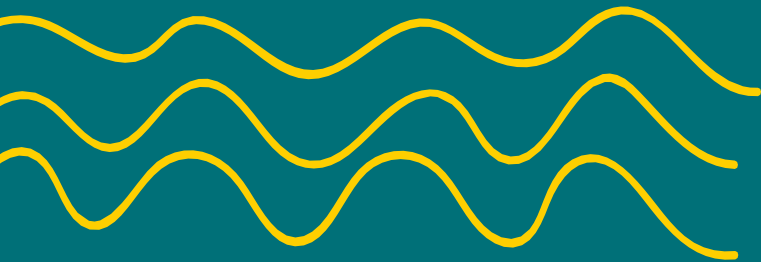




OCTOBER 2024

Implementation Plan Two

July 2024 – December 2025



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)**. You can also talk to a counselling service, or employee assistance provider (EAP)

Tasmanian Support Services

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

Access Mental Health

1800 332 388

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

National Support Services

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

StandBy Support After Suicide

1300 727 247

24/7 suicide prevention counselling service. 6:00am-10:00pm, 7 days a week

www.standbysupport.com.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

MensLine Australia

1300 789 978

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

www.mensline.org.au

13YARN

13 92 76

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

www.13yarn.org.au

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

Open Arms - Veterans and their families

1800 011 046

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

www.openarms.gov.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

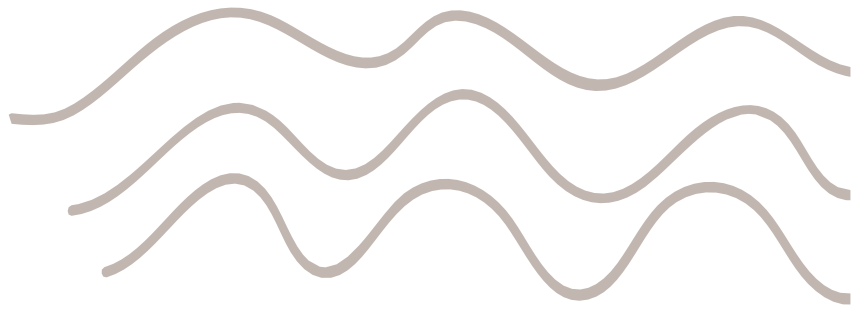
24/7 phone support and online counselling for young people aged 5 to 25.

www.kidshelpline.com.au

eheadspace

1800 650 890

24/7 online counselling for young people aged 12 to 25. www.headspace.org.au



Contents

Acknowledgement.....	4
An introduction.....	5
Our approach.....	5
Our progress so far.....	6
Implementation Plan Two.....	7
Our priority actions.....	9
Enabling collective action across agencies and sectors to prevent the onset of suicidal behaviours and respond early to distress.....	10
Delivering compassionate and connected services that meet people’s needs.....	11
Empowering our people and communities to lead suicide prevention action.....	12
Developing a skilled, supported and sustained workforce in Tasmania.....	13
Enhancing whole-of-government mechanisms to coordinate our approach.....	14



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Directorate, Department of Health

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Acknowledgement

We respectfully acknowledge the 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 that Aboriginal people are the knowledge holders and provide best practice in promoting health and wellbeing for Aboriginal people.

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 second Implementation Plan.

An introduction

The impact of suicide is personal and deeply felt, affecting almost every Tasmanian and their community at some point in time.

Elevating suicide prevention along with mental health to a Premier's priority makes clear our Tasmanian Government's commitment to improving the wellbeing of all Tasmanians.

The pain and isolation that people experience when they are living with suicidal distress, or affected as a family member or friend, can only be countered by working together to build a more compassionate and more connected community where people get the support they need, when they need it.

To do this, we have brought together all levels of government, all agencies, and all people across the Tasmanian community to improve collaboration and accountability.

Our approach

Compassion and Connection

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 plan to reduce suicide and improve the wellbeing of Tasmanians.

Our vision for a compassionate and connected community working together to prevent suicide in Tasmania requires a whole-of-community, whole-of-service-system and whole-of-government response.

