



# APPENDIX 1: TASK FORCE TERMS OF REFERENCE

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To inquire into and, where applicable, make recommendations to the Government on:

1. The nature and extent of suicide, particularly youth suicide, in Victoria and its impact on the family and community in general.
2. The identification of risk factors that contribute to suicide.
3. Strategies to prevent and minimise the incidence of suicide, including the role of the media.
4. Strategies to enhance the overall capacity of the service system to better meet the needs of people who are at risk of suicide.
5. Examples of best practice, both locally and internationally, in regard to service provision.
6. The Task Force will also make comment on specific issues as they relate to older Victorians and rural Victoria.



## APPENDIX 2: TASK FORCE MEMBERSHIP

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Mr Peter Kirby Chairperson

Associate Professor Pierre Baume

Mr Lindsay Fox AO

Ms Carmel Guerra

Mr Paul McDonald

Ms Jill Meathrel

Dr Leanne Rowe

Mr John Shaw

Mr Jim Stynes

Professor Bruce Tonge

### SECRETARIAT

Angela Jurjevic Director

Vivienne Roche Executive Officer

Peter Jones Project Officer

Bernie Marshall Project Officer

Tracey O'Halloran Project Officer

Joe Wilder Project Officer

Valerie Gilpin Project Officer

Martin Breen Administrative Support

Sophia Pashalis Administrative Support

The Secretariat was assisted by Alison Hart, Mark Hatwell, Joanne Lillis and Lyn Malone.



## APPENDIX 3: OVERVIEW OF COMMUNITY CONSULTATION MEETINGS AND SPECIALIST FORUMS

A series of 15 community consultation meetings were held in the Melbourne metropolitan area and regional Victoria to provide an opportunity for individuals and community organisations to make oral submissions to the Task Force.

At each meeting, oral submissions were received for up to 90 minutes. To ensure all interested parties were able to make a contribution, each presentation was limited to five minutes. At the end of oral presentations, approximately one hour was provided for discussion. Submitters were advised that proceedings at the public hearings were recorded by Hansard and that all material presented would be on the public record.

Geelong	7.00 p.m.–9.30 p.m., Wednesday 5 March 1997	Supreme Court Room, The Courthouse Project
Morwell	7.00 p.m.–9.30 p.m., Thursday 6 March 1997	The Foyer, Kernot Hall
Bairnsdale	7.00 p.m.–9.30 p.m., Friday 7 March 1997	Bairnsdale Aquatic and Recreation Centre
Preston	7.00 p.m.–9.30 p.m., Tuesday 11 March 1997	Darebin Arts and Entertainment Centre
Ringwood	7.00 p.m.–9.30 p.m., Wednesday 12 March 1997	Central Ringwood Community Centre
Dandenong	7.00 p.m.–9.30 p.m., Thursday 13 March 1997	Chandler Community Centre Theatre, Keysborough
Hamilton	7.00 p.m.–9.30 p.m., Friday 14 March 1997	Ted Kenna VC Room, Hamilton Performing Arts Centre
Ballarat	7.00 p.m.–9.30 p.m., Thursday 20 March 1997	Ballarat Civic Hall
Shepparton	12.30 p.m.–3.00 p.m., Monday 14 April 1997	Park Lake Motor Inn
Bendigo	7.00 p.m.–9.30 p.m., Monday 14 April 1997	RL Campbell Theatrette, North Central Goldfields Library
Mildura	7.00 p.m.–9.30 p.m., Tuesday 15 April 1997	Sunraysia Institute of TAFE Auditorium
Footscray	7.00 p.m.–9.30 p.m., Wednesday 16 April 1997	The Church, Hyde Street, Footscray
Wodonga	7.00 p.m.–9.30 p.m., Thursday 17 April 1997	Meeting Room, Wodonga Civic Centre
Melbourne	7.00 p.m.–9.30 p.m., Friday 18 April 1997	Corryong Rooms, World Congress Centre
Melbourne	7.00 p.m.–9.30 p.m., Tuesday 22 April 1997	Council of Adult Education, City Conference Centre



## APPENDIX 4: WRITTEN PRESENTATIONS/

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## SUBMISSIONS TO THE SUICIDE PREVENTION TASK FORCE

### INDIVIDUALS

Ahern, Julian  
Allan, Thea  
Allan, Wilma  
Anderson, David  
Apap, Eunice  
Atkinson, Janice  
Atkinson, Jo-Ann  
Austin, George  
Axen, Robert and Lynette  
Bardsley, Anna  
Barker, Andrew  
Bawn, Bill  
Benham, Heather  
Benson, Karina  
Black, Averil  
Blanche, Rod  
Bolton, Jennifer  
Bond, Graeme  
Boon, Dennis  
Brand, Kathryn  
Brons, Ron  
Brown, Cherie  
Budd, Joy  
Burnett, Carol  
Camfield, Maggie  
Carey, Lillian  
Casey, Irene  
Castledine, Cheryl  
Cellard, Margaret  
Chapman, Anne  
Charalambous, Helen  
Charles, R.G.  
Chew, John  
Christian, Michael  
Clarke, Heidi  
Clarke, Julie  
Clarke, Stephen  
Cleake, Helen  
Cohen, Philip  
Cole, Neil MP  
Collins, Harry  
Connors, T.J.  
Cooke, Simon  
Cooper, Mavis  
Corrigan, Peter  
Costello, Nick  
Cowling, Vicki  
Cox, Lenore  
Creely, Barry  
Crosbie, Alan  
Crosbie, Joe  
Crosbie, Patricia  
Curtis, Barry J.  
Daly, Heather  
Davidson, Alan  
Davidson, Tony  
Day, Bob  
Day, Liz  
De Vere, Marie  
Dennis, John  
Di Martino, Maria  
Docherty, Stephen  
Dodemaide, Barry Venn  
Dominick, Kellie  
Dowd, Jeanette  
du'Jardin, Catriona  
Dymond, Sue  
Eckersley, Richard  
Edmonds, Christina  
Edwards, Lesley  
Egan-Vine, Penny  
Eggins, Barnie  
Elliott, Kevin  
Emslie, Mic  
Ercelenk, Mutlu  
Evans, Yvonne  
Everett, Michael  
Fabian, Suzanne  
Fairy, John  
Farrell, Lin  
Farrell, Peter  
Fehring, Coral  
Fewster, Leonie  
Fiddian, Jenny  
Fielding, Jean  
Foster, Christine and Anthony  
Frangos, Judith  
Fuller, Andrew  
Gair, Helen  
Gardiner, Denis  
Gathercole, Linda  
Gatt, Leigh  
Gibson, Jon  
Gold, Stanley  
Goldwasser, Irene  
Goschnick, Dianne  
Gray, Steve  
Green, Darrell  
Grimwade, Jo  
Hall, Kelly

Halloran, John	McDermott, Rochelle
Hargreaves, Geoffrey and Maureen	McDougall, Fiona
Harrington, Linda	McHugh, Margaret
Harris, Jenni	McLean, Austin
Harrison, Jan	McShane, Lisa
Harrower, Kerry	Melbourne, Noel
Hart, Lyn	Michael-Johanson, Margaret
Hebbard, Wendy	Millane, Michel
Hibbard, Paul	Miller, Joan
Higginbotham, Mary	Miller, Laurence
Hilditch, Scott	Mitterer, J.G.
Hinds, John	Mokhtar, Rosemary
Hobbs, Catherine	Moran, Cathy
Hogan, Frances	Moran, Kevin
Hoogenboom, Gerard	Morrison, Dorothy
Hotchin, Nan	Mountford, Dane
Ingamells, David	Murnane, Mary-Ann
Jamieson, Sue	Nash, Rebecca
Jansen, Frits	Naughton, Carmel
Jefferyes, Sally	Newington, Lynne
Jeffreys, Pat	Newman, Elisabeth
Jellie, Marion	Newton, Peter
Jenkinson, Melissa	Nguyen, Chau
Johnson, Maree	Nichol, Judy
Jones, Jenny	Nicholls, Ron
Judd, Warren	Norden, Philip
Kandel, Helene	Noy, Tamara
Karamanos, John	Nutt, Alan Gordon
Keamy, Ron	O'Brian, Helen
Keith, Dennis	O'Brien, Anne
Kemp, Geoffrey	O'Brien, Scott
Kennedy, M	O'Connor, Mary
Kent, Esme J	O'Regan, Tom
Kinloch, Helen	Olle, Mal
Knight, Michael	Osborne, Pat
Konynenburg, Joe	Parry, Christine
Kosky, Robert	Pavletich, Maree
La Rocca, Maria	Penny, Martin
Labbett, Irene	Perry, L
Langhman, Michael	Plowman, Tony MP
Laycock, Margaret	Power, Linda
Lee, Ron	Pregara, S
Lester, Tracey	Price, Catherine
Liti, Margaret	Priest, P
Little, Roger	Probst, William
Lourey, Anna	Reardon, Ray
Lowe, David	Redfern, Ian
Luo, Dennis	Reimers, Chris
Lyndon, Patricia	Ribton-Turner, Donna
MacKenzie, Fiona	Rigg, Bea
Martin, Graham	Rivers, Gillian
Martinez, Julio	Roberts, Peter
Mastin, M	Russell, Murray
Mazur, Michael	Ryan, Alison
McCormick, Lisa	Ryan, Neil
McCourt, Suzanne	Salvatore, Tony

