

# NEPEAN BLUE MOUNTAINS SUICIDE PREVENTION COLLABORATIVE WORKING GROUPS INFOSHEET

## What is The Nepean Blue Mountains Suicide Prevention Collaborative

The Collaborative provides an opportunity for local people with a lived and/or living experience of suicide, government agencies, non-government organisations, community groups, businesses, and other passionate individuals, to work together on preventing suicides across the Lithgow, Blue Mountains, Hawkesbury, and Penrith local government areas. Together, we strive to help create a community where people want to live.

This core group of members meets once a month from February to November and helps guide and support the activities of the people participating on working groups established to achieve the Collaborative's goals.

There is a Backbone Organisation elected by the members to provide the support for meetings outlined in the group's terms of reference. Wentworth Healthcare (NBMPHN) are the current Backbone Organisation. You can read more about them on their website:

<https://www.nbmphn.com.au/About/Who-We-Are>

## Our Values

We believe suicide is not simply a public health issue, it is a social issue extending beyond the Australian health system. We must involve the whole community for people to better understand and prevent suicide.

A core value is embedding lived and/or living experience of suicide in everything we do. Our members value respect, safety, integrity, transparency, honesty, compassion, inclusivity, deep listening, and shared learning. Each member brings a genuine desire and commitment to suicide [prevention](#), [aftercare](#), and [postvention](#). You can read definitions of these three terms here:

<https://lifeinmind.org.au/suicide-prevention/approaches>

## Our Action Plan for the Region

Members have developed an action plan prioritising three strategies to reduce suicide deaths at a local level and fill existing service gaps or support broader approaches to suicide prevention. By joining a working group, as a collective we can collaborate together with you on one or more of 16 activities focusing on:

<b>Training the community to recognise and respond to suicidality</b>	<b>Engaging the community and providing opportunities to be part of the change</b>	<b>Improving the competency and confidence of frontline workers to deal with suicidal crisis</b>
---	--	--

As a participant, you will have input into targeting of activities to meet the needs of different populations. We also act as a node not a hub, this means that there is a lot we can do but need to focus on small actions we can achieve that also build connections and social capital for acting on a broader strategy over time.

## Meaningful Inclusion of People with Lived and Living Experience of Suicide

Lived experience stories guide every decision we make. Participation from people with a lived and/or living experience of suicide is vital on working groups and the Collaborative is a forum where they can feel heard. They bring their whole selves to the table with depth of personal and professional skill and knowledge.

*We have adopted the definition that a lived experience of suicide is having experienced suicidal thoughts, survived a suicide attempt, supported a loved one through suicidal crisis, or been bereaved by suicide.*

There is a difference between staff who identify as having a lived experience of suicide and the impact that independent lived experience representatives can have. Independent lived and living experience perspectives are valuable because they are independent of an organisation, therefore, they are more objective by not being an intrinsic part of an organisation's culture.

We acknowledge:

- *People who have experienced suicidal thoughts and/or been through suicidal crisis, are best placed to inform how we can best support others in crisis;*
- *People bereaved through knowing someone who took their own life, know what is and isn't useful when it comes to supporting them to understand and adapt to their 'new normal';*
- *People who have cared for a loved one through suicidal crisis are acutely aware of what fear, helplessness and conflicting emotions feel like – and what helped them help their loved ones.*

