



Circular Head Council Suicide Prevention and Mental Health Community Action Plan

Relationships Australia.
TASMANIA


Tasmanian
Government



Need help?

If you are having thoughts of suicide or supporting someone with thoughts of suicide, please seek help. In the first instance you should contact your general practitioner (GP). However, if this is not possible or if you think the matter is more urgent, please contact one of the services below.

In an emergency call 000 or go to an emergency department.

Lifeline (24 hours)

13 11 14 | www.lifeline.org.au/Get-Help

Access Mental Health

1800 332 388

Suicide Call Back Service (24 hours)

1300 659 467 | www.suicidecallbackservice.org.au

Mensline Australia

1300 78 99 78 | www.mensline.org.au

Kids Helpline (24 hours)

For anyone 25 or under

1800 55 1800 | www.kidshelp.com.au

Qlife

phone and webchat 3pm – 12pm every day.

1800 184 527 | <https://qlife.org.au/contact-us>

Open Arms

24hr Crisis support

1800 011 046 | <https://www.openarms.gov.au>

Rural Alive and Well (24 hours)

1800 729 827 rawtas.com.au

Standby Support after Suicide

1300 727 247 Home - StandBy standbysupport.com.au

A Tasmanian Lifeline

1800 98 44 34 A Tasmanian Lifeline | Lifeline Tasmania

Circular Head Services

Circular Head Aboriginal Corporation

6452 1287 | <https://www.chac.com.au/>

Rural Health Tasmania

6452 1266 | <http://www.ruralhealthtas.com.au/>

Wyndarra Centre

6452 2722 | <https://www.wyndarra.org.au/>

CAP Coordinator

Name	Jodie Saville, Community Officer
Email	jsaville@circularhead.tas.gov.au
Phone	(03) 6452 4803

Acknowledgements

Acknowledgement of Country

The Circular Head Council acknowledges the North West Tasmanian Aboriginal people as the traditional custodians of the country on which we stand, meet and play. We recognise their continuing connection to the land, waters, and community. We pay respect to Elders past, present and emerging.

Acknowledgement of Lived Experience

We respectfully acknowledge the individual and collective experiences of those with a living or lived experience, including those who have attempted and those bereaved by suicide. We recognise their contributions at all levels and value the courage of those who share their unique experiences for the purposes of education, support, connection, and ongoing suicide prevention.

The Circular Head Suicide Prevention Community Action Plan (CAP) is dedicated to the memory of those who have been lost to suicide and the suffering that suicide brings to our lives. The voice of people with a lived experience of suicide has been essential in the development of the Community Action Plan. These voices are a valued contribution to the ongoing body of work in suicide prevention.

Region and People

Circular Head is a picturesque and close-knit community nestled in the northwest region of Tasmania, Australia covering an area of 4,917 km² with a population of just over 8,000 people.

With its stunning landscapes, vibrant culture, and welcoming residents, it has become a haven for those seeking a tranquil and fulfilling lifestyle. The municipality gained its name from the unusual land formation commonly known as “The Nut”, at Stanley, the solidified lava lake of a long extinct volcano. The formation was sighted by Bass and Flinders on their historic circumnavigation of Tasmania in 1798.

One of the defining features of Circular Head is its natural beauty. The region is blessed with diverse landscapes, ranging from rolling hills and fertile farmlands to pristine coastal areas. The Tarkine Rainforest, one of the largest temperate rainforests in the Southern Hemisphere, is also located nearby, providing endless opportunities for outdoor exploration and eco-tourism.

Circular Head is a region deeply connected to its agricultural roots. The fertile soils and favourable climate make it an ideal location for farming and primary production. Dairy farming, beef production, and vegetable cultivation are key industries in the area, providing employment opportunities and contributing to the local economy.

The community of Circular Head prides itself on its strong sense of belonging and unity. The residents are known for their friendly and welcoming nature, always ready to lend a helping hand or engage in a heartfelt conversation.

Background Information

The Tasmanian Government recognised the need for community recovery support following the COVID-19 pandemic, which has affected people's mental health and well-being. To address this issue, the government funded Relationships Australia Tasmania to provide community recovery support. Relationships Australia Tasmania is an organisation that provides a range of services to support individuals, families, and communities to enhance their relationships and wellbeing.