We are guided by our principles:

- Embedding lived experience knowledge in the design, delivery and evaluation of our work
- Empowering communities to plan and coordinate actions that meet specific needs
- Ensuring that compassion and connection are central to our approach
- Taking a strengths-based approach that builds on Tasmanian knowledge and resources
- Broadening our approach beyond health services to reach more people
- Using data and evidence to guide our work

Our progress so far

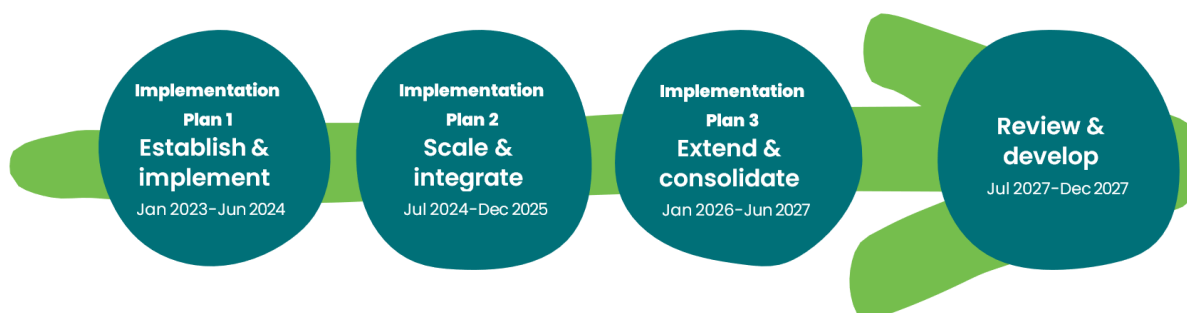
We have been working together to action the first 18-month implementation plan. This plan focused on putting people at the centre of key actions and developing a collaborative and coordinated approach. We have already made significant progress across Tasmania.

Our key achievements include:

- incorporating a lived experience workforce as the face of the Mental Health Integration Hub to provide support and work in partnership with people in suicidal or situational distress, creating a sense of belonging and community
- establishing the first Safe Haven for people in distress as a safe and supportive environment, grounded in connection, compassion, and hope
- providing training and resources to support workforces and workplaces to better respond to people in suicidal or situational distress, particularly people from priority populations
- implementing targeted programs, such as the Minds Together program for family and friends supporting someone in distress, supporting the Tasmanian Culture Care Connect program for Aboriginal people and the peer support buddy program for LGBTIQ+ Tasmanians
- improving the service system through developing resources and checklists to make services more accessible and friendly for men and young people
- determining that the Tasmanian Government will sign onto the National Communications Charter setting the foundation for implementing across agencies a consistent approach to the way we communicate about mental health concerns and suicide
- establishing governance structures to support a collaborative and coordinated approach throughout the duration of the Strategy:
 - Premier's Mental Health and Suicide Prevention Advisory Group
 - Mental Health and Suicide Prevention Executive Leadership Group
 - Mental Health and Suicide Prevention Whole-of-Government Cross-Agency Working Group
 - Mental Health and Suicide Prevention Research and Data Cross-Agency Working Group
 - Mental Health and Suicide Prevention Priority Populations and Community Representative Advisory Group

Implementation Plan Two

This is the second of three implementation plans across the 18-month period from July 2024 to December 2025. With the delivery of three detailed plans, we have an opportunity to stage the delivery of priority actions. These phases describe the key focus and themes for activities in that period with each building on the learnings from the previous years.



Consultation and refining our actions

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 experience who have continued to support us in our work.

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.

To develop this plan, we evaluated the progress and outcomes of the first plan and reviewed new evidence and insights.

We heard from a range of stakeholders including government and community organisations. The consultation program included local experts, people with a lived experience of suicide, Tasmanian Aboriginal people, veterans, young people, culturally and linguistically diverse people and men. Consultations occurred in September 2024 and included an online survey, key informant interviews, written submissions and community consultation sessions.

