

PERTH METROPOLITAN SUICIDE PREVENTION COORDINATOR UPDATE

Edition 5 - October 2022

The Perth Metropolitan Suicide Prevention Coordinators assist in the delivery of the Mental Health Commissions' *Suicide Prevention 2025 Framework*. Our role is to build community capacity to prevent and respond to suicide through awareness, education & training, partnerships and events. We work with community groups, organisations and interagency networks to build safety and support.

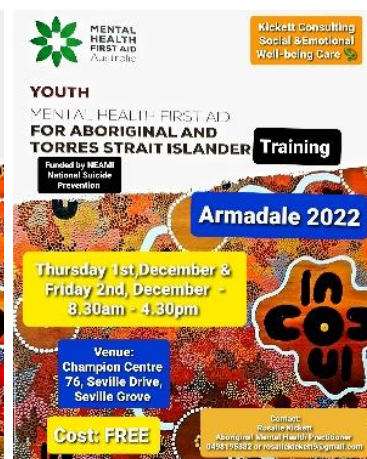
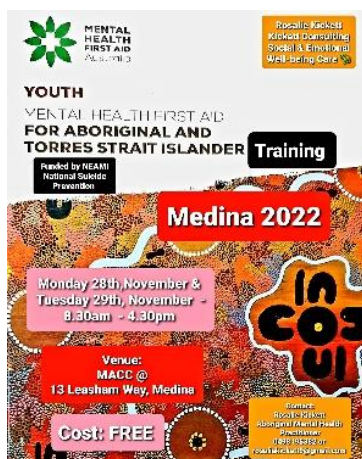
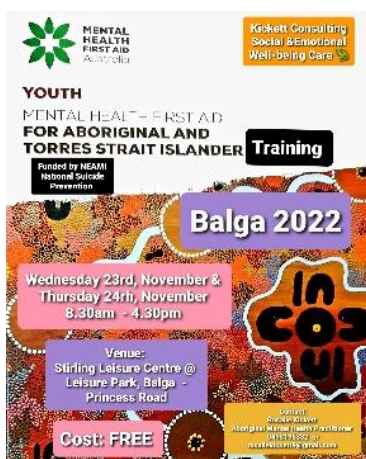
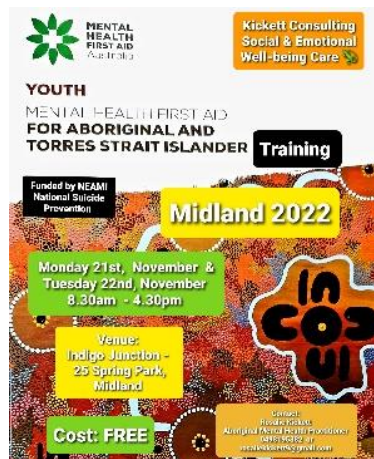
The Perth Metropolitan Suicide Prevention Coordinators do not provide a crisis services or interventions for consumers.

AWARENESS INITIATIVES

Youth Aboriginal Mental Health First Aid

The SPC Team will be supporting the delivery of four Youth Aboriginal Mental Health First Aid courses across the Metro:

- **Midland** Monday 21st and Tuesday 22nd November
Indigo Junction - 25 Spring Park, Midland
- **Balga** Wednesday 23rd November and Thursday 24th November
Stirling Leisure Centre, Leisure Park, Balga - Princess Road
- **Medina** Monday 28th November and Tuesday 29th November
MACC 13 Leasham Way, Medina
- **Armadale** Thursday 1st December and Friday 2nd December
Champion Centre, 76 Seville Drive, Seville Grove



CALM Mental Health Training

In September SPC North supported delivery of CALM mental health training with Brain Ambulance and delivered training to youth mentors and Dance teachers from OWLKME.

MENTAL HEALTH WEEK SUICIDE PREVENTION WEEK & RUOK DAY

Busy months for the SPC team, see below for some highlights:



Wellness Wednesday – Mandurah



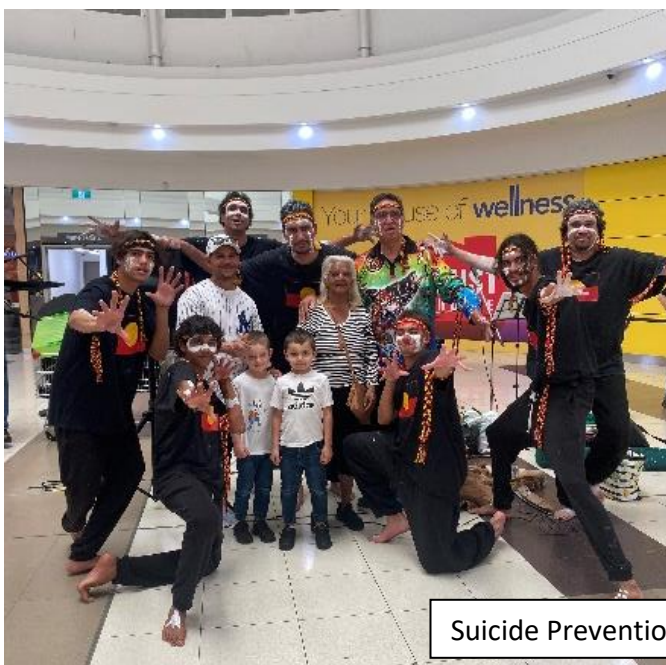
Midland NAIDOC Week Fair Stall



Suicide Prevention Day – Fremantle



Headspace Day – Fremantle



Suicide Prevention Day – Rockingham



There were amazing events all over Perth Metropolitan area including:

- Perth Inner City Youth Service (PICYS) community wellness day with self-care activities, games and food held in the park in West Leederville.
- In Yanchep a games morning team and Mental Health chat was delivered for seniors.
- MHW Pharmacy 777 and SPC teamed up to deliver a MHW walk and morning team.
- Yogaziet delivered children/Youth wellbeing workshops during Mental Health Week at selected schools.
- For RUOK day SPC worked with the City Wanneroo to deliver 4 activities at each of their youth centres – Hainsworth, Yanchep, Wanneroo and Clarkson. The participants made R U OK cupcakes and gave out to the community to raise awareness. Staff also talked to participants about good mental health practices.
- RUOK Day was a hit in Mandurah with community engagement activities and especially the cupcakes.
- Presented a PD session on [Aftercare Supports Following A Suicide Attempt](#) to 25 Social Workers from Royal Perth Hospital, Bentley Hospital, and Midland Hospital. Feedback was very positive, with social workers requesting more booklets to distribute through the appropriate discharge packs.
- Project305 Suicide Prevention Car Show, as well as 3 local community events over the course of 10 September - 2 October 2022. They hosted conversations destigmatising accessing mental health supports. Project305 has also been promoting TMH messaging on its Instagram and Facebook pages.
- Gosnells Community Wellbeing Fair for Mental Health Week.

UPDATES AND INFORMATION

Perth Metro Training Calendar

The [Perth Metro Training Calendar](#) has been sent out for October - December 2022. Please be mindful if this is going to your **junk** mail, as it is sent out by mail chimp. If you're not already subscribed to the Training calendar you can do so [here](#).

OF INTEREST

If you have a spare second for a quick survey about the SPC program, please complete [SPC Partnerships Feedback](#) survey.

Reminder:

Make sure you check out our [Neami SPC website](#) – scroll to the bottom and you'll find a range of informative and practical information of key listed services and resources – led by community needs.