Samuel, Alwyn  
Saxone, Marcel  
Scherbakova, Sveta  
Seaton, Beth  
Sheehan, Kathleen  
Sibson, Graham  
Simpson, Christine  
Smith, Barbara  
Smith, Clive  
Soderlind, Angela  
Spottiswood, Theresa  
Sprigg, Merelyn  
Stebbins, Jon and Sue  
Steed, Vera  
Steward, E.R.  
Stirling, Ruth  
Taylor, Fran  
Thomson, Kelvin MP  
Thorley, Bruce  
Thorne, Sue  
Thornton, Karl  
Thornton, Rosemary  
Tiedemann, Jenny  
Tongue, Maureen and Frank  
Toyne, Trudi  
Turnor, Ken  
Varelias, Maria  
Ward, Fred  
Watt, Margaret  
Webb, Sue  
Webster, Gayle  
Wesley, Terrie  
Williams, Verna  
Williams, Victoria  
Wilson, Craig  
Wilson, Gabrielle  
Wilson, Lynda  
Winterton, Violet  
Yule, Valerie  
Zhang, York

## ORGANISATIONS

Aboriginal Affairs Victoria  
Action Pregnancy Centre, Warrnambool  
Aged, Community and Mental Health Division,  
Department of Human Services  
Albury/Wodonga Youth Emergency Services Ltd  
Anglican Youth Ministries  
Ardoch Youth Foundation  
Ararat Rural City Council  
Army Association of Victoria  
Art Concepts  
Association for the Support of Psychiatric Services  
Australian Chemical Trauma Alliance Inc.  
Austin and Repatriation Medical Centre  
Australian Association of Social Workers, (School Social  
Workers Special Interest Group)  
Australian Drug Foundation  
Australian Guidance and Counselling Association Ltd  
Australian Medical Association  
Australian Nursing Federation (Victorian Branch)  
Australian Psychological Society Ltd  
Australian Republican Party  
Australian Women's Research Centre, Deakin University  
Bairnsdale Parenting Education Group Inc.  
Bak 2 Bak Promotions  
Ballan New Covenant Living Inc.  
Ballarat Health Services (Grampians Psychiatric Services)  
Barwon Adolescent Task Force  
Bayside Secondary College  
Beckmann Consulting  
Bendigo Health Care Group  
Bendigo Community Health Services Inc.  
Bethany Family Support Inc.  
BOND Computer Solutions  
Box Hill Institute of TAFE, Counselling and Support  
Services  
Breaking the Cycle

Burke Road Medical Centre

Burnie City Council

Cairnmillar Institute

Caroline Chisholm Centre for Health Ethics

Catholic Education Office

Central Coast Suicide Summit Committee

Central Gippsland Youth Suicide Task Group

Central Highlands Division of General Practice

Central Highlands—Wimmera, Department of Education

Central Victorian Group Training Company

Centre Against Sexual Assault (Loddon Campaspe Region)

Centre for Adolescent Health

Centre for Developmental Psychiatry, Monash Medical Centre

Centre for Grief Education, Monash Medical Centre

Centre for Young People's Mental Health

Chelsea Community Information and Support Service

Child and Adolescent Mental Health Service, Wangaratta

Child and Adolescent Psychiatric Interest Group of the Australian Association of Social Workers

Christian Science Committee on Publication for Victoria

City of Kingston

Cleeland Secondary College

Clockwork Young People's Health Service

Coalition of Child and Adolescent Mental Health Professionals

Cockatoo Community Health Centre

Community and Public Sector Union, Victorian Branch

Community Action for Youth Inc.

Context

Convenience Advertising

Coordinating Unit for Rural Health Education in Victoria

Corangamite Shire

Corpus Christi Community

Counselling and Relaxation House of Therapy

Cranbourne and Peninsula Youth Suicide Prevention Committee

Creswick Primary School

Delatite Shire

Department of Education-Goulburn North Eastern Region

Department of Justice-Office of Correctional Services Commissioner

Department of Social Science and Social Work, RMIT

Dunmunkle Health Services

Drug Users and Parent's Aid (DUPA) Foundation Inc.

East Bentleigh Community Health Centre

East Preston Community Health Centre Inc.

Eastern Mornington Peninsula Youth Health Network

Endeavour Forum

Express Media

Federation of Community Legal Centres

Federation of Indian Associations of Victoria Inc.

Flinders Medical Centre, Child and Adolescent Mental Health Service

Focus of the Family Australia

Forensic Health Services, Department of Human Services

Forest Hill Secondary College

Forum Productions

Fusion Australia Ltd

Gameplay 21 Interactive Media

Gay and Lesbian Counselling Service of WA

Geelong Rape Crisis Centre

Gellibrand Community House

Gippsland Child and Adolescent Mental Health Service

Gippsland Rural Financial Counselling Service

Gippsland Wilderness Enhanced Program

Golden Lion Academy

Goulburn Valley Base Hospital, Child and Adolescent Mental Health Service

GP Association of Geelong

H.C. Productions

Hanover Welfare Service	Melbourne Citymission
Harmony in Dispute	Melbourne Grammar School
HARP/MHIYS Network	Mental Health Research Institute
Headway Victoria	Mental Health Review Board
Here for Life	Metamorphosis Centre
Holistic Medical Society of Australia	Methodist Ladies College
Hoppers Crossing Uniting Church	Mindshop Training (Australia) Pty Ltd
Horsham Rural City Council	Monash Medical Centre, Department of Child and Adolescent Psychiatry
Humanist Society of Victoria Inc.	Monash University Accident Research Centre
Incolink	Monash University, Community Services
Inner City Regional Youth Committee	Monash University, Department of Psychological Medicine Postgraduate Development Education Committee
Inner South East Melbourne Division of General Practice	Monash University Health Service
Institute of Men's Studies	Moreland City Council
Italian Services Advisory Council	Moreland Community Health Service
Ivanhoe Grammar School	Morwell Neighbourhood House and Learning Centre Inc.
Javelin Australia Pty Ltd	Mt Beauty Young People's Issues Group
Jesuit Social Services	Muslim Welfare Board of Victoria Inc.
Kangan Institute of TAFE	National Association for Loss and Grief (Victoria) Inc.
Karingal Secondary College	National Council of Women of Victoria Inc.
Keilor Downs Primary School	National Council of Women of Australia Inc. Ltd
Kids Help Line	National Network of Adult and Adolescent Children who have Mentally Ill Parents (NNAAMI)
Kilmany Family Care	Nelson Brothers Bereavement Resource Centre
Kingsley College	New Australia Foundation
Kingswood College	North East Victorian Division of General Practice
La Trobe University, Graduate School of Education	Open Doors
Lakes Entrance Community Health Centre	Open Learning Australia
Lakes Entrance Secondary College	Out of Australia Trading Company Pty Ltd
Langwarrin Community Church	P.FLAG Victoria Inc.
Life Line—Wesley Central Mission	Parent's Association for Children of Special Abilities (PACSA)
Lifeline South West (Vic.) Inc.	PLWHA Speakers Bureau
Lower Hume Community Health Services Inc.	Public Health Division, Department of Human Services
Manchester Social Adjustment Centre	RACV
Maroondah City Council	
Maroondah Hospital Psychiatric Services	
McKinnon Secondary College	
Melbourne Catholic Social Services	

