference Group and National Consultation Framework.	DPAC	DoH	Ongoing
3.3.15	Fund the Veteran Wellbeing Voucher Program to support veteran's participation in healthy activities for their health and wellbeing and to develop social networks.	DPAC		Ongoing
3.3.16	Support the operation of a Veteran Retreat to provide support for the wellbeing of veterans, recognising that time to recover, heal and re-connect can be critical to their long-term health.	DPAC		Ongoing
3.3.17	Provide an active recreation program for returned service personnel with a focus on mental health and wellbeing, and links to training pathways and employment in outdoor education or eco-tourism.	DPAC	Tasmania Parks and Wildlife Service	Ongoing
3.3.18	Implement the Tasmanian Veterans Employment Strategy 2023–2027.	DPAC	Australian Government	Ongoing
3.3.19	Develop a toolkit to support implementation of the male-friendly checklist across the Department of Health and other relevant sectors.	DoH	DPAC, PHT	Jun 2025
3.3.20	Commence the implementation of the male-friendly checklist across the Department of Health and	DoH	DPAC, PHT	Dec 2025

	other relevant sectors.			
3.3.21	Expand reach and access to Family Man, an online parenting program helping dads and other caregivers practice positive parenting techniques.	DoH	Movember	Jun 2025
3.3.22	Expand reach and access to Movember Conversations, a program providing practical guidance on how to talk to men who might be struggling.	DoH	Movember	Jun 2025
3.3.23	Expand reach and access to Ahead of the Game, a sports-based mental fitness and resilience program.	DoH	Movember	Jun 2025
3.3.24	Increase the delivery of evidence-based prevention programs targeting male dominated industries and workplaces with higher rates of suicide.	DoJ (WorkSafe)	PHT, DoH	Dec 2025
3.3.25	In collaboration with young people, develop and embed a process for ongoing engagement with young people to inform activity under the TSPS.	DoH	CCYP, YNOT	Ongoing
3.3.26	Commence the implementation of the youth-friendly checklist across the Department of Health and other relevant sectors.	DoH	DPAC, PHT, DoJ	Dec 2025
3.3.27	Continue to develop and implement a directory of evidence-informed wellbeing programs in schools.	DoH	ACER, DECYP, CET, IST	Jun 2025
3.3.28	In collaboration with key partners, develop and plan the implementation of statewide postvention guidelines for schools, ensuring integration with critical incident response pathways.	DoH	TCMHSI, Sax Institute, UoM, DECYP, CET, IST	Dec 2025
3.3.29	Build staff and student knowledge and skills to respond to suicidal distress.	DoH	TCMHSI, ACER, DECYP, CET, IST	Dec 2025
3.3.30	Develop and plan the implementation of statewide guidelines for self-harm.	DoH	DECYP, IST and CET	

4 Developing a skilled, supported and sustained workforce in Tasmania

4.1 Scale up the delivery of contemporary and evidence-based risk mitigation education, training and tools to support clinical, non-clinical and emergency services staff across Tasmania

What are we doing?

Action	Lead	Partners	Timeframes
4.1.1 Undertake a review of the evidence and implementation requirements for suicide prevention workforce training available in Australia to create a directory to help organisations find the training that best suits identified needs.	DoH	TCMHSI	Dec 2025
4.1.2 Develop and commence the implementation of an evaluation framework for suicide prevention workforce training.	DoH	TCMHSI	Dec 2025
4.1.3 Fund and deliver tiered suicide prevention training for workforces across agencies and sectors in accordance with the implementation schedule, with targets and reporting of progress.	DoH	TCMSHI, all agencies	Ongoing

What are other areas doing?

Action	Lead	Partners
Operate a national accreditation program to assure the safety, quality and efficacy of Australia's suicide prevention programs.	Australian Government	SPA
Deliver a range of workforce wellbeing initiatives to staff, such as guided mindfulness sessions and structured group forums (Schwartz Rounds) to support worker wellbeing and reduce burnout.	DoH	
Operate a helpline providing advice to all doctors and medical students who have concerns about their health and wellbeing.	Drs4Drs	AMA
Operate a peer support and specialist counselling service for nurses, midwives and our students to help them understand their health or wellbeing and plan a path to better health.	NMHPA	
Operate a peer support service for all health professionals, care staff and non-clinical staff in Australia and New Zealand.	Hand-n-Hand	

4.2 Co-design and deliver education and training across workforces that builds capability to better engage and work with particular population groups

What are we doing?