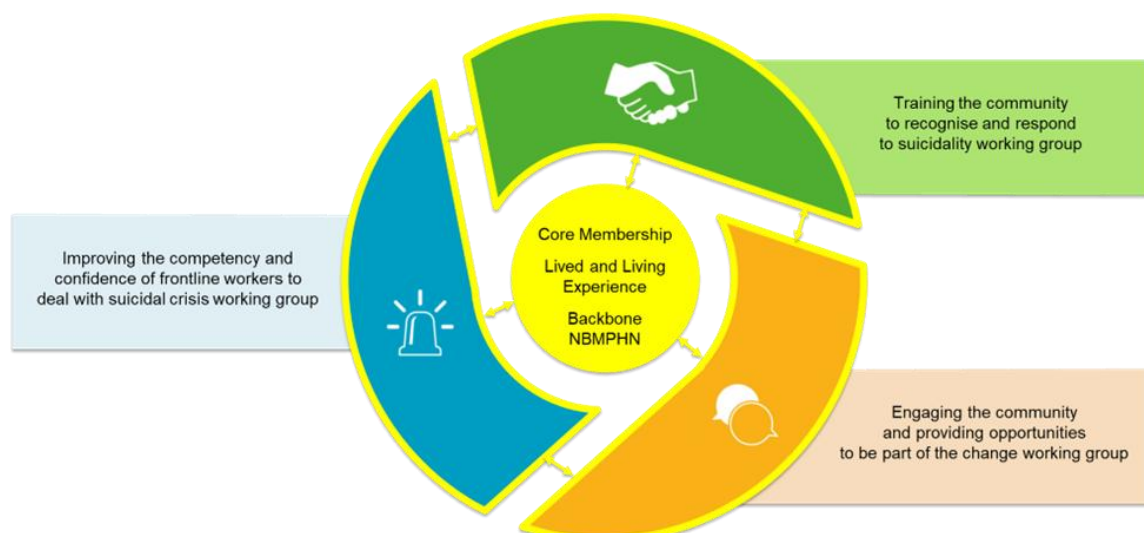
Members have already identified that readiness to be involved is an important consideration and we encourage people with a lived and/or living experience to read the following documents:

[\*"Readiness to be involved in Suicide Prevention"\*](#) and [\*"My Self-care Plan"\*](#) from [rosesintheocean.com.au](http://rosesintheocean.com.au)

The Collaborative supports paid participation of people with a lived and/or living experience up to the value of \$50 per hour. Remuneration will be provided by Wentworth Healthcare after each attendance. To receive this payment, you will be asked to complete a police check and some financial declarations.

## How Working Groups Interact with Core Members and the Backbone Organisation

Working groups interact and collaborate with each other, core members, and the backbone organisation.



Working groups will include no more than 25 people on them. From those groups, working group co-facilitators present updates to the core group who meet monthly. Working groups put forward recommendations or even fully formed proposals to the core membership who can assist by taking on the decision-making process and approving allocation of resources. They work closely with everyone to support creative thinking, overcome issues and challenges that arise, and progress the Collaborative's work.

Where necessary, the backbone organisation Wentworth Healthcare may provide additional information as part of an induction, organise meeting rooms, and offer administrative support for working groups. Contact core members or the backbone organisation at [suicideprevention@nbmphn.com.au](mailto:suicideprevention@nbmphn.com.au)

## **Working Group Meetings, and Attendance Expectations**

**You are required to commit a minimum of an hour of your time each month to project meetings.**

You will be provided meeting links and calendar of the required dates/times based on the group(s) you join. At the start of a project, meetings are recommended to be 1 to 1 ½ hours long, online, once a month unless decided otherwise. There is flexibility to change to four-hour face to face workshops every 2 to 3 months.

**You will be provided options to undertake suicide prevention training prior to your first meeting.**

Members are keen to encourage an atmosphere of mutual respect and understanding within any event or meeting that is held in the Collaborative's name. Working groups, at their best, can be special spaces where members accept a diversity of experiences, being curious about difference rather than defending a particular standpoint where people take responsibility and ownership for their actions and reactions.

## **How to Join a Working Group**

You can join by submitting an expression of interest. We have an online form available for this purpose, it is located here: <https://www.nbmphn.com.au/Community/Services/Suicide-Prevention-Services/Suicide-Prevention-Collaborative>

If you experience any issues submitting the form or would like to submit a verbal expression of interest, please email [suicideprevention@nbmphn.com.au](mailto:suicideprevention@nbmphn.com.au) or call **02 4708 8145** and a member of the Collaborative will respond. Please note, not all expressions of interest may result in membership on a working group.