

SEPTEMBER 2025 (VOLUME 5)

# BLUE SKY

GREAT SOUTHERN SUICIDE PREVENTION  
ADVISORY GROUP NEWSLETTER

We would like to acknowledge the Traditional Custodians of the lands and waters throughout the Great Southern and pay our respects to Elders past and present. It is a privilege to be living and working on Noongar country and ask for the guidance of Aboriginal people to support the health and wellbeing of all people in this country.  
This always was, and always will be Aboriginal land.



Photo: Nev Clarke  
nevclarke\_artphotography

Welcome to the fifth edition of the Great Southern Suicide Prevention and Postvention newsletter.

If you have anything to contribute to future editions, or have any feedback to give, please scan the QR code below.



[bit.ly/4iF9MUv](https://bit.ly/4iF9MUv)

Alternatively please contact:  
Great Southern Suicide Prevention  
Coordinator (SPC) Kaitlin Hahn  
[suicideprevention@palmerston.org.au](mailto:suicideprevention@palmerston.org.au)

## Welcoming Djilba Season

August – September

Djilba Season brings a burst of colour and life as wildflowers bloom and new growth spreads across Country. It is a time of renewal and recovery, reminding us that even after the coldest season, warmth and light always return.

Like the land, we too can find strength, healing, and hope in each new beginning.

*Sam Williams*  
Social & Emotional Wellbeing Officer  
Southern Aboriginal Corporation



# CHANGING THE NARRATIVE ON SUICIDE

World Suicide Prevention Day  
10 September



Start the conversation

## ***We all have a role to play in suicide prevention***

Suicide is a major public health problem with far-reaching social, emotional and economic consequences. It is estimated that there are currently more than 700,000 suicides per year worldwide, and we know that each suicide profoundly affects many more people.

In 2023, Australia lost 3,264 people to suicide, which equates to around 8 people per day. Evidence has shown that every death by suicide impacts around 135 people, and this number can often be significantly higher. Over 7 million Australian adults are close to someone who has died by suicide, or attempted suicide, with 1 in 2 people being impacted by suicide by the time they turn 25.

It is important that we remember that behind every number, and every statistic - is a life, which was loved, valued and will be missed. Each year on September 10<sup>th</sup>, we acknowledge World Suicide Prevention Day, and the theme for 2025 is 'Changing The Narrative On Suicide'.

Changing the narrative on suicide aims to inspire individuals, communities, organizations, and governments to engage in open and honest discussions about suicide and suicidal behaviour. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of understanding and support.

Here are some examples of how you can change the narrative on suicide over World Suicide Prevention Day and take these conversations through into our daily life.

## **Check in with loved ones**

Taking time to reach out to someone in your community, a family member, friend, colleague or even a stranger – could change the course of another's life. Look out for those who you think might be struggling and don't be afraid to ask someone if they are suicidal; the offer of support, showing empathy and validating their feelings is more likely to reduce distress rather than exacerbate it. Encourage them to seek help and further support. Read more guidance on talking through suicidal thoughts and feelings in our resource here.

## **Keep informed**

Consider accessing training opportunities in suicide prevention and awareness to identify and support those with suicidal thoughts and behaviour. Opportunities maybe available locally through workshops, online or in your workplace.

## **Share your story**

Individuals who have survived a suicide attempt or experienced the loss of a loved one to suicide often have valuable insights and can help us understand how the words and actions of others can be important. Sharing your story in a safe and supported way can be powerful to both you and to those around you. Your story can inspire others to seek help and to know they are not alone.

## **Advocate for mental health awareness**

Promote mental health awareness within your community, use social media, local events or even casual conversations to help spread the message.



A conversation could change a life.

**THURSDAY 11TH SEPTEMBER**



**1. Ask**



**2. Listen**



**3. Encourage  
action**



**4. Check in**

**A CONVERSATION CAN CHANGE A LIFE**

**YOU DON'T NEED TO BE AN EXPERT TO REACH OUT - JUST A GOOD FRIEND  
AND A GREAT LISTENER.**

**LIFE'S UPS AND DOWNS HAPPEN TO ALL OF US.**

**THE PEOPLE IN YOUR WORLD WON'T ALWAYS TELL YOU IF SOMETHING'S  
TROUBLING THEM, SO IT'S IMPORTANT THAT YOU MAKE ASKING, 'ARE YOU  
OK?' A PART OF YOUR EVERYDAY RELATIONSHIPS.**

