

YOUTH SUICIDE *prevention* PROJECT



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headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

headspace acknowledges the Wadawurrung people as the Traditional Custodians of the land on which our sites are located.

We are a Rainbow Tick organisation and welcome people from all cultures and backgrounds to our service.



The Ballarat Suicide Prevention Place Based Trial is one of two initiatives in Western Victoria to develop coordinated and collaborative strategies for reducing the rate of death by suicide.

As part of a State-wide initiative, both place-based trials aim to:

- Reduce the rates of suicide
- Reduce suicide attempts
- Improve individual resilience and wellbeing
- Improve systems to prevent suicide

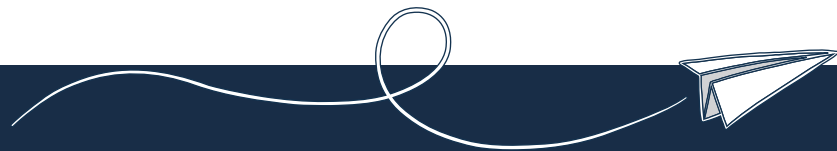
An essential part of the trial was the formation of local leadership groups, comprised of, local professionals, community organisations and people with lived experience. The leadership groups supported the development of priority activities targeting the reduction of death by suicide. A series of complementary activities are now in the process of being implemented. All trial activities are being monitored and evaluated against a shared outcomes framework that was developed with the leadership group members.

This publication has been created with the intention of offering positivity in the form of various quotes from a variety of sources in our community. Including but not limited to young people, carers, health care workers, leaders, managers and more. These quotes have been chosen to inspire, promote inclusivity and increase the normalisation of help seeking where appropriate.

“*Often* people experiencing
that there is no *hope* and
Exploring social connections
way to *combat*

poor mental health can *feel*
that they are *isolated*,
and seeking support is a great
this.”

**- Mental Health
Professional**

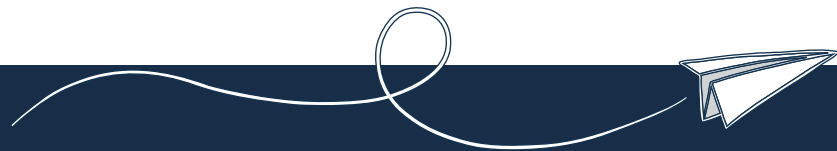


If you, or someone you know, have been effected by the content of this book
and require further support, please consider contacting the relevant services
listed on pages 50 - 51

*“Reach out to
whether it’s to help yourself
We are all in this together*

s o m e o n e ,
or to help them.
and it is up to US.”

**- Young
Person**

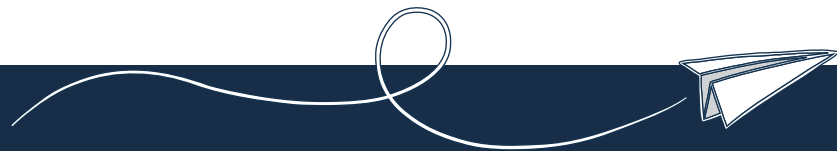


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“*Coping* strategies
the more *consistently*
the more *protected*

are like sunscreen;
we apply them,
we are.”

**- Social
Worker**



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“For some

**it's a good nights sleep
for others it's attending their**

**What *matters*
what **works****

people

**and good nutrition,
mental health and GP appointments.**

**is finding out
for *you.*”**

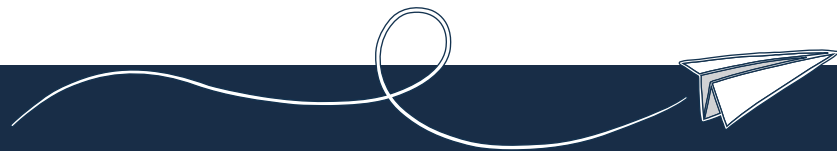
**- Youth
Leader**

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“ If you’re *feeling*
finding a safe and
to seek *support*
important. ”

**mentally unwell,
trusting relationship
in is really**

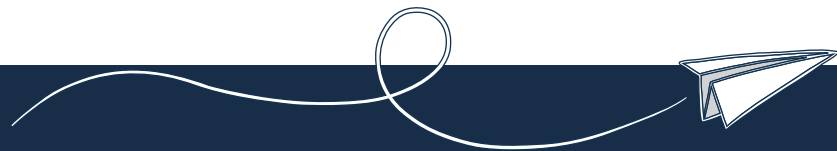
**- Mental Health
Nurse**



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**“Shop around –
for organisations, services,
professionals,
that you feel comfortable
with”**

**– Young
Person**

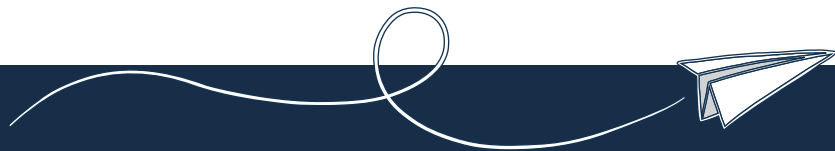


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“Suicide can be
to *talk*
you’re brave

incredibly *scary*
about;
in *doing* so.”