Reel to Real International Ministries  
 Returned Services League of Australia, Victorian Branch  
 RH Positive Pty Ltd  
 Richmond West Primary School (School Support Group)  
 Rotary International  
 Royal Australian College of General Practitioners  
 Rumbalara Football and Netball Club  
 Rural City of Ararat  
 Salt Shakers  
 SANE Australia  
 Schizophrenia Fellowship Victoria  
 School of Social Work, Melbourne University  
 Seek International Pty Ltd  
 Shire of Campaspe Adolescent Suicide Prevention Task Group  
 Shire of Melton  
 Shire of Yarra Ranges (Belgrave Youth Resource Centre)  
 Shooting Sports Council of Victoria Inc.  
 South East Resource Action Centre  
 South Western Centre Against Sexual Assault  
 Southern Family Life  
 Southern Grampians Community Health Service  
 Southside Full Gospel Fellowship  
 Sports Challenge  
 Springvale Community Health Centre  
 St Kilda Theos Youth Outreach  
 St Vincent's Hospital  
 Standing Committee on Social Issues, Legislative Council, Parliament of New South Wales  
 State Coroner's Office Grief Counselling and Support Service  
 Stawell Neighbourhood House Inc.  
 Suicide Prevention—We Care  
 Suicide Prevention Australia  
 Suicide Prevention—Life Promotion for Young People Group of Albury-Wodonga  
 Swinburne University of Technology, Centre for Psychological Services  
 Tall Poppy Education  
 The Alfred Healthcare Group  
 The ALSO Foundation  
 The Anglican Mission to the Streets and Lanes  
 The Bridge Youth Services  
 The Cairnmiller Institute  
 The Compassionate Friends (Vic.) Inc.  
 The Glenhuntly Road Health Clinic  
 The Knights of the Southern Cross  
 The Lighthouse Foundation  
 The Mission of St James and St John  
 The Outdoor Education Group  
 The Peer Support Foundation Victoria Limited  
 The Rose Foundation Inc.  
 The Salvation Army—Australian Southern Territorial Headquarters  
 The Salvation Army, Victorian State Council  
 The Sisters of Charity Outreach Centre  
 The University of Melbourne Post Graduate Child Psychiatry Training Program  
 The Victorian Offender Support Agency Inc.  
 Travancore School  
 Tribe Research  
 Trinity Youth Services  
 Uniting Church in Australia, Education Committee  
 Uniting Church in Australia, Watsonia—Macleod Parish  
 University of Melbourne, Department of Psychiatry  
 Upper Hume Community Health Service  
 Upper Murray Centre Against Sexual Assault  
 Victoria Police, Corporate Policy, Planning and Review Department  
 Victoria Police, H District Headquarters  
 Victorian AIDS Council Inc.—Gay Men's Health Centre  
 Victorian Association of Secondary School Principals  
 Victorian Branch of the Royal Australian and New Zealand College of Psychiatrists

Victorian College of Clinical Hypnotherapy  
Victorian Council of Churches  
Victorian Farmers Federation  
Victorian Foundation for Survivors of Torture Inc.  
Victorian Health Promotion Foundation  
Victorian Post Graduate Child & Adolescent Psychiatry  
Training Program  
Victorian Primary Principals' Association (VPPSA)  
Wangaratta High School  
Wanted Alive  
Warrnambool and District Base Hospital  
Wathaurong Aboriginal Cooperative  
Waverley Emergency Adolescent Care Inc.  
Way of Life Ministries, Inc.  
Werribee City Church  
Werribee Support and Housing Group Inc. (Wyndham  
Parents of Teenagers Support Project)  
West Gippsland Hospital  
Western Hospital—Child and Adolescent Psychiatry  
Unit  
Western Region Health Centre Ltd  
Westernport Accommodation and Youth Support  
Service  
Wimmera Youth Suicide Prevention Project  
Windermere Child and Family Services Inc.  
Yarrawonga Primary School  
Young Women's Project Outreach  
Youth Affairs Council of Victoria Inc.  
Youth and Family Services Division, Department of  
Human Services  
Youth Suicide Prevention Committee, Rotary/TAFE

## APPENDIX 5: ORAL PRESENTATIONS/SUBMISSIONS TO THE SUICIDE PREVENTION TASK FORCE

### INDIVIDUALS

Arachine, Jim  
Axen, Robert  
Ballinger, Erin  
Benbery, Margaret  
Bennett, Alison  
Bolton, Jennifer  
Bond, Graeme  
Bowker, Jenny  
Bradshaw, Lorraine  
Brand, Kathryn  
Brenton, Margo  
Bucknell, Meredith  
Cameron, J  
Charsley, Bruce  
Christian, Michael  
Christie, Jane  
Cocker, Pauline  
Collins, Harry  
Collins, Rhonda  
Connell, Ben  
Cooper, Mavis  
Corrigan, H  
Coster, Ron  
Crosby, Pat  
Cuss, Helbe  
Day, Liz  
Dean, Elizabeth  
Dezelak, Francesca  
Dickinson, John  
Drava, H  
Dunkley, Peter  
Durkin, Helen  
Edelshein, Betty  
Edwards, Robyn  
Egan-Vine, Penny  
Evans, Helen  
Fairbairn, Ann  
Fanning, Sharee  
Farrell, Lyn  
Ferraro, Jenny  
Fletcher, A  
Fletcher, Mandy  
Foster, Anthony  
Foster, Chris  
Frederick, J  
Friswell, Pat  
Garde, Chris  
Gascoigne, Coral  
Gawler, Abella  
Goldwasser, Irene  
Goschnick, D  
Green, Darrell  
Gunauan, Lyn  
Gunn, Barbara  
Gwizdek, Stephen  
Hargreaves, Bronwyn  
Harrison, Jan  
Harwood, Terry  
Hawke, Patrick  
Hayes, Janine  
Hewitt, Virginia  
Hibbard, P  
Hillier, Jenny  
Hirst, Ian  
Hoare, Peter  
Hobbs, Kathy  
Hudson, P  
Inglis, Mark  
Irish, Tamara  
Irvine, M  
James, Peter  
Jenner, Mr/Mrs/Ms  
Jennings, Mr  
Jones, Lindley  
Judd, Warren  
Kaylock, Dee  
Kaynes, Virginia  
Kemp, Geoffrey  
Kerr, Gwen  
King, Heather  
Labbett, Irene  
Lamont, Mark  
Laver, Ann  
Leatham, Heather  
Lee, Ron  
Leslie, Robyn  
Logan, Andrew  
Loughnan,  
Lovell, Robyn  
Loxton, Annette  
Macauley, Mr  
Maksad, J  
Mallinson, Mr  
Marks, Roger  
McDonough, Sue  
McDougall, Helen  
Meads, Lorraine  
Micalef, Eddie MP  
Mitterer, J  
Mueller, Kathy

Murnane, Mary-Anne  
Napolitano, Mr/Mrs/Ms  
Naphthine, Dr Dennis MP  
Nesbitt, P  
Newington, Lynne  
Nichol, Judy  
Northey, Dolores  
Noyne, Tamara  
O'Brien, Anne  
O'Rourke, Margaret  
Page, Diane  
Pavone, Sebastian  
Pearcey, M  
Penny, Rob  
Perry, Mr/Mrs/Ms  
Pickering, Mr  
Plowman, Tony MP  
Pound, Jenny  
Power, Pat MP  
Price, Carli  
Ramsay, Gail  
Reid, Ian  
Rhodes, Kerry  
Rigg, Mr/Mrs/Ms  
Rippon, Mr/Mrs/Ms  
Rivers, Gillian  
Roberts, Peter  
Ruddell, Rosemary  
Russell, M  
Russell, Murray  
Russell, Ursula  
Ryan, June  
Sainsbery, Rowena  
Shoebridge, Dawn  
Sibley, Mr/Mrs/Ms  
Simms, Rick  
Sims, Mr/Mrs/Ms  
Sleigh, Gail  
Sleigh, Joseph  
Smith, Barry  
Soderlind, Angela  
Steel, Rochelle  
Stocks, Bernie  
Strachan, Mr/Mrs/Ms  
Theobald, Maureen  
Thornton, Rosemary  
Torrelli, Leo  
Walls, Mr/Mrs/Ms  
Walls, Jan  
Watson, Dee  
Watt, Margaret  
Webster, Margaret  
Weidner, Mr/Mrs/Ms  
West, Ros  
White, John  
Wienstock, Peter