What we heard

A key message from stakeholders included that we should streamline our actions to make the plan more focused and allow us to build on actions as we learn what's working and what needs revising.

We have responded to this feedback by taking a step back – presenting broader actions at a higher level, rather than specifically naming each component that will be involved.

While simplifying the plan has been challenging, the positive engagement of agencies, community sector organisations, and members of the public engaging with the Strategy inspires hope as we work collectively to prevent suicide in our communities.

Key themes from the consultation program included:

- strengthening the focus on specific population groups identified in the plan
- continuing to focus on continuous engagement and evaluation
- strengthening whole of government actions
- establishing and increasing strategic partnerships and collaborations, and ensuring connectivity of initiatives
- increasing the focus on developing and maintaining a skilled suicide prevention workforce, and
- increasing education and training to increase peoples' skills in identifying and supporting people in need.

Reporting on our progress

Continuous evaluation is part of the work and a progress report will be provided at the end of this implementation plan.

Our priority actions

Our priorities have been developed following extensive consultation in Tasmania and a review of available evidence and data. They set the strategic direction of the Tasmanian Suicide Prevention Strategy between 2023 and 2027. The activities identified from pg.10 to 14 will enable us to ensure that our actions are effective in helping to prevent suicide.

Priority	Action
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
	1.2 Cross-sector action on prevention to address key risk and protective factors
	1.3 Cross-agency action to identify and provide supports at points of disconnection
	1.4 Promote best-practice reporting and communication about suicide in Tasmania and take action on stigma
	1.5 Implement cross-agency actions to reduce access to means of suicide in Tasmania
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
	2.2 Expand the availability of community-based models of care for people experiencing suicidal distress
	2.3 Provide coordinated supports for families, friends and caregivers impacted by suicidal behaviour
	2.4 Design, deliver and evaluate an early distress response service for Tasmania
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
	3.2 Further enhance the capacity of communities to implement suicide prevention community action plans
	3.3 Take targeted actions for particular groups in Tasmania who may be at increased risk of suicide
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
	4.2 Co-design and deliver education and training across workforces that builds capability to better engage and work with particular population groups
	4.3 Increase the capacity of alcohol and other drug (AOD) services in Tasmania to provide integrated support for clients experiencing suicidal distress
	4.4 Develop a suicide prevention workforce plan for Tasmania, drawing on the national suicide prevention workforce strategy
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
	5.2 Enhance the availability and real time use of suicide and self-harm data in Tasmania
	5.3 Ensure that other relevant reform initiatives and funded programs connect with and support suicide prevention priorities and actions in Tasmania



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

FOCUS	PROMOTION & PREVENTION <ul style="list-style-type: none"> - Promotion of wellbeing and addressing key social determinants related to suicidal behaviour - Population wide actions to prevent onset of suicidal behaviour - Targeted actions to reach people at points of disconnection and/or transition
RATIONALE	While each experience of suicide is unique, a broader approach is needed to have the greatest impact on improving wellbeing, reducing population risk factors and being able to respond early. People will encounter times of disconnection and unique stressors as they move through life. This presents multiple opportunities to provide proactive supports.

Action	Activity	Completion Timeframe
1.1	Scope the development of a Suicide Prevention Act for Tasmania.	Dec 2025
1.2	Release the Promotion, Prevention and Early Intervention Framework for mental health, alcohol and other drugs and suicide prevention, and review impact on addressing suicide prevention	April 2025
	Understand the link between eco-distress and suicide and scope action to address it	Dec 2025
	Continue to implement Rethink 2020: A state plan for mental health in Tasmania 2020–2025 initiatives that support suicide prevention	June 2025
1.3	Identify best practice approaches to transitional supports from priority settings	Dec 2025
1.4	Promote the National Communications Charter and safe and inclusive language around mental health and suicide, and embed the Charter in government agencies	Dec 2025
1.5	Identify best practice approaches to addressing means of suicide and plan the implementation of these approaches in Tasmania.	June 2025
	Implement a best-practice framework to prevent suicides in care settings.	Ongoing
	Implement suicide prevention measures and communication protocols to reduce suicides at locations known as places where people have died by suicide.	Ongoing

