

PRIORITY STRATEGIES - 1ST JANUARY 2025 to 30TH JUNE 2026



NBM SUICIDE PREVENTION COLLABORATIVE

TRAINING THE COMMUNITY TO RECOGNISE AND RESPOND TO SUICIDALITY

1. Public awareness about where to seek support reaching into workplaces
2. Identify champions and ambassadors for training the community
3. Create/distribute guides/kit that list resources, hotlines, and support services
4. Training more local facilitators
5. Offer mentoring to build skillset of the people trained after training has concluded
6. Toolbox talks in workplaces



ENGAGING THE COMMUNITY AND PROVIDING OPPORTUNITIES TO BE PART OF THE CHANGE

1. Community-led consultation
2. Host a suicide prevention forum or attend as a stallholder/speaker at key events
3. Distributing our action plan with invitation to join our working groups
4. Consortiums e.g. formation of a mental health network meeting of services in the Hawkesbury
5. Create short TV/Radio recordings focusing on awareness and prevention recordings
6. Present at interagencies

HIGH-PRIORITY ACTIVITIES ON A PAGE



IMPROVING THE COMPETENCY AND CONFIDENCE OF FRONTLINE WORKERS TO DEAL WITH SUICIDAL CRISIS

1. Provide specialized workshops for frontline workers, educators, and first responders on how to effectively intervene in suicide crises
2. Emergency management involvement in local initiatives (Police & Ambulance).
3. Train organisations in the experience of supporting lived experience identified positions
4. Make connections with NSW Health to identify opportunities for input

STRATEGIES AND ACTIVITIES TO BE PRIORITISED AFTER 30TH JUNE 2026

IMPROVING EMERGENCY AND FOLLOW-UP CARE FOR SUICIDAL CRISIS

- Advocating for funding over a five-year timespan
- Identifying which resources can be pooled between organisations for crisis supports
- Form teams of trained volunteers to provide immediate support in times of crisis
- Create resource handout for emergency departments including follow up tips.

EQUIPPING PRIMARY CARE TO IDENTIFY & SUPPORT PEOPLE IN DISTRESS

- Key messages developed /advertised to understand importance of training
- Creating advertising to promote a suite of training e.g. 1 hour, ½ day, or full day options
- Training for orgs and health professionals to recognise peer workers as allied health
- Involving them in public education initiatives, foster empathy by sharing LE stories
- Find GP champions

USING EVIDENCE-BASED STRATEGIES FOR SUICIDALITY

- Supporting more non-clinical approaches to improving wellbeing
- Speaking to groups & decision-making bodies to support a community of practice for peer workers
- Working on a comprehensive database of what past initiatives have happened/stopped
- Creating library of evidence based treatments not being used here. Review them for our region.

PROMOTING HELP-SEEKING, MENTAL HEALTH AND RESILIENCE IN SCHOOLS

- Public awareness about where to seek support reaching into schools
- Encourage youth to take an active role in planning awareness activities
- Establish peer support programs in schools & safe spaces for students to talk about mental health.
- Work with educators to incorporate suicide and mental health topics into health or social studies.
- Targeted parent education in school newsletters at key times e.g. HSC

ENCOURAGING SAFE AND PURPOSEFUL MEDIA REPORTING

- Mind Frame Plus training for reporters/journalists
- Collaborate with council for murals, public messages, signage
- Submitting editorial on Safe Haven/Safe Space to media outlets
- Offer education/support to admins of local community facebook groups
- Advocate for public transport advertising
- Provide LE feedback on unsafe reporting impact

IMPROVING SAFETY AND REDUCING ACCESS TO MEANS OF SUICIDE

- Greater collaboration with Blue Mountains City Council and National Parks to support public sites interventions in Blue Mountains LGA
- Educate pharmacists on staged supply, conversation tools, and what to look for to help reduce means for self-poisoning and support people in distress.