



OUR HEALTHY CLARENCE PLAN 2016 – 2018

IF YOU NEED HELP OR SOMEONE TO TALK TO:

Lifeline	13 11 14	www.lifeline.org.au/Get-Help
Suicide Call Back Service	1300 659 467	www.suicidecallbackservice.org.au
Kids Helpline	1800 551 800	www.kidshelp.com.au
MensLine Australia	1300 789 978	
eheadspace	1800 650 890	www.eheadspace.org.au
beyondblue	1300 224 636	www.beyondblue.org.au
Mental Health Line	1800 011 511	

GET INVOLVED

E: ourhealthyclarence@nsoa.org.au

Objective 1: To improve access for people at risk of self harm to treatment, crisis care and care after an attempt.

- 1.1 Develop plans for treatment, crisis care and follow up care for those who have hurt themselves. This helps everyone to understand the need to talk to each other and share information.
- 1.2 Provide counselling, psychiatry, holistic and general practice services across the region.
- 1.3 Provide information to the community on experts in treating people who have self harmed. This will include information on how to access these.
- 1.4 Develop local information packs for those who have self harmed and their families.
- 1.5 Make it easier for people who have attempted self harm to find the best care.

Objective 2: To improve the ways in which workers and the community respond to people at risk of self harm.

- 2.1 Provide training to General Practitioners and other health professionals. This will help them assess patients more effectively. It will also help identify conditions such as depression.
- 2.2 Promote guidelines and information for crisis care to health professionals and community organisations. This will aim to improve care for people who have self-harmed.
- 2.3 Train workers and community members. Mental Health First Aid, Youth and Aboriginal Mental Health First Aid and Applied Suicide Intervention Skills Training (ASIST) will be delivered.
- 2.4 Provide education to our community for mental wellbeing and suicide prevention.

Objective 3: To ensure that suitable mental health and wellbeing programs are available in schools.

- 3.1 Help schools put in place programs to help school students support each other. This includes: *KidsMatter, MindMatters, Youth Aware of Mental Health, Signs of Suicide* and *Sources of Strength*.
- 3.2 Work with Aboriginal organisations and community members. This will ensure the use of culturally appropriate programs within schools.
- 3.3 Explore if it's possible to assess school students for signs of mental health concerns.
- 3.4 Support schools to train staff to support youth mental health.
- 3.5 Offer training to parents and carers. This will help them identify and respond to depression and behaviours that show a possible risk of self harm.

Objective 4: To improve community awareness of mental health. This includes how to access information and services.

- 4.1 Build Our Healthy Clarence website.
- 4.2 Provide workshops and support to local organisations. This will increase awareness of their service and encourage people to access them.
- 4.3 Promote information about good health and wellbeing through local TV, radio, newspapers and social media. This will show people where and how to find information and access services.
- 4.4 Develop a plan to improve people's awareness of the Our Healthy Clarence Plan.

Objective 5: To improve our connection with the community. To improve early support for people who are at risk of self harm and to help prevent self harm.

- 5.1 Develop support services for young people and other groups. These will focus on prevention and early intervention.
- 5.2 Get the word out about where support groups and meetings can be held. Organise opportunities for people to come together easily.