



Action Plan 2021-2025

VISION

A connected community living without suicide.

MISSION STATEMENT

Create opportunities for our communities to connect, increase resilience and enable people to reach out.

VALUES

The Network **values the life of every person** in our community.

We offer **respect** and **empathy** to all.

We are **inclusive** of all people of all ages, all races and all genders in our community.

Goal 1: Provide opportunities for our community to connect around the issue of suicide and suicide bereavement.

	Activity	What is involved	Indicators
1	Raise awareness	Distribute SPN resources in the community and information by Facebook	Hits and engagement on FB. Emails to website Promote events in community and on FB
2	Bring National and International awareness events to our community	ANZAC DAY 25 April – White wreaths laid National Suicide Prevention Conference - July RU OK Day World Suicide Prevention Day - Sept Out of the Shadows – September Royal Adelaide Show Ride Against Suicide	Participation Feedback

2	Bring National and International awareness events to our community Continued...	Mental Health week – October Network of Network events REMEMBRANCE DAY 11 November International Survivors of Suicide Loss Day – Nov	Participation Feedback
3	Contemplative space	Join with council and others to maintain space for people bereaved by suicide to reflect on loved ones.	Plaque
4	Maintain knowledge of the group.	Develop a register of what the group has achieved over time and the changes that have been noted in the community.	Historical events register Photo album Pictorial report
Goal 2: Increase resilience and enable people to reach out to one another to ensure wellbeing.			
1	Increase community knowledge	Facilitate/ initiate prevention, postvention and wellbeing training to come to the community. Continue to investigate new training	Training and numbers attending in line with current evidence
2	Each year focus on a target group/s for education, training and engagement	Eg accountants, stock agents, delivery agents who work with farmers, hairdressers, taxi drivers, tattoo artists, massage therapists, School counsellors, Christian counsellors etc. Also vulnerable populations eg youth, aboriginal, LGBT	Numbers attending from various groups and increased diversity
3	Involve the media	Provide information and good news stories to the media and challenge when reporting not fitting with Mindframe guidelines.	Collection of media articles
4	Bereavement Support Group	Encourage the development of a bereavement support group in the area.	People interested in taking part.

Revised December 2020

If you feel distressed, talk to a friend and seek support

24/7 phone counselling support – Lifeline 13 11 14 | Suicide Call Back 1300 659 467

Men's Line Australia 1300 789 978 | Kids Help Line 1800 55 1800

Standby Support After Suicide 0437 752 458

Naracoorte & Districts Suicide Prevention Network

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