**THE EARLIER YOU GIVE SOMEONE AN OPPORTUNITY TO OPEN UP TO YOU, THE  
SOONER THEY CAN FIND APPROPRIATE SUPPORT OR, IF NEEDED,  
PROFESSIONAL HELP AND THE GREATER THE CHANCE THAT TOGETHER, YOU  
CAN STOP SMALL PROBLEMS FROM BECOMING BIGGER ONES.**

### **What's On In Albany?**

**Come down for a yarn, grab yourself a coffee, a free  
cupcake, and sausage sizzle!**

**Thursday 11th September from 9.00am - 12.00pm**

**Front of Hazbeanz Finestkind Coffee  
5d Toll Place, Albany**





## Upcoming events & awareness days



### Women's Health Week 2025

Jean Hailes Women's Health Week (1-5 September 2025) is Australia's largest event dedicated to the health and wellbeing of all women, girls and gender-diverse people.

This year, the theme is 'Say yes to you' and each day we will focus on a different health topic to help women prioritise their health and wellbeing.

#### Sept 1: Every check matters

*prioritise your health by staying up to date with health checks*

#### Sept 2: Take the lead

*arm yourself with tools and knowledge*

#### Sept 3: Heart smart

*heart disease impacts women in ways that are often overlooked, let's talk about it.*

#### Sept 4: Pain to power

*you don't have to push through pain alone*

#### Sept 5: Be kind to your mind

*looking after your mind is just as important looking after your body*

Wear It Purple Day..... 29th August 2025

Women's Health Week .....1 - 5 September 2025

International FASD Awareness Day..... 9th September 2025

World Suicide Prevention Day .....10th September 2025

R U OK? Day..... 11th September 2025

Borderline Personality Disorder Awareness Week..... 1 – 7 October 2025

World Smile Day..... 3rd October 2025

World Mental Health Day .....10th October 2025

WA Mental Health Week..... 4 - 11 October 2025

National Carers Week..... 13 – 19 October 2025

Movember .....November 2025

International Men's Day..... 19th November 2025

## WORLD SUICIDE PREVENTION DAY



On september 10th

light a candle near a window at 8pm

to show your support for suicide prevention

to remember a lost loved one

and for the survivors of suicide

[www.iasp.info/wspd](http://www.iasp.info/wspd) 



If lighting a candle in the window, please ensure you do so safely and ensure someone is supervising at all times.

# What's On?

## Gatekeeper Suicide Prevention training

This is a two-day workshop designed for workers in the human services whose roles bring them into regular contact with people at risk of suicide. It aims to increase knowledge and understanding of suicidal behaviour in order to increase participant's capacity to respond effectively to those in need.

**Albany**  
29th & 30th October 2025  
9am - 4pm (both days)  
Cost: FREE, catering provided.  
Registration Essential. For more information, or to register, please contact:  
gatekeepertrainingenquiries@mhc.wa.gov.au



Mental Health  
Commission



MENTAL  
HEALTH  
FIRST AID®  
Australia

## Youth Mental Health First Aid

September 24<sup>th</sup> & 25<sup>th</sup> (both days)  
Le Grande Hotel, Albany from 9am – 4pm  
Cost: FREE  
Catering provided.  
Registration Essential.  
For more information, or to register, please contact  
Sheryl Moncur: sheryl.moncur@gsg.wa.edu.au



## What Do I Say? What Do I Do?

**Targeted at:** All community members.  
**Purpose:** To increase understanding of suicide bereavement and learn basic support skills.  
**Topics covered:** Postvention, Crisis, trauma and grief, What makes suicide different from other sudden death, Support approaches and best practice.

**Wednesday 10<sup>th</sup> September – Albany**  
City of Albany Library  
10.00am – 1.00pm

**Wednesday 27<sup>th</sup> August - Kojonup**  
Kojonup Sporting Complex  
10.00am - 1.00pm

All workshops are **FREE**. For more information, or to register for any of the Standby workshops, please contact Dee Melbourne:  
dee.melbourne@anglicarewa.org.au

## Aboriginal Mental Health First Aid

September 16<sup>th</sup> & 17<sup>th</sup> (both days)  
venue TBC (Albany)  
8.30am – 4.00pm  
Cost: **FREE**  
Catering provided.  
Participants can register by emailing  
khahn@palmerston.org.au



## Talking About Men's Health in Kojonup



Since 2020, Palmerston has worked closely with Suicide Prevention Around Regional Kojonup (SPARK) to implement a range of suicide prevention initiatives within the community. Recently, we hosted a Men's Mental Health BBQ in Kojonup, to talk all things men's health and wellbeing. It's always a good news story when community all come together to acknowledge a topic as important as men's mental health.

