

# SUICIDE PREVENTION INITIATIVES PROGRAM

PRACTICE  
MANAGERS  
BREAKFAST

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Regional Suicide  
Prevention Coordinator

# AGENDA

- GP PODCAST SERIES
- SUICIDE PREVENTION TRAINING

# REGIONAL SUICIDE PREVENTION ACTIVITIES

**1. Commission Services Using Evidence-Based Practice**

**2. School-Based Workforce & Children Capability**

**3. Promotion**

**4. Frontline Worker Training**

**5. Gatekeeper Training**

**6. Integrating Lived Experience to Enhance Outcomes**

**7. Reduce Access to Means**

**8. GP Training**

**9. Media**

**Other**



# GP PODCAST SERIES

## GP Podcast Series

1. How to Ask About Suicide in General Practice: Invitations, Myths and Real Conversations
2. Suicide Safety Planning in General Practice: Real-World Strategies
3. Supporting Male Patients: Suicide Prevention Strategies for Australian GPs
4. Supporting LGBTQIA+ Patients: Suicide Prevention Strategies for Australian GPs
5. Suicide Prevention in Young People: Practical Risk Assessment and Safety Planning for GPs
6. Suicide Prevention in Neurodivergent Patients: Practical Guidance for GPs
7. Older People, Loneliness, Illness & Suicide Risk in General Practice
8. Suicide Risk in the Perinatal Period and Perimenopause: Practical Guidance for GPs
9. Culturally Safe Suicide Prevention in General Practice
10. GP Burnout, Medico Legal Fear and Suicide Prevention: Looking After the Doctor

 Claim CPD

- CPD points can be easily claimed after listening
- If the listener is a RACGP member, Healthed will lodge the CPD with the college on their behalf
- With each podcast episode listeners can earn 30 mins of Educational Activity (EA) and an optional 30 mins of Reviewing Performance (RP)

# REGIONAL SUICIDE PREVENTION ACTIVITIES

## GP Podcast Series

**Healthed** THE CLINICAL TAKEAWAY

**Dr Lachlan Fieldhouse**  
GP & Medical Director

**Tim Fisk**  
Founder of Complete Men

Hosted by  
**Dr Charlotte Hespe**  
Medical Educator

How to ask about suicide: Invitations, myths and real conversations

**RACGP CPD**

Educational Activities	Measuring Outcomes	Refining Performance
0.5 hours	1 hour	0.5 hours

**LISTEN NOW**

**Healthed** THE CLINICAL TAKEAWAY

**Dr Lachlan Fieldhouse**  
GP & Medical Director

**Tim Fisk**  
Founder of Complete Men

Hosted by  
**Dr Charlotte Hespe**  
Medical Educator

Suicide safety planning: Real-world strategies

**RACGP CPD**

Educational Activities	Measuring Outcomes	Refining Performance
0.5 hours	1 hour	0.5 hours

**LISTEN NOW**

**Healthed** WOMEN'S HEALTH

**Dr Lyndall White**  
Psychiatrist

**Dr Susan Roberts**  
Perinatal Psychiatrist

Hosted by  
**Dr Rebecca Overton**  
Medical Educator

Suicide risk in the perinatal period and perimenopause

**RACGP CPD**

Educational Activities	Measuring Outcomes	Refining Performance
0.5 hours	1 hour	0.5 hours

**LISTEN NOW**



Healthed website: [www.healthed.com.au](http://www.healthed.com.au)



# SUICIDE PREVENTION TRAINING

# REGIONAL SUICIDE PREVENTION ACTIVITIES

## Question Persuade Refer (QPR) Training

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is a self-guided online training program that aims to teach people to recognise the warning signs of a suicide crisis and how to respond following three simple steps: Question, Persuade, and Refer.