Wilson, Craig  
Wood, Helen  
Zilinskas, Mr/Mrs/Ms

## ORGANISATIONS

Adolescent Youth Health Sector, Bendigo Community Health Service  
Albury Wodonga Youth Projects  
ALSO Foundation  
Australian Nursing Federation  
Bak 2 Bak Promotions  
Barwon Psychiatric Resources Council  
Bethany Family Support  
Bridges and St Josephs  
BST Consultancy Assn Inc.  
Child and Adolescent Mental Health Services, Ballarat  
Centacare  
Central Gippsland Youth Suicide Taskgroup  
Central Highlands Division of General Practice  
Central Victorian Work Injured Resource Centre  
Child and Adolescent Mental Health Service, Grampians Region  
City of Greater Dandenong  
Community Action for Youth, Ballarat  
Department of Education, Regional Office, Ballarat  
Division of General Practice, Ballarat  
Geelong Mental Health Consumers Union  
Geelong Regional Council, Society of St Vincent de Paul  
General Manager, Victorian Aids Council  
Grampians Psychiatric Services  
Here For Life  
Hoppers Crossing Uniting Church  
Imagine The Future  
Incolink  
Inner City Regional Youth Committee  
Italian Services Advisory Council  
Lakes Entrance Secondary College  
Logic and Associates

Member for Springvale

Merindoo Youth Accommodation Services

Mindshop Consulting

Mindshop Excellence

Morwell Neighbourhood House

Mount Beauty Youth Issues Group

My Life Defence

National Helpers Program

NNAAMI (National Network for Adult and Adolescent Children who have a Mentally Ill Parent)

North East Child and Adolescent Mental Health Service

Outdoor Education Group

RAD Enterprises

Reel to Real International Ministries

School Counsellor, Kingswood College

Snowgum Adventures

South East Resource Action Centre

South Gippsland Personnel

Springvale Community Health Centre

St Augustines Education Centre

St John's Presbyterian Church

Staying Alive Foundation

Student Services Sub-Committee

Suicide Contact Centre, Dupa Foundation

Suicide Prevention—Life Promotion for Young People Group of Albury/Wodonga

Suicide Prevention—We Care

The Bridge Youth Service

The Compassionate Friends

The Horsham Clubhouse

The Primal Place Association Inc.

Uniting Church Education Committee

Victorian Aids Council Speakers Bureau, People Living with HIV Aids Speakers Bureau

Wathaurong Aboriginal Cooperative

Waverley Emergency Adolescent Care Inc.

Way of Life Ministries Inc.

Wellington Youth Service

Werribee Support and Housing Group

Western Region Health Centre

Wimmera Youth Suicide Group

Windermere Child and Family Services

Young Women's Project

Youth Development Officer

Youth Education Officer, Vic. Aids Council/Gay Mens Health Centre

Youth Worker, Grampians Community Health Centre

## APPENDIX 6: BRIEFINGS FROM INDIVIDUALS AND ORGANISATIONS

<b>NAME</b>	<b>POSITION</b>	<b>ORGANISATION</b>
Dr Robyn Mason	Executive Director	AMA (Victorian Branch)
Dr Paul Woodhouse	Director of Policy Development	AMA (Victorian Branch)
Dr Will Twycross	Rural General Practitioner	AMA (Victorian Branch)
Dr Tony Horgan	General Practitioner and Branch Councillor	AMA (Victorian Branch)
Dr Davinda Kochar	Secretary, Section of Psychiatry	AMA (Victorian Branch)
Kirsten Cross	Health Advocate	AMA Federal Office
John Cowell	Ambulance Officer	Ambulance Service
Sandy Kahn	Ambulance Officer	Ambulance Service
Roger Richards	Ambulance Officer	Ambulance Service
Mark Duley	Ambulance Officer	Ambulance Service
Rick Pawsey	Mental Health Promotion Officer	Austin and Repatriation Medical Centre CAMHS
Mary Ditchfield	Student Counselling Service	Australian Catholic University
Rod Greenaway	Senior Social Worker	Berwickside Community Health Service
Mick Symons	Manager of Counselling and Support Services	Box Hill Institute of TAFE
Simon Crisp	Director	Brief Intervention Program, (A&RMC)
Professor Glenn Bowes	Director	Centre for Adolescent Health
Dr Michael Carr-Gregg	Head, Education and Training	Centre for Adolescent Health
Associate Professor George Patton		Centre for Adolescent Health
Sue Hadley	Student Services	Deakin University, Burwood Campus
Leota Houlihan	Social Worker	Department of Education (Longbeach/Caulfield)
Penny Storey	Guidance Officer	Department of Education (Western Region/Footscray)
Michelle Roberts	Guidance Officer	Department of Education (Northern Region/Gisborne)
Dennis Pratt	Guidance Officer/Psychologist	Department of Education (Southern Region/Peninsula)
Bronwen Duncan	Guidance Officer	Department of Education (Sandringham)
Lyn McCrae	Guidance Officer	Department of Education (Geelong)
Lynda Carter	Student Welfare Coordinator	Department of Education (Altona)
Vivien Bacon	Student Welfare Coordinator	Department of Education (McKinnon)
Jan Wilson	Student Counsellor	Department of Education (Xavier College)

<b>NAME</b>	<b>POSITION</b>	<b>ORGANISATION</b>
Martin Bishop	Student Counsellor	Department of Education (Haileybury College)
Paris Aristotle	Director	Foundation for the Survivors of Torture
Father Peter Norden	Director	Jesuit Social Services
David Murray	Associate Director of Policy and Planning	Jesuit Social Services
Jay Jordens	Mental Health Outreach Worker	Jesuit Social Services
John Frederiksen	Manager of Connexions	Jesuit Social Services
Constance Jenkin	Manager of Parenting Adolescents Australia	Jesuit Social Services
Jane Enter	Mental Health Counsellor	Jesuit Social Services
Max Kau	Director	Kids Help Line
Bruce Turley	Director	Lifeline, Melbourne
Mary Fraser	Student Services	La Trobe University College, Bendigo
Jean Andrews	Co-Convenor	Local Government Professionals Association (Managers of Human Services)
Dr. Peter Birleson	Director	Maroondah Hospital Child and Adolescent Mental Health Service
Dale Hurst	Psychologist	Melton Community Health Centre
Mick Boyle		Men's Referral Service
Laurel Downey	V-Net Manager	Men's Referral Service
Dr Harvey Whiteford	Director	Mental Health Branch, Commonwealth Department of Human Services and Health
Jo and Rob Wilson	Directors	Metamorphosis Centre  Ministerial Advisory Council of Aboriginal Affairs Victoria
Professor Paul Mullen	Professor Forensic Psychiatry	Monash University
Robert Coventry	Manager, University Counselling	Monash University
Samuel Ho	University Counselling Services	Monash University
Sally Trembath-Hastings	University Counselling Services	Monash University
Winifred Cunningham	Student Counselling Service	Monash University, Caulfield Campus
Dr David Shaffer		New York Psychiatric Institute, Columbia University, New York, USA
Dr Brian Draper	Assistant Director, Department of Psychogeriatrics	Prince Henry Hospital, NSW
Terry Melvin	Manager Family Violence Prevention Project	Relationships Australia
Tammy Lovett	Resource Manager	Rumbalara Aboriginal Cooperative
Margaret Petrie	TAFE Student Services	Royal Melbourne Institute of Technology
Justin Mohammed	Medical Coordinator	Rumbalara Aboriginal Cooperative
Neville Atkinson	Cultural Officer	Rumbalara Aboriginal Cooperative