This event was entirely community led and was generously funded through a range of local businesses and organisations.

We had around 30 blokes turn up to the Broome Hill Farm for a night of talking all things men's health, such as coping when times are tough, checking up on your physical health, and how to ask your mates if they're okay.

There were plenty of resources available and we heard lots of great information from the guest speakers from Regional Men's Health Initiative, Rural Aid, Lived Experience representatives, and Palmerston. We got some great feedback and even had enquiries from some men about how they can access a support service. This is a great example of how a simple idea can have a positive impact.



## Free Online Suicide Prevention Training

Learn how to have a conversation about suicide.  
It could be one of the most important conversations you have in your life.  
If prompted to enter an enrolment key, enter "WAPHN2024"



Scan to enrol for free  
valid until 30 Sept 2025

### Topics covered:



Prevalence of suicide



Risk factors, warning signs and symptoms



Having conversations about suicide



Support and resources



Proudly partnering  
**Black Dog  
Institute**







## Eclipse

### *For Survivors of Suicide Attempts*

The time after a suicide attempt can be very confusing and filled with lots of conflicting emotions. Typically, the pain and problems that lead to a person to consider suicide are still present and are compounded by reactions of family and friends. Many suicide attempt survivors feel embarrassed, ashamed or guilty about their attempt. Some feel angry that they are still alive. Others are grateful that they survived and are determined to find the reasons they are still here.

Because of the stigma associated with suicide, many suicide attempt survivors feel very alone and don't know where to turn. Talking with others who have similar experiences can be an important part of healing after a suicide attempt. Lifeline WA's *Eclipse Support Groups* offer a safe, non-judgmental place for people to talk about the feelings that led them to attempt suicide and to talk about the impact that their attempt has on their lives.

Group meetings provide a time for members to share their stories and strategies for survival. The facilitators will lead discussions to help members better recognise what led to their suicide attempt and incorporate other ways to relieve the pain.

#### **ECLIPSE TEAM CONTACT**

PHONE: (08) 9261 4498

EMAIL: [ECLIPSETEAM@LIFELINEWA.ORG.AU](mailto:ECLIPSETEAM@LIFELINEWA.ORG.AU)

REGISTER ONLINE: [WA.LIFELINE.ORG.AU](http://WA.LIFELINE.ORG.AU)

## **WHAT IS ECLIPSE?**

ECLIPSE IS A **FREE**, EVIDENCE-BASED ALTERNATIVE TO THERAPY PROGRAM. IT IS AN 8-WEEK ONLINE PSYCHOEDUCATIONAL SUPPORT GROUP FOR ADULTS WHO HAVE MADE AT LEAST ONE SUICIDE ATTEMPT.

### **THE GROUP OFFERS A SAFE SPACE TO:**

- CONNECT WITH PEOPLE WHO HAVE HAD A SIMILAR EXPERIENCE
- INCREASE COMFORT AND ABILITY TO SPEAK ABOUT THE THOUGHTS AND FEELINGS THAT LEAD TO A SUICIDE ATTEMPT
- INCREASE COPING SKILLS RELATED TO SUICIDAL THOUGHTS WITH THE SUPPORT OF TWO HIGHLY TRAINED AND COMPASSIONATE FACILITATORS

### **HOW IT WORKS?**

EACH GROUP INCLUDES 8-10 PARTICIPANTS AND IS FACILITATED BY A PROFESSIONAL LEAD AND A PEER WITH LIVED EXPERIENCE.

### **WHEN ARE THE GROUPS?**

GROUPS ARE THREE HOURS EACH WEEK AND RUN FOR EIGHT WEEKS.

### **WHO ARE THE GROUPS FOR?**

FOR PEOPLE OVER THE AGE OF 18 LIVING IN WESTERN AUSTRALIA WHO HAVE HAD AT LEAST ONE SUICIDE ATTEMPT.

### **WHERE ARE THE GROUPS HELD?**

THE GROUPS ARE RUN ONLINE VIA ZOOM, SO PEOPLE CAN JOIN AND CONNECT FROM HOME.

# Asking a young person if they're OK

*It's not always easy to know what to say when someone you care about seems to be going through a tough time.*

*But checking in and showing you care can make a big difference - especially for young people.*

You might notice that a young person isn't acting like themselves. Maybe they seem withdrawn, down or their behaviour has changed in ways that concern you. These signs can be a cue to check in and ask how they're going.