### DETAILS

- Self-paced (1-2 hours)
- 100% Online
- Free (for Gold Coast residents)
- Certificate upon completion
- For full details and link to register, please refer to the attached flyer

**Everyone has a role to play in suicide prevention. By increasing the number of people trained in the community we can build a local safety net.**



The flyer features the phn GOLD COAST logo at the top. The main title is 'QPR TRAINING' in large white letters, with 'Question, Persuade, Refer' written in a cursive font below it. A light blue box contains the text: 'Many of us cross paths with people who may be at risk of suicide without knowing it. This training is suitable for everyone. By increasing the number of people trained in the community, we can build a local safety net. We all have a role to play in suicide prevention.' Below this is a section titled 'WHAT YOU WILL LEARN' with a list of bullet points: 'How to Question, Persuade and Refer someone who may be suicidal', 'How to get help for yourself or learn more about preventing suicide', 'The common causes of suicidal behaviour', 'The warning signs of suicide', and 'How to get help for someone in crisis'. A QR code is shown with an arrow pointing to it and the text 'Scan the QR code to register for the training'. To the right of the QR code is a 'Details' section with bullet points: 'Self-paced (1-2 hours)', '100% Online', 'Free (for Gold Coast residents)', and 'Certificate upon completion'. At the bottom, there is an illustration of four diverse people (two men and two women) hugging each other, with orange flowers scattered around them. The footer text reads 'QPR - The three steps anyone can learn to help prevent suicide.'

phn  
GOLD COAST  
An Australian Government Initiative

## QPR TRAINING

*Question, Persuade, Refer*

Many of us cross paths with people who may be at risk of suicide without knowing it. This training is suitable for everyone. By increasing the number of people trained in the community, we can build a local safety net.  
**We all have a role to play in suicide prevention.**

**WHAT YOU WILL LEARN**

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behaviour
- The warning signs of suicide
- How to get help for someone in crisis

Scan the QR code to register for the training



**Details**

- Self-paced (1-2 hours)
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QPR - The three steps anyone can learn to help prevent suicide.

## Further resources and training

### Resources

- [Mindframe Guidelines](#)
- [Roses in the Ocean Resource Hub](#)
- [#chatsafe Guidelines](#)
- [#chatsafe Resources](#)
- [Arafmi - You are not alone](#)
- [RITO Peer Care Companion](#)
- [Black Dog Institute](#)
- [Supporting someone in distress | Queensland Mental Health Commission](#)

### Training

- BDI Recognise & Respond
- safeTALK
- ASIST
- Mental Health First Aid
- Wesley LifeForce
- Suicide Prevention for Seniors
- Mindframe training

# Support services



## Adult

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**Lifeline** 13 11 14 | Text 0477 13 11 14 (24/7) | [lifeline.org.au](https://lifeline.org.au)

**13 YARN** 13 92 76 | [13yarn.org.au](https://13yarn.org.au)

Aboriginal and Torres Strait Islander service available 24/7

### Suicide Call Back Service

1300 659 467 | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

**Beyond Blue** 1300 224 636 | [beyondblue.org.au/forums](https://beyondblue.org.au/forums)

**StandBy Support After Suicide** 1300 727 247

**QLife** 1800 184 527 | [qlife.org.au](https://qlife.org.au)

LGBTIQ+ service available 3pm - midnight

**Mensline** 1300 78 99 78 | [mensline.org.au](https://mensline.org.au)

## Youth

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**Kids Helpline** 1800 551 800 | [kidshelpline.com.au](https://kidshelpline.com.au)

**headspace** 1800 650 890 | [headspace.org.au](https://headspace.org.au)

**ReachOut** [reachout.com.au](https://reachout.com.au)

## Other resources

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**Head to Health Mental Health Portal** [headtohealth.gov.au](https://headtohealth.gov.au)

**SANE online forums** [saneforums.org](https://saneforums.org) | 1800 187 236 (10am-10pm)

**Embrace Multicultural Mental Health** [embracementalhealth.org.au](https://embracementalhealth.org.au)

**National Alcohol and other Drug Hotline** 1800 250 185

**National Gambling Helpline**

1800 858 858 | [gamblinghelponline.org.au](https://gamblinghelponline.org.au)