<b>NAME</b>	<b>POSITION</b>	<b>ORGANISATION</b>
Herb Goonan	Youth Worker	Rumbalara Aboriginal Cooperative
Paul Briggs	President	Rumbalara Football and Netball Club
Pat Farrant		Rumbalara Football and Netball Club
Jenny O'Connell		Rumbalara Football and Netball Club
Kaarene Fitzgerald	Executive Director	Sudden Infant Death Research Foundation
Ann Giljohann	Manager, Family Services Community Education Unit	Sudden Infant Death Research Foundation
Dr Garry Tester	Director	Sports Challenge, Western Australia
Gil Matters	Social Worker, Grief Counselling and Support Service	State Coroner's Office
Michelle Roberts	Social Worker, Grief Counselling and Support Service	State Coroner's Office
Graeme Johnstone	State Coroner	State Coroner's Office (Victoria)
Vicki Winship	Information Manager	State Coroner's Office (Victoria)
Barry Taylor	Manager	Statewide Youth Suicide Prevention Project
Rod McDonald	Student Services	Swinburne University
	Counsellors	TAFE and tertiary institutions
Leigh Gibson	Manager	The Bridge Youth Services
Caroline French	Youth Health Nurse	The Bridge Youth Services
John Stebbins		The Compassionate Friends Victoria
Sue Stebbins	Leader of the Suicide Support Group	The Compassionate Friends Victoria
Mary Hansen	President	The Compassionate Friends Victoria
Jasper Daams		The Compassionate Friends Victoria
Dr. Philip Burgess	Head, Policy and Analysis Group	The Mental Health Research Institute of Victoria Inc.
Gary Brauman	Train driver	Public Transport Corporation
Geoff Bright	Train driver	Public Transport Corporation
Bob Clutterbuck	Train driver	Public Transport Corporation
S. Jayawardane	Train driver	Public Transport Corporation
Dr Erica Frydenberg	Senior Lecturer	University of Melbourne
Jean Edward	Student Counselling Services	University of Melbourne
Associate Professor John Tiller	Associate Professor and Reader	University of Melbourne, Department of Psychiatry
Rhonda Galbally	Chief Executive Officer	VicHealth
Andy Walsh	Juvenile Justice Police Liaison Officer	Victoria Police Youth Advisory Unit
Senior Sergeant Henry Van Andel	Senior Sergeant	Victoria Police Youth Advisory Unit

<b>NAME</b>	<b>POSITION</b>	<b>ORGANISATION</b>
David Ell	Deputy Director, Student Affairs	Victoria University of Technology
Fabienne Balsamo	Project Officer	Victoria University of Technology
Louise Scaffidi	Project Officer	Victoria University of Technology
Alan Brown		Victorian Aboriginal Community Controlled Health Organisation (VACCHO)
Professor Richard Bates	Convenor	Victorian Deans of Education
Ken Badenoch	Executive Director	Victorian Farmers Federation
Dr Airlie Worrall	Policy Development Officer	Victorian Farmers Federation
Kelli Farrow	Director	Youth International Suicide Prevention

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## APPENDIX 8: GLOSSARY

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Bi-polar affective/mood disorder	A mental illness in which the significant symptoms involve fluctuating states of mood characterised by marked depressive and/or manic episodes.
Borderline personality disorder	A specific type of personality disorder that is characterised by a lifelong pattern of behaviour which may include unclear and disturbed self-image, brief psychotic episodes, involvement in intense unstable relationships, repeated emotional crises, fear of abandonment, and a series of suicidal threats or acts of self harm without apparent cause.
Conduct disorder	Persistent, disruptive and anti-social behaviour that may include aggression toward people and animals, destruction of property, lying, theft, and serious disregard for rules. There may also be an association with depression.
Crisis Assessment and Treatment (CAT) Service	A component of an area mental health service that is available 24 hours a day to provide community-based assessment and treatment for people experiencing psychiatric crisis. CAT services aim to prevent unnecessary hospitalisation by providing treatment in the person's own environment, such as in their home.
Depression	A lowering of mood that includes feelings of sadness, despair and discouragement, which range from mild to severe and is sustained over a period of time. Mild depression is an emotional state that many people experience during their life. Severe depression is a severe mental illness producing symptoms such as slowness of movement, loss of interest or pleasure in most activities, sleep and appetite changes, and agitation. People experiencing severe depression will have intense feelings of worthlessness and may experience delusions; for example, a person may believe that they are the cause of the world's problems. Severe depression can lead to suicidal ideas and actual suicidal actions.
Drug-induced psychosis	A mental illness involving distorted or imaginary sensations caused by the one-off or repeated use of a drug (such as marijuana or amphetamines) or the use of a drug over a long period of time. The symptoms of a drug-induced psychosis will usually appear quickly and can last for up to four weeks until the effects of the drug wear off.
Involuntary admission	Admission, without the person's consent, to a psychiatric inpatient service for treatment of a severe mental illness. For an involuntary admission to a psychiatric inpatient service, a person must meet all of the specific criteria set out in the <i>Mental Health Act 1986</i> (section 8) and be admitted under the procedures set out in the Act.
Manic episode	A state of elevated mood that is out of keeping with a person's normal behaviour and may vary from cheerfulness to almost uncontrollable excitement or irritation. It typically results in overactivity, rapid speech, decreased need for sleep, being easily distracted, and a loss of social inhibitions. A person may embark on extravagant schemes, spend money recklessly, become aggressive, or believe they possess extraordinary powers.
Manic-depressive psychosis	See bi-polar affective/mood disorder
Mental illness	A person is described as having a mental illness when their thoughts, feelings and behaviour cause them or others distress, and are not in keeping with their cultural background. Examples are schizophrenia, depression and anxiety disorders.

Mobile Support and Treatment Service (MST)	A multidisciplinary community-based mental health service that supports and treats clients who have experienced many psychiatric crises and are at risk of readmission to hospital without this support.
Multidisciplinary team	Mental health professionals employed by a public mental health service who work together to provide treatment and care for people with mental illness. They include social workers, psychiatric nurses, psychiatrists, medical officers, occupational therapists and psychologists.
Parasuicide	A person who has attempted suicide or made suicidal gestures.
Psychological autopsy	A research methodology based on collection and analysis of data related to persons who die by suicide acquired from family members, partners, friends and professionals during police and coronial inquiries.
Personality disorder	A group of disorders characterised by patterns of disruptive and dysfunctional behaviour well established by early adulthood and continuing throughout a person's life. Such a person typically has marked problems and frequent crises in personal and social relationships, including threatened or actual self-injury. People with this disorder often have a history of inadequate or abusive parenting.
Psychiatric assessment	A thorough assessment of a client by a mental health professional that includes identifying a person's current mental state, personal and social history, social situation and any relevant past psychiatric history. The psychiatric assessment enables selection of the most appropriate form of treatment for the client.
Psychiatric disability	The effects of mental illness that severely impair functioning in different aspects of a person's life, such as the ability to live independently, maintain friendships or maintain employment.
Psychiatric nurses	Registered nurses who specialise in nursing care and treatment of people with mental illness. Psychiatric nurses work in community mental health services and psychiatric inpatient services. Their role includes administering medication, counselling and long-term support, and may include psychological therapies.
Risk factors	Those characteristics, variables or hazards that, if present for a given individual, make it more likely that this individual, rather than someone selected at random from the general population, will develop suicidal behaviours.
Schizophrenia/schizophrenic disorder	A group of mental illnesses where the essential and most obvious features are the presence of psychotic symptoms during the active phase of the illness. There may also be a loss in the person's ability to perform some life tasks, such as relating to others, maintaining employment and domestic duties.
Severe mental illness	A mental illness in which a person's ability to think, communicate and behave appropriately is so impaired that it interfered with the person's ability to deal with ordinary demands of life. Without effective treatment and support, the outcomes for the person may be significant impairment, disability and/or disadvantage.
Substance related disorders	Changes to a person's physical health and behaviour associated with the overuse of alcohol or drugs. For example, there may be an inability to perform their job or household duties, problems in personal and social relationships, and faulty memory.
Suicidal	A person is regarded as suicidal when they have given strong indications or have intentions of taking their life.