Whether you're a parent, friend, teacher or community member, you don't need to be an expert to help. You just need to be someone who listens and cares.

Listening is one of the most powerful things you can do. Take their feelings seriously and try not to jump in with solutions. Sometimes, just being heard is what they need most. Let them know they're not alone and that you'll work through things together.



## How to start a conversation

There's no perfect script, but choosing a quiet, private space where the young person feels safe can help. Make sure you're feeling calm and open to listening before you begin.

Using "I" statements and speaking from a place of care helps the conversation feel more natural and less confronting. Let them know you're there for them, no matter what.

You could say something like, "Hey, I've noticed you haven't seemed yourself lately. How are things going?" or "Are you doing OK? I'm here if you want to talk."

## Offering support that feels right

If they do open up, you can gently suggest they talk to someone else as well, like a doctor, a teacher, a school counsellor, or a youth mental health service like headspace Albany.

You might say, "It's great you talked to me. There are people who can help too - want me to go with you?" or "You don't have to go through this alone. I've got your back."

Let them know that support doesn't have to be intense or scary and that they can choose what they want to talk about and when.



## Local support is available

headspace Albany can support young people and their families in a variety of ways. All services are free. Whether it's help getting through life's ups and downs, support around work and study, or other things that are impacting on them - headspace Albany is available to all young people aged 12-25 years and their families. It can be a one-off chat or longer support - it's up to you and your family. If headspace Albany isn't the right option or your young person is under 12 years old, we're happy to talk with you about who might be a better fit for your family.





### **If you're concerned about their safety**

If you're worried about a young person's safety, it's important to speak with them directly and honestly. Let them know you're concerned and that you care. Acknowledge that it can be hard to talk about thoughts or feelings and reassure them that opening up can help. Let them know you'll be there for them and ask what they need from you, even if they're not sure yet.

If you're worried about suicide or self-harm, it's okay to ask direct questions like, "Have you ever thought about ending your life?" or "Have you been hurting yourself?"

These questions can feel difficult but asking them shows you care and can help the young person feel less alone. If you're unsure how you might respond to their answer, it's a good idea to seek professional support to help guide the conversation.

You can also offer to help them find information or connect with services and let them know you're happy to go with them. Being open, calm and supportive can make a big difference.

### **If they're not ready yet**

Sometimes young people aren't ready to talk or accept help. That's OK. Be patient and keep showing that you care. Let them know you're there whenever they're ready and that you won't give up on them. If you're really concerned about their safety, it's important to involve a trusted adult or professional - and let them know you're doing so. headspace Albany can help you and provide advice if you are worried about a young person who isn't ready to get help themselves.



### **Don't forget to look after yourself**

Supporting someone else can be tough, so it's important to take care of your own wellbeing too. Set boundaries, take time for yourself and reach out for support if you need it. You're not their counsellor - you're their family or friend and that's enough.

If you would like more information about anything you've read in this article, please contact headspace Albany on 9842 9871 or email [info@headspacealbany.com.au](mailto:info@headspacealbany.com.au)



**RightByYou**  
by Neami National

**Been worried about your friend recently?**

Have they posted something worrying about suicide online, and you're not sure what to do?

RightByYou is an online platform designed by and for young people (12-25) wanting to help a friend that is expressing suicidal concerns online. RBY aims to empower young people to identify warning signs, initiate important conversations, and refer their friends to help.

Scan here to access.



[rightbyyou.org.au](https://rightbyyou.org.au)

## Alcohol and Other Drug News

### Trending topic: Nitrazines and Nitazenes

We are hearing more about these drugs in the news lately after ABC health reported a Sydney man being the first person in Australia to be charged with supplying a potentially lethal nitazene-laced vape liquid. The police at the time called it a “disturbing evolution” in the illicit drug trade.

Nitrazines are strong synthetic opioids that belong to a group of drugs known as nitazenes. These include any drug that acts on opioid receptors in the brain, and any natural or synthetic drugs that are derived from, or related to, the opium poppy.

Nitazenes were developed by researchers over 60 years ago as an alternative to morphine, but because of their high potential for overdose were never released.

Nitazenes have been connected to several overdose deaths worldwide. These drugs are like fentanyl in terms of potency and their effects. Some Nitazenes are reported to be up to 1000 times more potent than morphine.

There is a concern that lacing vape liquid with these synthetic opioids, suppliers of these substances are creating dependency for the users of these drugs. At times buyers are not aware that they are taking nitazene or nitazene.