The specific goal of this initiative was to support engagement with the Local Government Association of Tasmania and local councils statewide to deliver mental health and suicide prevention initiatives for the community. This involves collaborating with local councils to identify the needs of their communities and develop initiatives to support mental health and suicide prevention.

To facilitate this process, local councils can access up to \$5,000 each to develop and implement the actions covered in the Community Action Plan (CAP). The CAP is a document that outlines specific actions and strategies to support mental health and suicide prevention in the local community. Members of Council and Stronger Together in Circular Head group surveyed the community at events and businesses receiving 172 responses. This indicates that there was active community engagement in the process of identifying the needs and developing initiatives to support mental health and suicide prevention. The survey responses will inform the development of the CAP and the initiatives to be implemented in the local community.

Overall, this initiative is an important step towards supporting the mental health and well-being of the community following the COVID-19 pandemic. By providing funding and support to local councils, the government is empowering communities to identify and address the specific needs of their residents. This approach has the potential to be more effective than a one-size-fits-all approach,

Community engagement and consultation method

Members of Council and Stronger Together in Circular Head group surveyed the community at events and businesses receiving 172 responses. This indicates that there was active community engagement in the process of identifying the needs and developing initiatives to support mental health and suicide prevention. The survey responses will inform the development of the actions in the CAP and the initiatives to be implemented in the local community. From the 172 responses, 7 key themes emerged and are included below.

Community Events:

- Organise inclusive and enjoyable events, not limited to sports.
- Attach informative sessions to popular events like festivals.
- Encourage community forums to promote open discussions, especially among men.
- Host workplace events with talks and guest speakers.
- Informal BBQs held in different locations.
- Promote mental health awareness through visual presence and fun activities.
- Hold focus groups and seminars to engage the community.

Resource Sharing/Promotion:

- Improve accessibility through online platforms and physical resource centres.
- Raise awareness through face-to-face conversations, advertising, radio, and letter drops.
- Use positive language to shift negative perceptions about suicide prevention.
- Increase the availability of easily accessible services and resources.
- Promote the "Are you OK?" initiative to raise mental health awareness.
- Target local communities through personal interactions and community advertising.
- Break down mental health awareness campaigns into manageable steps.
- Ensure advertised resources are readily available and accessible.
- Use work groups and letter drops to promote resource sharing.

Support/System Change:

- Advocate for better and faster access to healthcare professionals, particularly for mental health services.
- Take action in suicide prevention, including one-on-one counseling and mentorship opportunities.
- Increase support and access for those in need.
- Encourage acceptance and patience from healthcare providers.
- Integrate mental health services with primary healthcare.

Training/Workshops:

- Provide accessible and incentivised mental health education and community programs.
- Offer free training with incentives.
- Promote community-inspired programs.
- Increase the availability of local training providers and services.
- Focus on creating opportunities for young people and addressing their unique challenges.

Schools and Young People:

- Address teenage struggles and suicide through school and workplace initiatives.
- Organise retreats and camps for teenagers.
- Invite guest speakers who have overcome suicide attempts.
- Increase discussions about mental health and suicide in schools and workplaces.
- Implement proactive mental health programs in schools.
- Increase community involvement and awareness of mental health among young people.

Stigma Reduction:

- Reduce stigma around mental health and suicide.
- Encourage discussions with friends and family.
- Provide checklists to identify loved ones who may need help.
- Foster open conversations about overcoming suicidal thoughts.
- Create safe spaces and reduce stigma surrounding mental health.
- Promote community engagement and seeking help when needed.

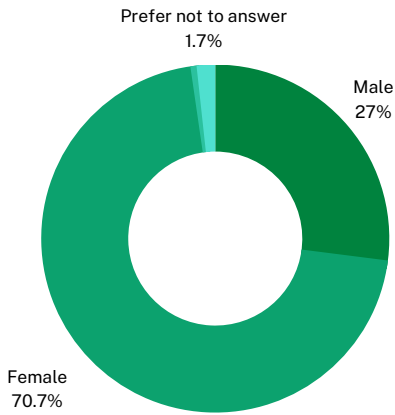
Sport:

- Engage local sporting groups and organisations in mental health promotion.
- Visit sporting clubs and set up information tables.
- Provide affordable access to sports, yoga, and relaxation activities.
- Use sporting clubs as platforms for mental health discussions.
- Involve farmers and young parents in mental health support initiatives.
- Consider having club counsellors to identify and address mental health issues.