Action	Lead	Partners	Timeframes
<p>4.2.1 Scope additional education and training courses and develop a targeted change management plan to increase uptake of these modules with Public Health Services staff working in Tasmanian Health Services and DoH to complete online modules available through THEO and HLO targeting priority population groups including:</p> <ul style="list-style-type: none"> • Aboriginal Cultural Respect in Health Services • Multicultural Awareness in the Health and Community Sector • Disability Confident Workforces • Foundations on the Safeguarding of Children and Young People Training • LGBTIQ+ Inclusive Healthcare 	DoH		Dec 2025
4.2.2 Implement the <i>Men in Mind</i> training program on effectively engaging and working with men, with an initial focus on psychologists and other clinicians working in Tasmanian mental health services, AOD services, justice services and EAP programs.	DoH	Movember	Dec 2025
4.2.3 Implement professional development courses across health, community and social services to further develop the skills and confidence of professionals working with children (aged 0-12) and families.	DoH	Emerging Minds	Dec 2025
4.2.4 Design a pilot workshop and evaluation measures that improves staff skill in risk mitigation and crisis intervention when working with Refugees	DoH		Dec 2025

What are other areas doing?

Action	Lead	Partners
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Fund initiatives aimed at building culturally safe schools through strengthening intercultural and interfaith understanding and helping students learn how to deal with differences.

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4.3 Increase the capacity of alcohol and other drug (AOD) services in Tasmania to provide integrated support for clients experiencing suicidal distress

What are we doing?

Action	Lead	Partners	Timeframes
4.3.1 Implement national comorbidity guidelines in AOD services in Tasmania and provide access to online comorbidity training for all staff.	DoH	Matilda Centre	Dec 2025
4.3.2 Commence a pilot for a collaborative care project to improve outcomes for people experiencing multiple health issues, with a focus on AOD.	DoH		Dec 2025
4.3.3 In collaboration with key partners, adapt and apply the Drug and Alcohol Services Planning Model (DASPM) to Tasmania to enhance treatment profiles, optimise workforce mix, and identify opportunities to enhance service provision in the sector.	DoH	UNSW	Dec 2025
4.3.4 Fund and deliver tiered suicide prevention training for AOD workforces in accordance with the implementation schedule, with targets and reporting of progress.	DoH	PHT, ATDC	Ongoing
4.3.5 Fund and deliver tiered suicide prevention training for members of the community who may encounter people with high levels of AOD use in accordance with the implementation schedule, with targets and reporting of progress.	DoH	PHT	Ongoing
4.3.6 Building upon the directory of wellbeing programs for schools, identify AOD-use interventions and education targeted at young people on the relationship of AOD use and suicidality.	DoH	ACER	Dec 2024
4.3.7 In collaboration with key partners, continue the phased implementation of a statewide central intake and referral service (CIRS) to provide information, support, advice and consistent assessment and referral to appropriate services in the public, private or community sector.	DoH	PHT	December 2025

What are other areas doing?

Action	Lead	Partners
Fund research for innovative treatments alcohol and other drug treatment under the Medical Research Future Fund (MRFF).	Australian Government	NHMRC

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5 Enhancing whole-of-government mechanisms to coordinate our approach

5.1 Implement new governance arrangements for coordinating and monitoring suicide prevention action under the Tasmanian Suicide Prevention Strategy

What are we doing?

Action	Lead	Partners	Timeframes
5.1.1 Continue to operate the Premier's Mental Health and Suicide Prevention Advisory Council.	DPAC	DoH	Ongoing
5.1.2 Continue to operate the Mental Health and Suicide Prevention Executive Leadership Group.	DoH	DPAC	Ongoing
5.1.3 Continue to operate the Mental Health and Suicide Prevention Whole-of-Government Cross-Agency Working Group.	DoH	DPAC	Ongoing
5.1.4 Continue to operate the Mental Health and Suicide Prevention Research and Data Cross-Agency Working Group.	DoH	DPAC	Ongoing
5.1.5 Continue to operate the Mental Health and Suicide Prevention Priority Populations and Community Representatives Advisory Group.	DoH	DPAC	Ongoing
5.1.6 Review and consolidate existing governance structures nationally and across the state to ensure optimal information sharing and efficient use of stakeholder time and ensure integration across focus areas and strategies.	DoH	Australian Government	Ongoing

What are other areas doing?