Suicidal act	Self-injurious behaviour for which there is evidence, explicit or implicit, that the person intended to kill themselves. A suicidal act may result in death, injuries or no injuries.
Suicidal ideation	Engaging in suicide thinking.
Suicide	An action resulting in death where there is evidence, explicit or implicit, that the injury was self-inflicted and that the person intended to kill themselves. (The term 'completed suicide' can be used interchangeably with the term suicide)
Suicide attempt	Potentially self-injurious behaviour for which there is evidence, explicit or implicit, that the person intended to kill themselves. A suicide attempt may or may not result in injuries.
Suicide-related behaviour	Potentially self-injurious behaviour for which there is explicit or implicit evidence that a person intended to kill themselves, or wanted to attain some other end. Suicide-related behaviour comprises suicidal acts.
Voluntary admission	A voluntary patient who consents to treatment from a psychiatric inpatient service and is accepted for treatment with the approval of the authorised psychiatrist.

## APPENDIX 9: LIST OF ACRONYMS

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<b>ABS</b>	Australian Bureau of Statistics
<b>ACAT</b>	Aged Care Assessment Teams
<b>AIHW</b>	Australian Institute of Health and Welfare
<b>AISRAP</b>	Australian Institute of Suicide Research and Prevention
<b>AMHS</b>	Adult Mental Health Services
<b>APMHS</b>	Aged Persons Mental Health Services
<b>AMA</b>	Australian Medical Association
<b>A&amp;RMC</b>	Austin and Repatriation Medical Centre
<b>BIP</b>	Brief Intervention Program
<b>CASA</b>	Centres Against Sexual Assault
<b>CACP</b>	Community Aged Care Packages
<b>CAMHS</b>	Child and Adolescent Mental Health Service
<b>CAT</b>	Crisis Assessment and Treatment
<b>CBE</b>	Community Business Employment Program
<b>CPS</b>	Community Policing Squad
<b>DEETYA</b>	Department of Employment, Education, Training and Youth Affairs
<b>EGAP</b>	East Gippsland Access Project
<b>EPPIC</b>	Early Psychosis Prevention and Intervention Centre
<b>HACC</b>	Home and Community Care
<b>KEEP</b>	Kensington Extra Edge Program
<b>KITS</b>	Keeping In Touch with Schools
<b>MHRI</b>	Mental Health Research Institute
<b>MST</b>	Mobile Support and Treatment teams
<b>MYSPP</b>	Moreland Youth Suicide Prevention Project
<b>NESB</b>	Non-English speaking background
<b>NHMRC</b>	National Health and Medical Research Council
<b>NISU</b>	National Injury Surveillance Unit
<b>RACV</b>	Royal Automobile Club of Victoria
<b>SIDRF</b>	Sudden Infant Death Research Foundation
<b>VACSAI</b>	Victorian Aboriginal Community Services Association Incorporated
<b>VECCI</b>	Victorian Employers Chamber of Commerce and Industry
<b>VEF</b>	Victorian Employers Federation
<b>VFST</b>	Victorian Foundation for the Survivors of Torture

<b>VFF</b>	Victorian Farmers Federation
<b>VicHealth</b>	Victorian Health Promotion Foundation
<b>VIMD</b>	Victorian Inpatient Minimum Dataset
<b>V-NET Inc</b>	Victorian Network for the Prevention of Male Family Violence
<b>VYDP</b>	Victorian Youth Development Program
<b>WHO</b>	World Health Organisation



## APPENDIX 10: WHAT ARE THE WARNING SIGNS?

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The ability to predict suicidal behaviour is still relatively poor. It is difficult to distinguish those likely to attempt suicide from those who will complete suicide. However, in approximately 80 per cent of cases, young people who complete suicide have communicated suicidal thoughts and feelings and their intent to kill themselves to someone prior to the suicidal act.

Although it is not possible to prevent every suicide, it is possible to recognise changes in behaviour and the existence of common crises that may precipitate suicidal behaviour. Those who are likely to come into contact with young people can help. Knowledge of the warning signs and risk factors may assist them to intervene in the potentially destructive process in which a young person is enveloped and take action to alleviate it.

The more of the observable signs, the more stressful episodes and chronic life stresses that a young person shows, the more at risk of suicidal behaviour they generally are. It is important to note the duration and intensity of these factors, and to consider any changes in observable behaviour in the light of the individual concerned rather than necessarily comparing one person to another. Depressed mood and drug or alcohol abuse is a particularly deadly combination.

### OBSERVABLE SIGNS OF SUICIDE RISK

#### CLASSROOM BEHAVIOUR

- Marked decline in school performance and levels achieved.
- Wagging classes and opting out of school activities generally.
- Poor concentration, sleepiness, inattentiveness.
- Unusually disruptive or rebellious behaviour.
- Death or suicide themes dominate written, artistic or creative work.
- Loss of interest in previously pleasurable activities.
- Inability to tolerate praise or rewards.

#### INTERPERSONAL BEHAVIOUR

- Giving away prized possessions.
- Sudden changes in relationships; for example, exhibiting disruptive behaviour.
- Withdrawing from friends and social involvements.
- Not wanting to be touched by others.

#### OTHER BEHAVIOURAL SIGNS

- Apathy about dress and appearance.
- Sudden change in weight.
- Running away from home.
- Risk-taking and careless behaviour.
- 'Accident proneness'.
- Sudden and striking personality changes and changes in mood.
- Overt signs of mental illness; for example, hallucinations.
- Loss of sense of humour or sudden compulsive joking.
- Sleeping pattern changes.
- Self-mutilation behaviours.
- Noticable increase in compulsive behaviour.
- Development of extreme dependency.
- Sudden happiness after a prolonged period of depression.
- Impulsive tendencies.
- Depressive tendencies.
- Unrealistic expectations held of self.

- Verbal expression of suicidal intent or depression.
- Direct statements; for example, 'I wish I were dead', 'I'm going to end it all'.
- Indirect statements such as, 'No one cares if I live or die', 'Does it hurt to die?'

## EPISODIC STRESSFUL PRECIPITANTS (STRESSFUL EPISODES)

### SCHOOL AND SOCIETY

- In trouble with school authorities or police.
- Loss or disappointment in school.
- Change of school and/or address.
- Strong demands from adults for show of strength, competence and effectiveness.
- Interpersonal and physical problems.
- Loss of an important person through death or divorce.
- Recent suicide of friend or relative.
- Breaking up with boyfriend or girlfriend.
- Exposure to violence, incest, rape.
- Abusing drugs or alcohol.
- Feared pregnancy.
- Refusal by significant other to provide anticipated help, support or love.
- Major disappointment or humiliation.

## CHRONIC STRESSFUL LIFE SITUATIONS

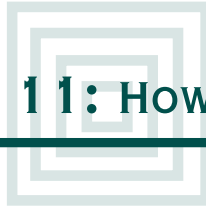
### HOME LIFE

- Chronic depression or mental illness in parent/s.
- Incest or child abuse.
- Severe parental conflict.
- Family involvement with drug or alcohol abuse.
- Poor communication with parents.
- Pressures for high achievement to gain parental approval or acceptance.
- Exposure to suicide, suicidal behaviour or violent death of relatives or friends.

### INTERPERSONAL RELATIONS

- Involvement in physical violence.
- Inability to relate well to peers.
- Sexual promiscuity.
- Inability to enjoy or appreciate friendships or to express affection openly.
- Mood swings and occasional outbursts.
- Feelings of worthlessness, being a burden, or having let parents or others down.
- Feelings of guilt, failure, having no control over their lives.

# APPENDIX 11: HOW CAN I HELP



*All suicide threats must be taken seriously. While contemplating suicide, an adolescent's perception of reality is often quite different from actual reality. If contact is made with a young person who is suspected of showing suicidal tendencies, it is essential to take rapid and appropriate action. Do not assume the situation will cure itself. It is far better to take action if the possibility of suicide exists, than to deal with the aftermath of a suicide. While caution is required, what you do between identifying the imminent risk and the arrival of professional help may save a life. During this time, you can assist the adolescent to feel less isolated and alone.*

## **Suicide Intervention Is Based on an Approach of:**

- *Affirming the person:* using whatever technique one feels comfortable with to make the adolescent feel valued and worthwhile.
- *Affirming the problem:* recognising the adolescent's concerns about the problem and not denying the issue or its importance to the person.
- *Negating the solution:* presenting alternatives and facilitating different perspectives with the adolescent in such a way as to avoid lecturing or preaching.