2

Delivering compassionate and connected services that meet people’s needs

FOCUS	<p>INTERVENTION & POSTVENTION</p> <ul style="list-style-type: none"> - Early, effective and ongoing supports to reduce duration and severity of suicidal distress and suicide attempts - Actions for families, friends and communities to reduce the impact of suicidal behaviour
RATIONALE	<p>Our services need to be visible, accessible, and safe for all people. They need to include supports that meet the different needs of the people accessing them, such as our young people, men, Tasmanian Aboriginal people, LGBTIQ+ people, culturally and linguistically diverse people and Australian Defence Force personnel and veterans. A compassionate service system means that no matter when or where a person makes contact, they are connected to the supports they need.</p>

Action	Activity	Completion Timeframe
2.1	Ensure effective aftercare services are available to all Tasmanians	Ongoing
	Enhance referral pathways to aftercare services, including the public health system, community and social services, personal support networks and self-referral.	Dec 2025
2.2	Undertake a formal evaluation of the first Safe Haven operating in southern Tasmania and publicly report on progress.	Dec 2025
2.3	Co-design a model of care for postvention and bereavement support services as part of increasing the availability and access to effective postvention services in Tasmania	Dec 2025
2.4	Design an early distress support service model for Tasmania, including training, resources and an evaluation framework	Dec 2025

3

Empowering our people and communities to lead suicide prevention action

FOCUS	<ul style="list-style-type: none"> - Lived experience leadership - Connected and supported communities with localised planning and delivery - Targeted actions for particular groups to prevent onset, or worsening, of suicidal behaviour
RATIONALE	People with lived experience of suicide, our communities and particular population groups in Tasmania are central to the planning and delivery of suicide prevention action. A focus on co-designing solutions that can be delivered in and with communities is crucial.

Action	Activity	Completion Timeframe
3.1	Deliver suicide prevention learning events and conference to support knowledge sharing and connection.	Ongoing
	Support people with lived experience to attend and participate in learning events, conferences and governance groups	Ongoing
	Embed lived experience into the implementation of the TSPS, in particular for priority populations	Ongoing
3.2	Support local communities to implement place-based suicide prevention initiatives, with a particular focus on priority populations	Ongoing
3.3	Refresh the Tasmanian Sudden Loss Support Kit with consideration of priority population groups.	Dec 2025
	Implement peer support suicide prevention initiatives focusing on supporting LGBTIQ+ Tasmanians	Ongoing
	Support ACCHOs to provide suicide prevention training, and work with the Aboriginal community to co-design suicide prevention resources and initiatives for palawa people.	Dec 2025
	Explore new initiatives to strengthen suicide prevention among refugees and people with CALD backgrounds	Dec 2025
	Develop a plan to address recommendations from the Royal Commission into Defence and Veteran Suicide in Tasmania.	Dec 2025
	Increase the delivery of evidence-based suicide prevention initiatives supporting men	Dec 2025
	Review, and where required, strengthen, current resources, guidelines, and processes for schools to support staff and students with suicide prevention, including responding to self harm, suicidal distress, and postvention guidelines	Dec 2025

4

Developing a skilled, supported and sustained workforce in Tasmania

FOCUS	INTERVENTION & POSTVENTION - A compassionate and skilled workforce across all services and agencies
RATIONALE	Every contact a person has with a service is an opportunity for a compassionate response that connects them to the right supports. Our workforces providing this care are more likely to respond with compassion when they have the knowledge and skills they need and where they are working in organisations that promote their wellbeing.