Action	Lead	Partners
Continue to convene the Mental Health and Suicide Prevention Senior Officials Group to oversee the implementation of the National Mental Health and Suicide Prevention Agreement (National Agreement)	Australian Government	State and Territory representatives
Continue to work alongside First Nations people and operate the Social and Emotional Wellbeing Policy Partnership group.	Australian	Gayaa Dhuwi

	Government	(Proud Spirit) Australia Coalition of the Peaks representatives State and Territory representatives
Support the delivery of universal aftercare suicide prevention services as outlined in relevant bilateral schedules under the National Agreement through the Universal Aftercare Steering Group	Australian Government	State and Territory representatives
Continue Implementing 'Schedule A: Improving Mental Health and Preventing Suicide Across Systems' (Schedule A) under the National Agreement	Australian Government	DPAC State and Territory representatives
Continue the coordination within and across levels of government to implement the Mental Health Workforce Strategy 2022 – 2032 through the Mental Health Workforce Working Group	Australian Government	State and Territory representatives
Continue to oversee safety and quality matters relating to national mental health and suicide prevention reforms and services through the Safety and Quality Group.	Australian Government	State and Territory representatives

5.2 Enhance the availability and real time use of suicide and self-harm data in Tasmania

What are we doing?

Action	Lead	Partners	Timeframes
5.2.1 Explore the establishment of a real-time suicide and self-harm cluster monitoring system, creating tools to support prompt responses to rising trends or emerging clusters.	DoH	University of Melbourne	Dec 2025
5.2.2 Release the next Report on Suicide to the Tasmanian Government	DoH	DoJ	Dec 2025
5.2.3 Progress efforts nationally to identify available government, service and community data sets that can be used to inform suicide prevention planning and suicide prevention response systems.	DoH	AIHW	Dec 2025
5.2.4 Explore the use of a Tasmanian Overdose Register to inform means restriction activities and data linkage opportunities.	DoH		Dec 2025
5.2.5 Support the capacity of the Tasmanian Suicide Register through funding an additional research officer	DoH	DoJ	Dec 2025

What are other areas doing?

Action	Lead	Partners
Expanding the National Mental Health Service Planning Framework to suicide prevention, supporting Primary Health Networks to lead a regional approach to service planning and the integration of suicide prevention activities to meet local need	Australian Government	University of Melbourne Queensland Centre for Mental Health Research

5.3 Ensure that other relevant reform initiatives and funded programs connect with and support suicide prevention priorities and actions in Tasmania

What are we doing?

Action	Lead	Partners	Timeframes
5.3.1 Update the communications strategy for the Tasmanian Suicide Prevention Strategy	DoH		Dec 2025
5.3.2 Develop the Third Implementation Plan for the Tasmanian Suicide Prevention Strategy	DoH		Dec 2025
5.3.3 Continue to identify projects funded by the Australian Government under the National Suicide Prevention Leadership and Support Program that can be brought to Tasmania.	DoH	Australian Government	Dec 2025
5.3.4 Connect the work of the nationally funded suicide prevention programs and services to the suicide prevention sector and community in Tasmania to avoid duplication and harness established best-practice programs and services.	DoH	Australian Government	Dec 2025
5.3.5 Undertake an annual scan globally and nationally to identify linked initiatives, funded programs and upcoming trials/grants and research	DoH	TCMHSI	Ongoing
5.3.6 Establish regular collaborative processes between other jurisdictions and the Australian Government	DoH	Australian Government	Ongoing
5.3.7 Work with federal and state and territory partners to commence the implementation of the National Suicide Prevention Strategy (once released), noting its focus on the social and economic determinants of suicide	Australian Government	DoH	Dec 2025





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