## **THE FOLLOWING GUIDELINES FOR DEALING WITH YOUTH WITH SUICIDAL TENDENCIES MAY PROVE USEFUL**

- Believe the person—take the person's claims seriously.
- Be calm and understanding—don't sound shocked by anything the person tells you.
- Show concern, listen carefully and ask constructive questions about the way the person is thinking and feeling.
- Suggest the person get professional help as soon as possible. *See the list of contacts in appendix 12.* Help the person make this contact. Check that appointments are kept.
- If the person refuses or is incapable of seeking help, immediately consult with a health or welfare professional for advice on how to handle the situation. This should be done with the parent's involvement. However, in emergencies, direct action without the consent of the parents may be necessary.

## **WHAT TO DO IF YOUR CHILD TALKS ABOUT SUICIDE**

### **Show Your Understanding and Support by:**

- Being there fully.
- Listening and encouraging them to talk.
- Acknowledging their fear, sadness or despair.
- Showing you are taking their concern seriously.
- Providing reassurance without dismissing the problem.

### **Try to Avoid:**

- Interrupting with stories of your own.
- Being judgemental or moralising.
- Offering too much advice.
- Becoming angry.
- Panicking.

### **In Dealing with a Suicidal Adolescent, You Should:**

- Be willing to listen and hear. Reflect back the thoughts and feelings of that person.
- Show interest, concern and a willingness to help.
- Avoid judging the person's problems. While the breakup of relationships, for example, may seem trivial, it can be significant for an adolescent.
- Be sensitive to the relative seriousness of the thoughts and feelings.
- Be prepared to ask if the person is thinking of hurting or killing themselves.
- Avoid panic if the answer is 'yes'.

- Avoid debating suicide as an option, or moralising or challenging the person. It may be more useful to accept what has been said and to suggest any action be postponed until other options have been explored.
- Avoid allowing yourself to be sworn to secrecy.
- Get help from professionals.
- Build support and trust.
- Present options.
- Use mainly open-ended questions, with closed questions when a definite response is needed.
- Watch and listen for warning signs.
- Show a willingness to discuss the issue of suicide openly and frankly.
- Tell the person you care.
- Trust your knowledge, observations and feelings.
- Assess lethality.
- Use terms like 'harm yourself' and 'kill yourself'.
- Involve others; for example, colleagues, family and friends.
- Inform the person you must act on the information and inform others.
- Stay with the person if they are considered to be an acute risk.
- Acknowledge the reality of suicide as a choice, but indicate there are other alternatives.
- Acknowledge the person's feelings of hopelessness.
- Convey a message of hope.
- Point out the consequences of suicide for the person and those left behind.
- Establish a plan for what is to happen next.
- Take action and affirm that something is being done.
- Ensure there is no access to lethal weapons and medications.
- Give 24-hour emergency contact numbers.
- Keep calm.
- Show empathy.
- Keep diagnosis, analysis and interpretation to yourself.
- If possible, follow-up and monitor progress after the immediate crisis is over.



## APPENDIX 12: CONTACTS

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### CONTACTS

### TELEPHONE NUMBER

#### YOUTH SUICIDE PREVENTION CLEARING HOUSE

Mental Health Library  
Royal Park Hospital  
Park Street  
Parkville 3052

(03) 9342 2574  
(03) 9342 2575

#### CHILD & ADOLESCENT MENTAL HEALTH SERVICES

##### METROPOLITAN AREAS

*(Camberwell, Collingwood, Diamond Valley, Doncaster/Templestowe, Eltham, Fitzroy, Hawthorn, Heidelberg, Kew, Northcote, Preston, Richmond, Whittlesea)*

Austin & Repatriation Hospital  
Department of Child, Adolescent & Family Psychiatry  
Studley Road  
Heidelberg 3084

(03) 9496 5108

*(Brighton, Caulfield, Chelsea, Malvern, Moorabbin, Mordialloc, Port Melbourne, Prabran, St Kilda, Sandringham, South Melbourne)*

Alfred Hospital  
Child & Adolescent Mental Health Services  
594 St Kilda Road  
Melbourne 3004

(03) 9526 4400

Wellington Youth Mental Health Service  
594 St Kilda Road  
Melbourne 3004

(03) 9510 1592

*(Berwick, Box Hill, Cranbourne, Dandenong, Flinders, Frankston, Hastings, Knox, Mornington, Nunawading, Oakleigh, Pakenham, Springvale, Waverley)*

Monash Medical Centre Child & Adolescent Community & Inpatient Services  
Clayton Road  
Clayton 3168

(03) 9550 1300

*(Croydon, Healesville, Lilydale, Ringwood, Sherbrooke, Upper Yarra)*

Maroondah Hospital  
Child, Adolescent & Family Psychiatry Service  
21 Ware Crescent  
East Ringwood 3135

(03) 9870 9788

*(Altona, Broadmeadows, Brunswick, Bulla, Coburg, Essendon, Footscray, Melbourne, Werribee, Williamstown)*

Royal Children's Hospital  
Mental Health Service  
Travancore Centre  
50 Flemington Street  
Flemington 3031

(03) 9345 6011

Royal Children's Hospital Department of Psychiatry  
Flemington Road  
Parkville 3052

(03) 9345 5511

*(Bacchus Marsh, Keilor, Melton, Sunshine)*

Western Hospital/Sunshine (03) 9365 1333  
Child Psychiatric Outpatient Service  
Furlong Road  
St Albans 3021

Centre for Young People's Mental Health (03) 9342 2800  
35 Poplar Road  
Parkville 3052

## **COUNTRY AREAS**

### **BARWON SOUTH WESTERN REGION**

*(Bannockburn, Barrabool, Barwon South, Bellarine, Camperdown, Colac, Corio, Geelong, Geelong West, Hamilton, Newtown, Portland, Queenscliff, Warrnambool)*

Geelong Hospital Child, Adolescent & Family Psychiatry Service (03) 5221 7532  
Berada House  
117 Myers Street  
Geelong 3220

Colac Child & Family Services (03) 5232 1550  
6 Miller Street  
Colac 3250

Warrnambool & District Child & Adolescent Service (03) 5561 9100  
Glenelg Centre  
Lava Street  
Warrnambool 3280

### **GIPPSLAND REGION**

*(Bairnsdale, Korumburra, Moe, Morwell, Orbost, Sale, Traralgon, Warragul, Wonthaggi)*

Gippsland Child & Adolescent Mental Health Service (03) 5171 1255

### **GRAMPIANS REGION**

*(Ballarat, Grampians, Wimmera)*

Grampians Child & Adolescent Psychiatry Service (03) 5334 1904  
Residence 10 Gillies Street  
Ballarat 3350

### **HUME REGION**

*(Benalla, Bright, Seymour, Shepparton, Wodonga, Wangaratta, Yea)*

Goulburn Valley Child & Adolescent Mental Health Service (03) 5832 9490  
North East Child Adolescent & Family Psychiatry Service (03) 5721 9988

### **LODDON MALLEE REGION**

*(Bendigo, Eaglehawk, Kerang, Kyneton, Mildura, Northern Mallee area, Swan Hill)*

Bendigo Child & Adolescent Mental Health Services (03) 5443 5166  
Mildura Hospital, Child & Adolescent Mental Health Service (03) 5022 3500

## **ADULT MENTAL HEALTH SERVICES**

### **METROPOLITAN AREAS**

#### **EASTERN METROPOLITAN REGION**

*(Box Hill, Doncaster, Nunawading, Templestowe, Waverley)*

Koonung CMHC (Box Hill) (03) 9899 5000  
Waverley CMHC (03) 9561 5762  
Upton House (03) 9256 8000

*(Croydon, Healesville, Knox, Lilydale, Ringwood, Sherbrooke, Upper Yarra)*

Chandler House CMHC (Knox) (03) 9753 6655  
Maroondah Hospital (03) 9871 3837  
Northern CMHC (03) 9870 3102