A broad range of people could be affected by either accidentally or intentionally taking nitazenes. This can range from those who use substances occasionally at music festivals and those who regularly inject drugs.

NSW Health has indicated that nitazenes are more likely to decrease or stop breathing than other opioids. Medical authorities have said the substances could be hundreds of times more potent than heroin and can cause severe overdose and even death.

What are some opioid overdose symptoms?

- Drowsiness
- Loss of consciousness
- Slow breathing and snoring, and/or
- Skin turning blue or grey

### Recommendations:

It is highly recommended that anyone who uses recreational substances carry naloxone. This is a lifesaving measure which can temporarily reverse an opioid overdose including from nitazene or nitazenes until medical help can assist. Naloxone is available at Needle and Syringe Exchange facilities. The below diagram explains how naloxone can be administered.

If you would like to know more please visit the National Drug and Alcohol Research Centre (NDARC) website.



Lay the person on their back. Support the back of the neck, and let the head tilt back. Clear away anything you see blocking their nose.

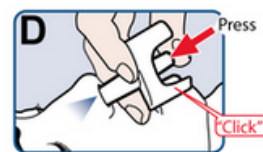


Peel off the back of the Nyxoid container. Remove the nasal spray and place it within easy reach.



Hold the spray as shown — first two fingers either side of the nozzle, thumb ready to push the plunger.

! Don't press to prime or test before use.



Gently insert the spray nozzle into one nostril. Press firmly on the plunger until it clicks and gives the dose. Remove the nozzle from the nostril. If possible, note which nostril you used.

## Alcohol and Other Drug News

### Supporting our Mates AND their health

Mental Health Week is a time to focus on challenges that impact the health and wellbeing of people in our communities, and this includes conversations around men's health and wellbeing. We know that in Australia some of the leading causes of ill health and death for males include suicide, self-inflicted injuries and heart disease (AIHW).

We know that alcohol is a depressant, so it can negatively affect the way we regulate our moods and emotions, and can impact the way dopamine is released by our brains. Alcohol can also lead to reduced inhibitions and is a risk factor for suicide and self-harming behaviour (Alcohol Think Again). According to the Australian Institute of Health and Welfare, in 2019-2020 1 in 4 hospitalisations for intentional self-harm involved alcohol.

As well as alcohol being a major risk factor for developing heart disease, the Cancer Council also acknowledges the significant links between alcohol and multiple types of cancers.

So why then, is alcohol such a common way to connect with our mates, especially when we're concerned about them?

Mateship is such an important protective factor for keeping men healthy, but there should be more to these relationships than drinking together, especially if we're concerned about their mental or physical health.

If a mate's doing it tough, instead of heading straight to the pub for a drink, why not consider heading into the great outdoors together? Studies acknowledge that being in nature has positive benefits on our health overall, so why not make the most of it and ask your mate to go fishing, hiking or camping together?



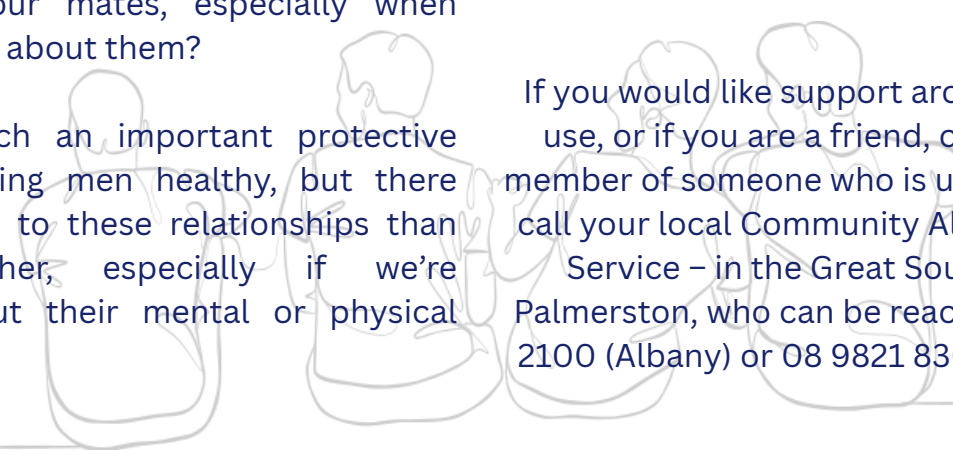
If the weather's not ideal for outdoor activities, why not consider joining your local Men's Shed, where there are a variety of activities on offer, or playing video games or board games together?