The overall goal of the community action plan is to promote mental health awareness, reduce stigma, improve access to resources and support, and engage various community sectors in fostering mental well-being.

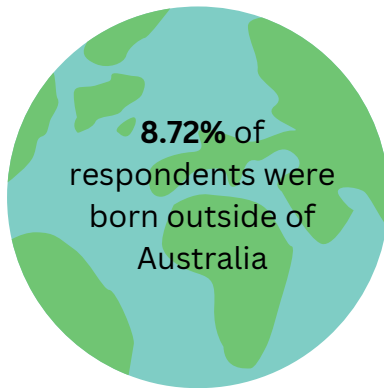
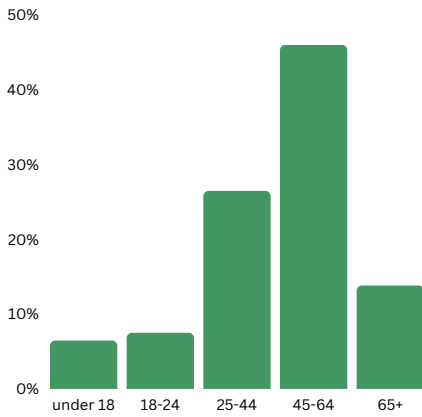
Who answered the survey

Gender



16.09% of respondents identified as being Aboriginal and/or Torres Strait Islander

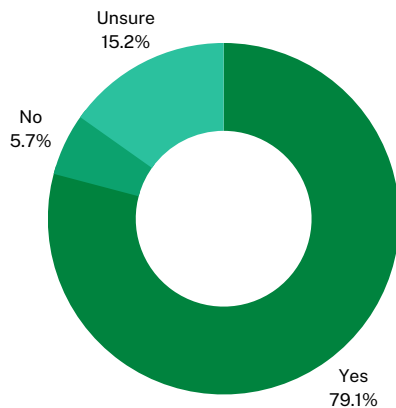
Age group



Survey respondents have lived in Circular Head for an average of 31 years

Training

Do we need more training opportunities in Circular Head to learn how to support those struggling with mental health issues?



Would you attend?



RESILIENCE

How good is Circular Head at overcoming challenges/ being resilient?



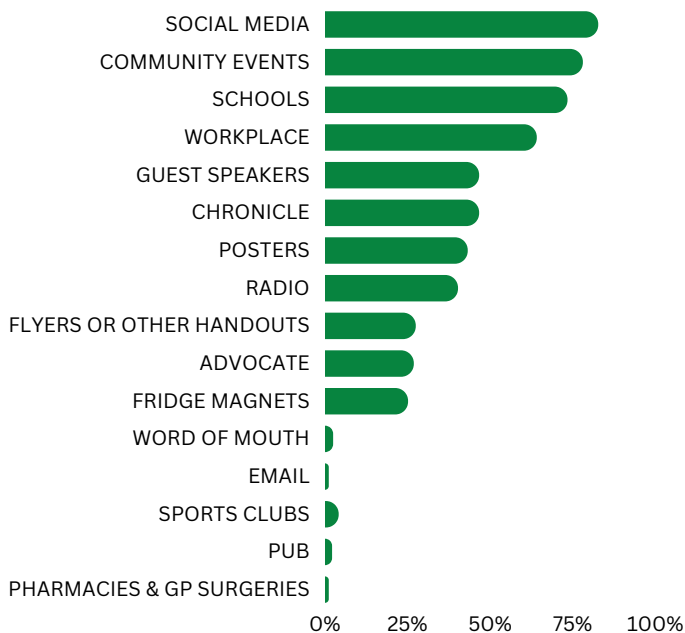
STIGMA

How good are we at talking about mental health and suicide prevention in our community?



INFORMATION SHARING

What are the best ways to share information about mental health and suicide prevention?



Do you have any ideas about how to get people more involved in suicide Prevention



Reporting and Promotion

Do you agree to provide an implementation report about the CAP after it is complete? **Yes / No**

Do you consent to information about the CAP being uploaded to the TSPCN website? **Yes / No**

Are you happy to collaborate with similar CAPs in your region? **Yes / No**

Are you willing to be interviewed for or present your CAP at a TSPCN meeting? **Yes / No**

Sign



Date: 1/6/2023

This is a working document that can be added to , as community needs change or new actions are developed.

Relationships Australia Tasmania are available to provide assistance in the future should changes be required.

