



## Action Plan 2024-2029

### 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 share information by Facebook	Attend events in community and promote on FB  Hits and engagement on FB. Emails to & people & numbers accessing website
2	Bring awareness of National and International events to our community	ANZAC DAY 25 April – White wreaths laid National Suicide Prevention Conference RU OK Day World Suicide Prevention Day - Sept	Participation by members  Promotion in media, FB and webpage

2	Continued...	Mental Health week – October Network of Network events REMEMBRANCE DAY 11 November International Survivors of Suicide Loss Day – Nov	Feedback from community
3	Contemplative space	Partner with council and others to maintain space for people bereaved by suicide to reflect on loved ones.	Butterfly plaques  The Blue Tree at Lucindale parking bay
4	Maintain knowledge of the group.	Continue with the 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
<b>Goal 2: Increase resilience and enable people to reach out to one another to ensure wellbeing.</b>			
1	Increase community knowledge	Facilitate/ initiate prevention, postvention and wellbeing training for the community.  Continue to investigate new training	Training and numbers attending in line with current evidence
2	Each year offer education, training and engage with the community	Training and education  Working with other organisations and community groups	Numbers attending from various groups and increased diversity
3	Promote activities of our group	Provide information and good news stories to the media	Collection of media articles

Revised July 2024

**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

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