If you do want to head down to the local pub, consider trying some of the fantastic alcohol-free options that exist these days, or just enjoy playing any activities they might have on offer, such as pool or darts.

Let's look after our mates AND their health at the same time.

To find out more about Men's Sheds, or find one near you, go to: <https://mensshed.org/>

If you would like support around substance use, or if you are a friend, carer, or family member of someone who is using substances, call your local Community Alcohol and Drug Service – in the Great Southern this is Palmerston, who can be reached on 08 9892 2100 (Albany) or 08 9821 8306 (Katanning).







## Finding ourselves in solitude



We live in a world where there seems to be an increasing need to be busy and connected all the time. We are trying to pack more and more into our lives, and it is no wonder many of us often find ourselves feeling over-extended with our work and personal commitments. In a rapidly changing society are we forgetting the benefits a bit of solitude can bring to our lives?

For many people, having quiet time alone is often not on the radar. In fact, these days it is almost developing a reputation as time that is in effect, wasted! It's realistic to imagine that a lot of people would find it difficult being alone with their thoughts for too long.

The struggle not to think about deadlines and commitments or reaching for our mobile phone to get the latest newsfeed, email or Facebook update is persistent. Our constant focus on the need to stay connected to the outside world could be leading us to a disconnection with our true inner self and a sense of peace.

We often talk about the importance of looking out for our mates but first and foremost we need to start with ourselves. Taking quiet reflective time out even to do nothing can be good for our wellbeing. It gives us the chance to reconnect with our innermost thoughts and enhance our self-awareness.



This is by no means a new philosophy, many religions such as Buddhism have long practiced exercises like meditation and mindfulness to promote the virtues of being alone and still in the moment. As human beings, we are simply not designed to be going full tilt all the time, we need regular down time to help restore energy and give us the space to adjust to life's situations and demands. In his book *The Call of Solitude: Alone time In a World of Attachment*, Ester Schaler Buchholz sums this up beautifully with the simple statement alone time is fuel for life.

The social and spiritual aspect of our health is fundamental to our general wellbeing. The experience of solitude can allow us to really delve into our sense of self and purpose, enabling a broader understanding of our identity. It unlocks our curiosity about the world around us giving us space to explore our individual hopes and dreams. Importantly, it can also foster the development of a good relationship with our self which in turn helps us to connect with others in healthy and meaningful ways.

Building some alone time into our lives can be a challenge. How often do we hear the saying there is never enough hours in a day! There are also those periods of time when it's head down bum up as any farmer or small business operator will tell you.

Nonetheless if we are to achieve a healthy balance in our lives and given the way everything seems to be speeding up, then now more than ever we need moments of solitude.

*By The Regional Men's Health Initiative*

**Ph:** (08) 6314 1436

**Website:** [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)

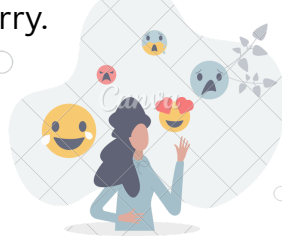
# Did you know you can access support for your mental health online that is free?

**Self guided, therapy assisted and credible information can be found online if you have the means to access online services. Here is a little bit about the benefits of using them...**

If you live remotely, using online services and supports can be very convenient, saving you time away from work or home, travel expenses and worry.



You might be unsure what you are experiencing and just want some general advice.



You can get the help when you need it. Accessing online help is generally quicker than accessing face to face services.



Using online services gives you flexibility. You can go online when you are emotionally ready. Many services can communicate via text, email, online chat or video, which gives you lots of options to get started.



The information and resources available online from credible services can help you to understand what is going on for you. Many of the sites have online assessments you can do in the comfort and safety of your own environment.



Online mental health services can be a great alternative for small business to support staff who may not be doing so well.



You can access this information to improve your understanding of mental health, ways to support yourself and most importantly, start to address problems early to avoid further decline in mental health and wellbeing.



Some of us may worry about stigma and confidentiality. Using online services can support our needs by providing a safe space to work through issues individually or therapy assisted, depending on your level of confidence.

If you are helping someone who may not be well, online services can support you on how you can best support them.



Many online services work with your GP, giving you the convenience of working alongside a professional you are familiar with.

**Safety – online services are bound by standards that ensure you are receiving a credible and safe service.**

**For more information about online mental health services go to...**

Local and online mental health service providers in the Great Southern



Department of Health and Aged Care



**medicare Mental Health**



# Postvention Information

## What is postvention?

Postvention refers to activities or interventions occurring after a death by suicide, to support those bereaved or affected (family, friends, professionals, peers, responders, community) to cope with stressors and manage the experience of loss and grief.