We look forward to following up with you on the impact of your CAP.

Action Plan

Effective From: 1st June 2023

Review Date: 1st Jan 2024

Action 1: Community Events & Awareness

How will the CAP make a difference? (Outcomes)

The overwhelming response in the Consultation was that holding community events was extremely important when it came to awareness, the reduction of stigma in the community and sharing information. Feedback was really positive of previous events especially when it came to informal BBQs in the community. The main focus areas will be:

- Organise inclusive and enjoyable events, not limited to sports.
- Attach informative sessions to popular established events.
- Encourage community forums to promote open discussions, especially among men.
- Partner with workplace events with talks and guest speakers.
- Hosting Informal BBQs held in different locations.
- Promote mental health awareness through visual presence and fun activities.
- Collaborate with established networks and key community leaders to be able to support these initiatives.

How will this action lead to sustainable change?

Creating more events will support the community through providing opportunities to connect with each other, and to increase awareness around mental health. This will work to reduce stigma, increase support to those in need, and provide a social outlet to connect people.

Collaborating with established networks and community leaders provides access to resources, expertise, amplifies reach, builds trust, leverages existing networks, and ensures ongoing support. This collaboration enhances the initiatives' sustainability and increases their impact in achieving sustainable change within the community.

How will you know if the CAP has made a difference?

The impact and effectiveness of this action will be seen in the attendee numbers these events. Further feedback can be gathered at these events to ensure that they are meeting the needs of the target community.

Action Plan

Effective From: 1st June 2023

Review Date: 1st Jan 2024

Action 2: Collaboration with Stronger Together in Circular Head (STICH) and the Circular Head Health and Wellbeing Coalition

How will the CAP make a difference? (Outcomes)

The community consultations revealed that Circular Head already has a strong sense of community, with many groups and events in the area. To build on what's already there, it was decided to promote the existing opportunities instead of creating new ones. This approach would encourage social interaction, expand support networks, and raise awareness about available services, including mental health support.

How will this action lead to sustainable change?

By working together with the coalition, we can ensure that information and knowledge about mental health services are shared among local services and community members. This means that people will know where to go for help when they need it. The coalition can also help make sure that promoting these services is done in a consistent and easy-to-understand way.

The coalition can assist with keeping the Circular Head Community Connection Guide accurate and up to date. This guide provides information about mental health support in the community, and with the help of the coalition, it will be reliable and easily accessible for everyone. This will make it easier for community members to find the help they need.

Improving the sharing of information about mental health services and support in the community is also important. Collaborating with Stronger Together in Circular Head (STICH) will help achieve this goal. STICH has expertise in developing community action plans and understands the specific needs of the local community. Their involvement will enhance the community's capacity and resources to implement the actions outlined in the Community Action Plan.

By working together with the STICH and the Coalition and incorporating their knowledge and experience, the community can foster a stronger sense of togetherness and effectively address mental health challenges.

How will you know if the CAP has made a difference?

by requesting regular feedback from the networks and continued cross representation at meetings.

Action Plan

Effective From: 1st June 2023

Review Date: 1st Jan 2024

Action 3: Provide training opportunities for the community

How will the CAP make a difference? (Outcomes)

Almost 80% of community members who engaged in the consultation wanted more training opportunities when it came to learning how to support those struggling with mental health issues. Focus areas will include

- Offering training and increasing the capacity of businesses and natural gatekeepers in customer services type roles to supporting community members during difficult conversations.
- Having an increased focus on providing training that is free, low cost and under 6 hours.
- Partnering with training organisations and community led programs

Training will increase the community capacity and awareness to both talk about mental health in a progressive way, and support those in need.

How will this action lead to sustainable change?

Increasing community capacity to discuss mental health and normalise help seeking behaviour will reduce stigma around poor mental health and create a safer community in which those needing help can feel supported.

This approach is a sustainable option for the community because it meets the community's needs and is accessible to everyone. The training is designed to be affordable, short, and convenient, so more people can participate. By partnering with other organisations and community programs, the initiative can benefit from their expertise and resources, making the training more effective. The goal is to empower community members with the knowledge and skills to support mental health. This will create long-term change by reducing stigma and promoting a supportive community. Overall, the approach is sustainable because it responds to community needs, is inclusive and affordable, and promotes lasting change in mental health support.

How will you know if the CAP has made a difference?

The uptake in training opportunities and feedback from the community.

