



the alliance
for suicide prevention
sunshine coast

Action
Plan 



The Alliance For Suicide Prevention Sunshine Coast



About us

The Alliance for Suicide Prevention – Sunshine Coast was established by USC's Thompson Institute in 2019 to address the Sunshine Coast region's alarming suicide rate, which has been as much as 9% higher than the national average.

The Alliance for Suicide Prevention is an evidence-based program targeting depressive disorders and suicidal behaviour. We have built an integrated network of community-based partners who are passionate about reducing suicide for our region.

Our Vision

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

Our Mission

To provide an integrated network of community-based groups and organisations who are passionate about the prevention of suicide.



Our Values

- **Action-orientated change:**
We are committed to acting purposefully
- **The voice of the community:**
We are responsive to the needs of our region
- **Sustainable collaborations:**
We work collectively towards a common goal

Our Purpose

- Reduce the number of suicide attempts and completions
- Provide evidence-based support for the improvement of mental health through education and awareness
- Build a nationally recognised model for the prevention of suicide in Australia

Our Goals

- Increase the capabilities of the community in identifying and responding to mental illness and suicidality
- Strengthen engagement and partnerships across the community
- Increase research productivity and impact

The Alliance For Suicide Prevention

Strategy

Actions

■ Pillar 1: Public awareness of mental health and suicide prevention

Engagement

- Deliver an annual public awareness campaign to reduce stigma and promote help-seeking behaviour, targeting high risk groups.
- Host community networking events for the Alliance network and regional community, to promote collaboration, information sharing and complementary service provision.
- Disseminate and share information through eNewsletters.
- Attend community meetings and networks that align to the Alliance's mission.
- Coordinate and participate in First Nations cultural events.
- Maintain the Alliance Facebook page and website with mental health awareness posts, event information, recruitment for research, iHelp, and partner promotion.

Partnerships

- Develop and maintain strategic stakeholder relationships on local, state and national levels in support of suicide prevention, including First Nations focused approaches.
- Represent the Alliance for Suicide Prevention on state and national panels, boards, and committees.
- Increase regional organisation engagement with Alliance for Suicide Prevention through membership.

Training and Education

- Develop a suite of community resources, including webinars and fact sheets that align with the areas of expertise of the Thompson Institute.

■ Pillar 2: Community mental health and suicide prevention training

Training and Education

- Deliver safeTALK suicide alertness training.
- Deliver ASIST suicide intervention training.
- Deliver safeYARN suicide alertness training.
- Deliver IASIST suicide intervention training.
- Provide access to online suicide prevention training, START.
- Deliver public education events of special interest.

Partnerships

- Partner with Alliance members to deliver in-house mental health and suicide prevention training and education programs.

Strategy

Actions

■ Pillar 3: Upskilling health professionals

Training and Education

- Deliver RACGP accredited programs to GPs and health professionals.

Partnerships

- Develop action-oriented partnerships with regional health professionals, Hospital and Health Services and the Primary Health Network.

■ Pillar 4: Support for high-risk groups

Engagement

- Manage and disseminate iHelp, focusing on keeping data relevant and updated.
- Deliver EMERALD wellbeing and health coaching program to those with emerging mental health concerns.
- Partner with the First Nations regional community to undertake community mapping for suicide response.

Partnerships

- Facilitate and coordinate the Thompson Institute First Nations Indigenous Advisory Group.





Contact us

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The Alliance for Suicide Prevention – Sunshine Coast
is an initiative of USC's Thompson Institute
usc.edu.au/thompson-institute

