

# Our Vision

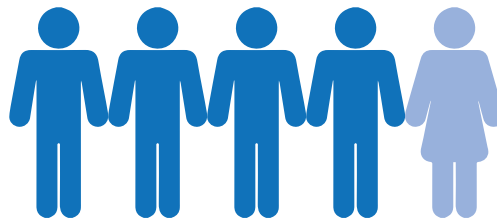
The Alliance strives to create a **connected community** to improve mental health and resiliency to suicidality and its precursors.

# Our Mission

It aims to provide an **integrated network** of community-based groups and organisations who are passionate about the prevention of suicide.

# Our Values

- Action-orientated change
- The voice of the community
- Sustainable collaborations



deaths by suicide are men on the Sunshine Coast <sup>(2)</sup>

**42%**

of people who died by suicide on the Sunshine Coast suffered from mood disorders such as depression, suicidality, and anxiety <sup>(2)</sup>

Approximately **one person per week** dies by suicide on the Sunshine Coast <sup>(2)</sup>

**13.3 per 100,000**

age-standardised rate of suicides for the Sunshine Coast region in 2017 <sup>(2)</sup>

**65,000**

people attempt suicide each year nationally <sup>(3)</sup>

**100**

people are impacted for every Australian that takes their own life <sup>(1)</sup>

## Our Research

The Sunshine Coast Mind & Neuroscience – Thompson Institute is undertaking a Mental Health Research Program for the Sunshine Coast.

Suicide Prevention is a research priority area of which the Alliance is one strategic element of this approach. **The evidenced-based European Alliance Against Depression model** forms the foundations of the Alliance for Suicide Prevention – Sunshine Coast.

It is recognised as the world's best practice for the care of people with depression and in the prevention of suicide.

**An initial trial region in Nuremberg (Germany) resulted in a 24% reduction of suicidal acts within a two-year period.** The Sunshine Coast is 1 of 2 trial sites within Australia to implement the European Alliance Against Depression framework.

<sup>(1)</sup> Cerel, J (2016) *Connecting to the continuum of survivorship*

<sup>(2)</sup> Australian Bureau of Statistics (2017), *Customised report*

<sup>(3)</sup> Suicide Prevention Australia (2016), *Media Release: Australia first research uncovers impact of suicide and action required*