Research shows that there are approximately 135 people who are directly impacted by a single suicide death.

Everyone experiences grief differently in their bereavement process. Although individual bereavement experiences vary, they share similar features and reactions.

People bereaved by suicide, similarly to people bereaved by other types of death, experience general grief reactions such as shock, denial, sadness, confusion and anger, and may need additional support to help them cope.



StandBy is Australia's leading postvention program dedicated to the assisting people and communities impacted by suicide. The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including:

- Individuals, families and friends
- Witnesses
- First Responders
- Service Providers

StandBy is accessible seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual

## Keen to learn more?

### What Do I Say? What Do I Do?

**Targeted at:** All community members.

**Purpose:** To increase understanding of suicide bereavement and learn basic support skills.

**Topics covered:** Postvention, Crisis, trauma and grief, What makes suicide different from other sudden death, Support approaches and best practice.

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All workshops are **FREE**. For more information, or to register for any of the Standby workshops, please contact Dee Melbourne:

[dee.melbourne@anglicarewa.org.au](mailto:dee.melbourne@anglicarewa.org.au)

#### Phone



1300 727 247

#### Email



[standby.greatsouthern@anglicarewa.org.au](mailto:standby.greatsouthern@anglicarewa.org.au)

#### Website

[www.standbysupport.com.au](http://www.standbysupport.com.au)



## Stepping Up When Life at Home Becomes Too Challenging

Seeking help when your mental health challenges become overwhelming is a strength, not a weakness. Whilst this mindset is an important part of a robust personal wellness plan, it is often missing in people's lives as they attempt to cope on their own. Albany Step-Up Step-Down is a mental health residential service offering consumers an opportunity to get the support they need when life at home becomes too challenging.

The service offers up to a 28 day stay with 24/7 support worker coverage to maintain a safe space where consumers can explore connection and belonging in the context of their wellbeing. Consumers 'Step-Up' from the community and 'Step Down' following a hospital admission. The service is an opportunity to prevent a hospital admission; providing support before a consumer's mental health challenges become acute. The service also offers a space for consumers who have been acutely unwell and required a hospital admission to transition back to community living.



So, what might a stay at Albany Step-Up Step-Down look like? Consumers have their own room with ensuite. The shared spaces include a kitchen & dining area, group room, TV room, quiet room, computer room, at room, and garden complete with veggie beds. Consumers are expected to live independently during their stay, including participation in rostered cooking and cleaning. There is a daily morning meeting and group session. Support workers catch-up weekly with consumers individually to check-in on how their stay is going. Afternoon activities are consumer-led. Consumers are encouraged to remain engaged with their community and there is a nurse onsite during each day to provide clinical oversight of consumers' mental health. Consumers can engage with Peer Support Workers and benefit from their lived experience of mental health challenges. The service is funded by the state government and there is no cost to consumers.



If you or someone you know might benefit from a stay at Albany Step-Up Step-Down, please visit our website where you can find out more information about the service and also download a referral form, or call us on 08 6323 8900.



## Celebrating WA Mental Health Week

4 – 11 October 2025

*Mental Health Week brings awareness to mental health and wellbeing nationally, and scheduled around World Mental Health Day in October.*

Mental Health Week is a national celebration encouraging social connection. This is an opportunity to highlight the important connection between social determinants of health and our mental health and to promote effective prevention strategies to keep people and our communities mentally healthy. This important week aims to increase mental wellbeing in WA communities by:

- Encouraging each of us to support and look out for one another.
- Promoting mental health literacy – learning the ‘language’ of expressing feelings, good and bad; and
- Continuing to raise awareness of mental health issues and reduce the stigma that can be associated with seeking help.



### 2025 theme

This year’s theme, Empowering Communities, Thriving Workforces is all about power. Having the power to take charge of your own mental health journey and recovery. Having the power to support yourself and find purpose through meaningful employment. And having the power to support others within their community, to stay mentally healthy.

As Australia navigates ongoing mental health challenges post-pandemic, Mental Health Week offers a timely reminder of the importance of collective action, community resilience, and workplace well-being.



## 2025 Mad Hatter Tea Party

### Join us for the launch of WA Mental Health Week!

We're thrilled to invite you to be part of something truly special - the 2025 Mad Hatter Tea Party on **Friday 3rd October from 10am-1pm at the Albany Town Square** hosted by headspace Albany.

