LifeSpan
Integrated Suicide Prevention

Saving lives
## LifeSpan Newcastle: Trial Context


<table>
<thead>
<tr>
<th></th>
<th>Newcastle LGA</th>
<th>NSW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>49.3%</td>
<td>49.3%</td>
</tr>
<tr>
<td>Females</td>
<td>50.7%</td>
<td>50.7%</td>
</tr>
<tr>
<td>Average weekly household income</td>
<td>$1,165</td>
<td>$1,237</td>
</tr>
<tr>
<td>Median age</td>
<td>37</td>
<td>38</td>
</tr>
<tr>
<td>Married (over 15yrs)</td>
<td>40.7%</td>
<td>48.1%</td>
</tr>
<tr>
<td>Divorced/separated (over 15yrs)</td>
<td>12.6%</td>
<td>11.7%</td>
</tr>
<tr>
<td>Identify as Aboriginal and/or Torres Strait Islander</td>
<td>3.5%</td>
<td>2.95</td>
</tr>
<tr>
<td>Language other than English at home</td>
<td>9.8%</td>
<td>25.1%</td>
</tr>
<tr>
<td>Born overseas</td>
<td>13.9%</td>
<td>27.6%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>7.4%</td>
<td>6.3%</td>
</tr>
<tr>
<td>Mental/behavioural disorders</td>
<td>14.4/100,000</td>
<td>13.6/100,000</td>
</tr>
<tr>
<td>Psychological distress (high/v.high)</td>
<td>11.8-13.7/100,000</td>
<td>10.8/100,000</td>
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</tbody>
</table>
LifeSpan NSW Trial Sites

Site 1: Newcastle
Site 2: Illawarra
Site 3: Central Coast
Site 4: Murrumbidgee

Funded through $14.7m grant from the Paul Ramsay Foundation
Building a community safety net that helps prevent suicide

- Improving emergency and follow-up care for suicidal crisis
- Using evidence-based treatment for suicidality
- Equipping primary care to identify and support people in distress
- Improving the competency and confidence of frontline workers to deal with suicidal crisis
- Promoting help-seeking, mental health and resilience in schools
- Training the community to recognise and respond to suicidality
- Encouraging safe and purposeful media reporting
- Engaging the community and providing opportunities to be part of the change
- Improving safety and reducing access to means of suicide
- Workforce information and development
- Data-driven decision-making

Cultural governance and inclusion
Community engagement
Lived experience, inclusion at every level
Local governance and adaptation
Improving primary care and public health services
Enhanced patient and family engagement
LifeSpan Newcastle: Lessons Learned

- Coordinator role is crucial
- Stakeholder engagement and ownership is key
- Listen to the community to identify needs and priorities
- Be guided by the evidence
- Aim to be effective vs ambitious
- Maintain hope
- Adequate resourcing needs to be in place before the work starts
- Map out interventions and assess what’s needed for success
- Plan for monitoring and evaluation with regular feedback loops
- Think long term – the work and need continues beyond the project