#### **NORTHERN METROPOLITAN REGION**

*(Camberwell, Collingwood, East Melbourne, Fitzroy, Hawthorn, Kew, Richmond)*

Clarendon CMHC (East Melbourne) (03) 9417 5696  
Hawthorn CMHC (03) 9882 9299  
North East Metropolitan Psychiatric Services (Rosanna) (03) 9243 1000  
St Vincent's Hospital (Fitzroy) (03) 9288 2211

*(Diamond Valley, Eltham, Heidelberg)*

Austin Hospital (Heidelberg) (03) 9496 5665  
Heidelberg CMHC (03) 9459 3900  
North East Metropolitan Psychiatric Services (Rosanna) (03) 9243 1000

*(Northcote, Preston, Whittlesea)*

Ernest Jones Clinic (Preston) (03) 9416 9111  
North East Metropolitan Psychiatric Services (Rosanna) (03) 9243 1000  
Whittlesea CMHC (03) 9466 1611

#### **SOUTHERN METROPOLITAN REGION**

*(Berwick, Cranbourne, Dandenong, Pakenham, Springvale)*

Dandenong CMHS (03) 9767 8222  
Dandenong Hospital (03) 9797 1822

*(Prahran, Port Melbourne, South Melbourne, Caulfield, Malvern, St Kilda)*

Alfred Hospital (Prahran) (03) 9276 2357  
The Junction CMHC (St Kilda) (03) 9529 2366  
Heatherton Hospital (03) 9552 4600  
Waioira CMHC (Armadale) (03) 9576 2677

*(Brighton, Moorabbin, Mordialloc, Oakleigh, Sandringham)*

Monash Medical Centre (03) 9550 1400  
Southern CMHC (Moorabbin) (03) 9553 2588

*(Chelsea, Frankston, Flinders, Hastings, Mornington)*

Mornington Peninsula Hospital Psychiatric Services (03) 9784 7105  
Young Street CMHC (Frankston) (03) 9783 9944

#### **WESTERN METROPOLITAN REGION**

*(East Keilor, Essendon, Melbourne)*

Royal Park Hospital (Parkville) (03) 9342 2333  
Waratah CMHC (Moonee Ponds) (03) 9377 3400

*(Keilor, Melton, Sunshine)*

Mid West Area CMHC (03) 9364 1888  
Western Hospital Division of Psychiatry (03) 9317 2299

*(Broadmeadows, Brunswick, Bulla, Coburg)*

Broadmeadows/Craigieburn CMHC (03) 9301 9777  
North West CMHC (Brunswick) (03) 9387 4955  
Royal Park Hospital (Parkville) (03) 9342 2333

*(Altona, Footscray, Werribee, Williamstown)*

South West Area CMHC (03) 9687 6466  
Western Hospital Division of Psychiatry (03) 9317 2299

## COUNTRY AREAS

### BARWON SOUTH WESTERN REGION

#### BARWON AREA MENTAL HEALTH SERVICE

*(Colac and District, Greater Geelong, Surf Coast)*

Dax House CMHC (Geelong)	(03) 5226 7490
Geelong Hospital Psychiatric Services	(03) 5226 7410
Miller Street CMHC (Colac)	(03) 5232 1550

#### GLENELG AREA MENTAL HEALTH SERVICE

*(Camperdown, Hamilton, Portland, Warrnambool)*

Camperdown CMHC	(03) 5593 3162
Glenelg CMHC (Warrnambool)	(03) 5561 9100
Hamilton CMHC	(03) 5571 1981
Portland CMHC	(03) 5523 5481
Warrnambool and District Base Hospital	(03) 5561 5344

### GIPPSLAND REGION

#### GIPPSLAND AREA MENTAL HEALTH SERVICE

*(Bairnsdale, Gippsland, Orbost, Sale, Moe, Morwell, Traralgon, Korumburra, Warragul, Wonthaggi)*

Sale CMHC	(03) 5143 1212
Hobson Park Hospital (Traralgon)	(03) 5171 1311
McKean Street CMHC (Bairnsdale)	(03) 5150 3444
Orbost CMHC	(03) 5154 1807
Yarram CMHC	(03) 5182 0245
La Trobe Valley CMHC	(03) 5171 1255
Moe CMHC	(03) 5127 5555
Morwell CMHC	(03) 5134 2011
Korumburra CMHC	(03) 5658 1501
Warragul CMHC	(03) 5623 0874
Wonthaggi CMHC	(03) 5672 3174

### GRAMPIANS REGION

#### GRAMPIANS AREA MENTAL HEALTH SERVICE

*(Bacchus Marsh, Ballarat, Grampians, Wimmera)*

Ararat CMHC	(03) 5352 1105
Central Highlands CMHC (Ballarat)	(03) 5337 8111
Horsham CMHC	(03) 5382 6744
Nhill CMHC	(03) 5391 3044
Stawell CMHC	(03) 5358 5153
Warracknabeal CMHC	(03) 5394 1005
Grampians Psychiatric Services	(03) 5337 8111

### HUME REGION

#### GOULBURN AND SOUTHERN AREA MENTAL HEALTH SERVICE

*(Greater Shepparton Area, Seymour, Yea)*

Ambermere Psychiatric Hospital	(03) 5821 4877
Goulburn Valley Area CMHC (Shepparton)	(03) 5831 4393
Seymour CMHC	(03) 5792 3929

#### **NORTH EASTERN AREA MENTAL HEALTH SERVICE**

*(Benalla, Bright, Wangaratta)*

Benalla CMHC	(03) 5762 5277
Kerferd Unit	(03) 5728 1001
Wangaratta CMHC	(03) 5721 7077

#### **WODONGA AREA MENTAL HEALTH SERVICE**

*(Victorian and Wodonga surrounds)*

Kerferd Unit	(03) 5728 1001
Wodonga CMHC	(03) 6056 1700

#### **LODDON MALLEE REGION**

##### **LODDON CAMPASPE/SOUTHERN MALLEE AREA MENTAL HEALTH SERVICE**

*(Bendigo, Eaglehawk, Gisborne, Kerang, Kyneton, Swan Hill)*

Bendigo and Region Psychiatric Services	(03) 5444 6500
Bendigo CMHC	(03) 5444 6500
Castlemaine CMHC	(03) 5472 4044
Echuca CMHC	(03) 5480 6111
Kyneton Oliver House CMHC	(03) 5422 3011
Maryborough and District CMHC	(03) 5461 3222
Swan Hill CMHC	(03) 5032 9704

##### **NORTHERN MALLEE AREA MENTAL HEALTH SERVICE**

*(Northern Mallee Area)*

Mildura Base Hospital	(03) 5022 3500
Mildura CMHC	(03) 5022 3500

#### **PUBLIC HOSPITAL EMERGENCY DEPARTMENTS**

Alfred (Prahan)	(03) 9276 3405
Austin & Repatriation MC (Heidelberg)	(03) 9496 5000
Box Hill	(03) 9895 3333
Dandenong	(03) 9791 6000
Monash Medical Centre (Clayton)	(03) 9550 1111
Maroondah (Ringwood)	(03) 9871 3333
Preston & Northcote Community Hospital	(03) 9285 2222
Royal Children's (Parkville)	(03) 9345 5522
Royal Women's (Carlton)	(03) 9344 2000
Royal Melbourne (Parkville)	(03) 9342 7543
St Vincent's (Fitzroy)	(03) 9288 2211
Western (Sunshine)	(03) 9319 6666

#### **TELEPHONE COUNSELLING, INFORMATION AND REFERRAL SERVICES**

Lifeline	131 114
Kids Help Line	(Freecall) 1800 551 800
Crisis Line	(03) 9329 0300
Poisons Information	131 126
Direct Line (alcohol & drug services)	(03) 9416 1818
	(Freecall) 1800 136 385
Men's Referral Service	(03) 9428 2899

## **BEREAVEMENT SUPPORT AND COUNSELLING**

The Compassionate Friends Bereaved Parent Support  
Centre for Grief Education (for directory of services and counsellors)  
Centre for Grief Education Bereavement Counselling Service  
National Association for Loss and Grief

(03) 9882 3355  
(03) 9545 6377  
(03) 9822 0433  
(03) 9331 3555

## **OTHER**

Medical practitioners  
Community health centres

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