Action	Activity	Completion Timeframe
4.1	Determine the best options for suicide prevention training for clinical, non-clinical and emergency services, and support implementation	Dec 2025
4.2	Determine best options for suicide prevention training for workforces working with priority population groups and support implementation	Dec 2025
4.3	Implement the Tasmanian Drug Strategy 2024 – 2029 initiatives that support suicide prevention	Dec 2029
	Identify, and share with schools, education and other initiatives that address the relationship between AOD use and suicidality among young people.	Dec 2025
4.4	Build the capacity of the suicide prevention workforce in Tasmania	Ongoing

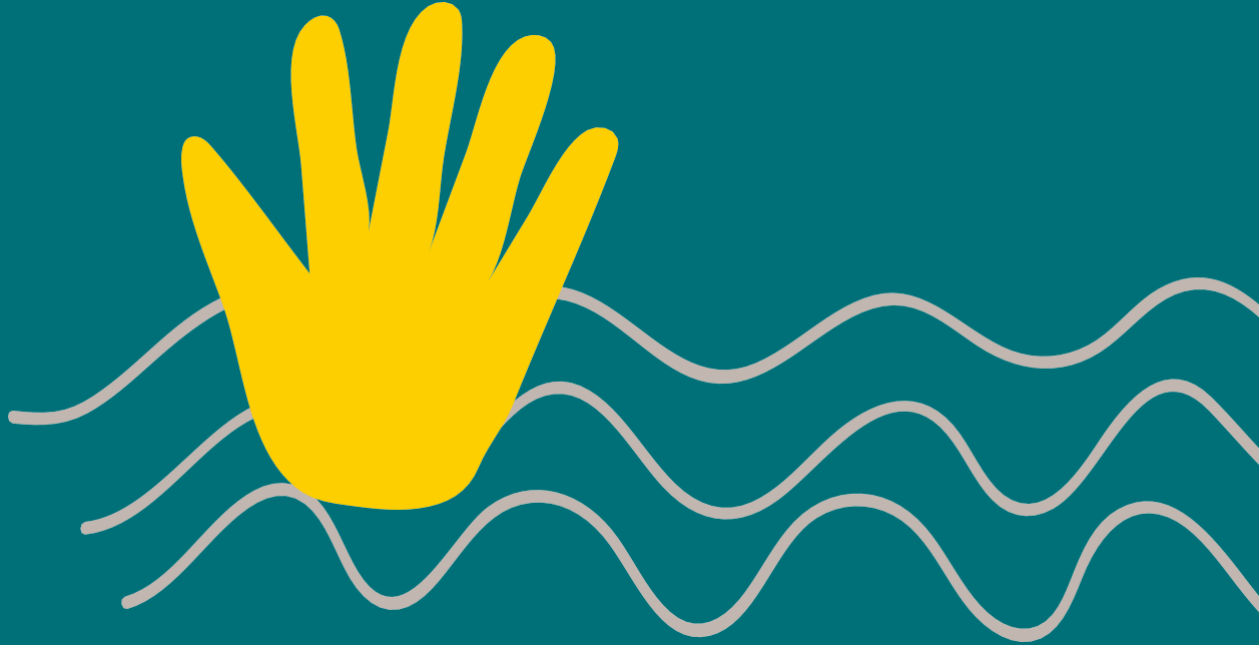


5

Enhancing whole-of-government mechanisms to coordinate our approach

FOCUS	<ul style="list-style-type: none"> - Coordinated whole-of-community, whole-of-service and whole-of-government response - Data and evidence to inform planning and delivery of suicide prevention actions
RATIONALE	Coordinated action across all levels of government and across agencies is required, drawing on the strengths of local relationships and available data. This will increase transparency and accountability to the people of Tasmania.

Action	Activity	Completion Timeframe
5.1	Review existing governance structures and continue to support inclusive consultation groups	Ongoing
5.2	Enhance data collection for analysis and evaluation through the Tasmanian Suicide Register to support decision making for suicide prevention	Ongoing
	Continue to provide reports to the Tasmanian Government on Suicide and utilise findings to further shape and evaluate actions	Dec 2024
5.3	Engage in national collaborations that focus on suicide prevention	Ongoing
	Update the communications strategy for the Tasmanian Suicide Prevention Strategy	June 2025
	Develop the Third Implementation Plan for the Tasmanian Suicide Prevention Strategy	Dec 2025
	Continue an annual review of national and international suicide prevention research, programs and projects to ensure best practice initiatives are being implemented in Tasmania	Dec 2025



Tasmanian
Government

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