This year marks a major milestone with the Western Australian Association for Mental Health partnering with us to launch WA Mental Health Week from this Mad Hatter event. It's a proud moment for regional WA and we'd love for the community to be involved!

For the 11th year running, the Mad Hatter event has brought together local organisations, families and community to celebrate mental health awareness in a way that's inclusive, interactive and uplifting. It's a chance to connect, share resources and break down the stigma around mental health – while having a bit of fun along the way with the **Best Hat Parade & Competition at 12 noon**. There will also be live local entertainment, free activities, free food, free cupcakes and a Scavenger Hunt with prizes. You won't want to miss it!



**This event wouldn't be possible without amazing support from:**

- WA Association for Mental Health (WAAMH)
- Lotterywest
- headspace National
- Youth Focus
- Soroptimist International Albany
- Palmerston Association
- Depression Support Network (DNS)
- Anglicare WA Albany
- Amity Health
- Albany Youth Support Association (AYSA)
- Albany Pride
- AHA Great Southern





# Free webinars for Parents & Carers

## What is the Teen Mental Health Matters Webinar about?

Parents and carers play a pivotal role in recognising the well being of their teen, yet many struggle to understand how they can support their young person with their mental health.

Co-designed with parents and co-delivered by a clinical psychologist facilitator and youth lived experience advisor, our parent presentation is an opportunity for high-school parents and carers to learn more about adolescent mental health and how to best support and connect with their young person during tough times.



## Who is this for?

Parents, Carers, and Guardians of teen-aged youth.

## What will parents learn?

Understanding mental health in adolescence, including insights from the Future Proofing Study

What is mental health and when to be concerned

Key strategies to support adolescents

Having the conversation – what to say and how to create a supportive environment

Getting help – health professionals, online and digital support for parents and adolescents

Promoting healthy habits – including building connections, sleep, and screen use

## How long is the webinar?

**90 minutes**, including Q&A.

## Available dates

**Wednesday 27th August @ 7PM (AEST)**

[Register here](#)

**Thursday 11th September @ 7PM (AEST)**

[Register here](#)

**Thursday 9th October @ 7PM (AEDT)**

[Register here](#)

**Monday 20th October @ 7PM (AEDT)**

[Register here](#)

**Thursday 30th October @ 7PM (AEDT)**

[Register here](#)

**Wednesday 12th November @ 7PM (AEDT)**

[Register here](#)

**Thursday 27th November @ 7PM (AEDT)**

[Register here](#)

**Wednesday 10th December @ 7PM (AEDT)**





[Register here](#)

**Visit the Black Dog Institute website for more information.**



## Our language matters

The way we communicate about mental health and wellbeing, mental health concerns, suicide, and alcohol and other drugs (AOD) can have either a positive or negative impact on a person's life. The words we choose to use can make all the difference. When talking about mental health and suicide, consider using the following language:

 <b>Consider the language you use</b>		
Issue	Problematic	Preferred
Presenting suicide as a desired outcome	✗ 'successful suicide' 'unsuccessful suicide'	✓ 'died by suicide' 'took their own life'
Associating suicide with crime or sin	✗ 'committed suicide' 'commit suicide'	✓ 'took their own life' 'died by suicide'
Sensationalising suicide	✗ 'suicide epidemic'	✓ 'increasing rates' 'higher rates'
Language glamourising a suicide attempt	✗ 'failed suicide' 'suicide bid'	✓ 'suicide attempt' 'non-fatal attempt'
Gratuitous use of the term 'suicide'	✗ 'political suicide' 'suicide mission'	✓ refrain from using the term suicide out of context
 EVERYMIND  Mindframe  mindframe-media.info		

For more information, visit <https://mindframe.org.au/>

## Support Services

BEYOND BLUE: 1300 224 636

HEADSPACE: 1800 650 890

HERE FOR YOU: 1800 437 348

KIDS HELPLINE: 1800 551 800

LIFELINE: 13 11 14 (24-HOURS)

MENSLINE: 1300 789 978

13YARN: 13 92 76

QLIFE: 1800 184 527

THIRRILI: 1800 805 801

STANDBY: 1300 727 247 (24-HOURS)

GRIEF LINE: 1300 845 745

RURAL LINK: 1800 552 002 (24-HOURS)

SUICIDE CALL BACK LINE: 1300 659 467

ALCOHOL & DRUG SUPPORT LINE: 1800 198 024



For more information on service providers available to the Great Southern, scan the QR code below or visit <https://www.albany.wa.gov.au/documents/14774/great-southern-mental-health-service-providers>

