



Tasmanian **Suicide Prevention** Strategy **2023–2027**

Evaluation of Implementation Plan One

A Snapshot

The Tasmanian Suicide Prevention Strategy Implementation Plan One has laid a strong foundation for reducing suicide and supporting the well-being of Tasmanians.

The Department of Health and its partners have prioritised lived experience, community engagement, and collaboration across sectors to achieve Implementation Plan One.

This summary highlights the achievements made under Implementation Plan One and provides a vision for the next phase.

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 98 44 34

Phone counselling service for psychological distress. 8am to 8pm.

www.lifelinetasmania.org.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

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

9am to 10pm 7 days.

National Support Services

Lifeline

13 11 14

24/7 phone and online counselling for Australians experiencing emotional distress.

www.lifeline.org.au

StandBy Support After Suicide

1300 727 247

24/7 suicide prevention counselling service.

www.standbysupport.com.au

Suicide Call Back Service

1300 659 467

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

www.suicidecallbackservice.org.au

MensLine Australia

1800 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.

www qlife.au/resources/chat

Open Arms – Veterans & Families

Counselling

1800 011 046

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

www.openarms.gov.au/get-support/counselling

Beyond Blue

1300 22 4636

24/7 phone support & online chat service.

www.beyondblue.org.au

Kids Helpline

1800 55 1800

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

www.kidshelpline.com.au

Headspace

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

www.headspace.org.au



Action 1: Enabling collective action across agencies and sectors

Tasmanians benefit from ongoing coordinated efforts to prevent suicide, with agencies working together to share data, align policies, and address critical gaps.

Development of a new directory of programs addressing wellbeing and suicide prevention in schools is underway.

A Cabinet decision for the Tasmanian Government to sign onto the National Communications Charter has laid the foundation for implementing clearer and more compassionate communication about suicide, aiming to reduce stigma and improve public understanding across government agencies.

Research on restricting access to means of suicide sets foundation for future initiatives in Tasmania.

Opening Tasmania's first Safe Haven as a **non-clinical, supportive environment** for those in distress.

Development of a **Directory of Wellbeing Programs** to support schools with resources to address **youth mental health and distress**.



54 of 81 actions completed, with 20 deferred due to dependencies on external projects.

Early distress, aftercare, and postvention services are being reviewed to better meet community needs.



Action 2: Delivering compassionate and connected services


The opening of the Safe Haven in southern Tasmania provides a welcoming, non-clinical space for people experiencing distress, ensuring they feel supported and safe.

Ongoing inclusion of Lived Experience peer workers in services like the Peacock Centre ensure that Tasmanians in suicidal distress receive empathetic, person-centred care.

Families and friends supporting loved ones in distress have access to the Minds Together program, helping them navigate these challenging situations more effectively.

Culturally informed initiatives like the consultation with the Tasmanian Aboriginal Centre on an Early Distress Support Service, ensure inclusive and accessible care for all.

Universal aftercare services are under review with the aim of enhancing support for Tasmanians following experiences of suicidal distress.



Checklists **are helping** health services create **welcoming spaces for men.**

Over 5,000 staff trained in inclusive practices for priority groups.

 **Action 3: Empowering communities to lead suicide prevention**

Community-led workshops and grants continue to empower local groups to develop and implement suicide prevention initiatives tailored to their unique needs, fostering ongoing stronger community connections.

Men and young people across Tasmania are continually benefiting from increasingly accessible and welcoming health services, with evolving checklists and programs ensuring these groups feel consistently valued and understood.

Individuals with lived experience are actively shaping policies and programs, making suicide prevention initiatives more relevant and effective for Tasmanians.

Support for grassroots initiatives remains a priority, enabling communities to lead the ongoing creation of safer, more resilient environments for everyone.

 **Action 4: Building a skilled, supported, and sustained workforce**

Over 5,000 Tasmanians working in government and healthcare have been trained in inclusive practices, ensuring better, more empathetic support for diverse groups.

Comprehensive Care Plans now provide people in suicidal distress with consistent and tailored care, improving their chances of recovery.

TCMHSI is reviewing available suicide prevention training frameworks to determine the most effective options for Tasmanians, ensuring professionals are equipped to provide informed and effective support during a crisis..

Workforce education initiatives are continuously equipping care providers in Tasmania to better address the evolving needs of priority groups, including LGBTQI+ individuals and Aboriginal communities.

Lived experience representatives are making services more empathetic and effective.

Action 5: Enhancing whole-of-government coordination

Stronger governance structures, such as the Premier's Mental Health and Suicide Prevention Advisory Council, ensure suicide prevention remains a priority at every level of government, benefiting all Tasmanians.

Continuous evaluation and improvements in data collection and reporting are helping to identify trends and gaps, enabling more targeted interventions to save lives.

Aligning with national frameworks ensures that Tasmanians benefit from cutting-edge research, policies, and practices in suicide prevention.



Competing priorities and process of stakeholders were negotiated to progress priority actions.

WHAT'S NEXT



Strengthen the focus on specific population groups

Continue ongoing efforts to address the needs of priority groups identified in the plan, including Aboriginal and Torres Strait Islander people, LGBTQIA+ communities, youth people, and men.



Further enhance engagement and evaluation

Continuous engagement with stakeholders and communities, while embedding robust evaluation processes to refine and improve suicide prevention initiatives.



Further strengthen strategic partnerships

Continue partnerships with community organisations, peak bodies, and stakeholders to deliver unified action.



Further develop a skilled suicide prevention workforce

Increase efforts to develop and maintain a highly skilled suicide prevention workforce, ensuring care providers are equipped to support people in need effectively.



Expand reach of education and training

Prioritize ongoing education and training initiatives to build capacity across communities, enabling individuals to identify and support those at risk.



Continue to strengthen whole-of-government actions

Enhance coordination across government agencies to ensure integrated and unified efforts in suicide prevention.



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