

28 October 2025

Do You Want to Help Reduce Suicides in the Community?

The Nepean Blue Mountains Suicide Prevention Collaborative is calling on people who want to work on short-term practical activities that help prevent people from ending their life.

The Collaborative is a group of people working together to reduce suicide rates across the Blue Mountains, Hawkesbury, Lithgow and Penrith areas. Members are individuals with a lived or living experience of suicide, representatives from government and non-government organisations, community groups, volunteers and business owners.

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, supports the Collaborative through funding from the Australian Government's Targeted Regional Initiatives for Suicide Prevention program. Since March 2024, the Collaborative has been meeting regularly to discuss activities that will make a positive impact.

Wentworth Healthcare CEO, Lizz Reay, said the Collaborative is actively seeking more participants from across the community who want to join a working group focused on short-term activities.

"Suicide is a deeply complex issue. Preventing suicide, and reducing the stigma surrounding suicide, requires a whole of community approach and collective effort from governments, agencies and the community. The Collaborative brings together like-minded individuals who share a commitment to preventing suicides, promoting aftercare following a suicide attempt or crisis and supports after suicide loss, fostering connection, reducing stigma and building hope through initiatives, open dialogue and accessible support," explained Ms Reay.

"These activities recognise that building people's capacity professionally and personally to look out for the signs of distress and have the confidence to know what to do if someone they love might need some support can make a real difference," she said.

The group meets monthly to guide and evaluate the Collaborative's direction and working groups meet separately to carry out activities that support broader suicide prevention strategies. The contribution of people with a lived or living experience of suicide is especially valued, and Wentworth Healthcare supports these member's paid participation.

"Whether you are someone who has a lived experience of suicidal thoughts, surviving a suicide attempt, supporting a loved one through suicidal crisis, have been bereaved by suicide, or you are passionate about making a difference, we invite you to consider becoming a part of the change in our community," said Ms Reay.

Interested people can express interest in joining a working group or being considered for the next intake of the core membership group.

"If you are unsure how you would like to contribute, or you cannot commit to regular meetings but you would still like to be involved, you can express interest to join as a supporter and we will be in touch to discuss your involvement further," concluded Ms Reay.

Those interested should visit Wentworth Healthcare's website to read more information and complete the Expressions of Interest webform via nbmphn.com.au/SuicidePreventionCollaborative