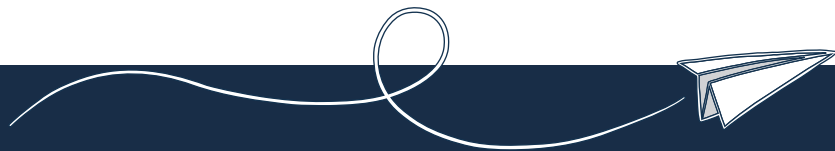
- Mental Health
Professional



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**“Try *something* new –
if it works, *great,*
if not, try something else.
Support comes in many *different* ways.”**

**– Young
Person**



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“*Navigating* the mental health
As a mental health service,
ensure that we develop
community stakeholders and

This way, even if we aren't the
point you in the *direction*

system can be *challenging*.
we make it a priority to
relationships with other
services.

right **fit** for *you*, we can
of a service who may be.”

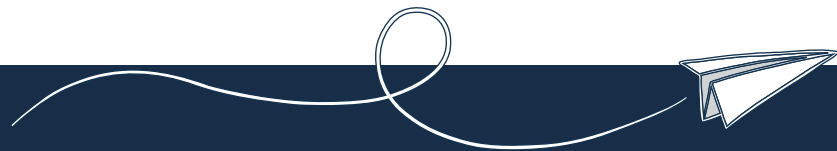
- Centre
Manger

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“
It may feel like you have
but there is *always*
to support and
You're not

no one in your corner,
someone willing
sit *alongside* you.
alone.”

**– Group
Facilitator**

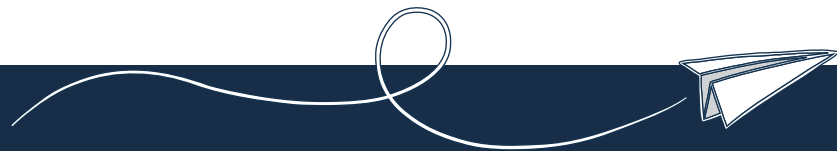


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“ You may not *feel* as control, *however* there are control and that protect your like doing activities

though you have a lot of things that you can mental health – simple things, *you enjoy.*”

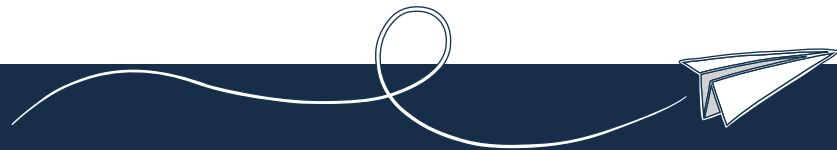
– Youth Leader



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*“Pause, take a breath,
you’ve got this.”*

**- Young
Person**

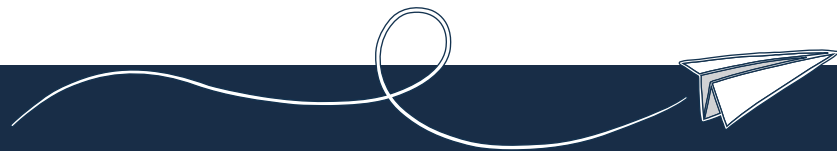


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**“I want to tell
how proud I am of
forward, and to
if you have slip ups**

***you* firstly
you for taking steps
not give up entirely
along the *way*”**

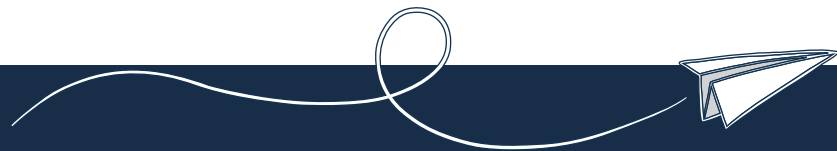
**- Youth
Leader**



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“There are *islands* you can climb upon,
when the ocean is
rough”

**- Youth
Leader**

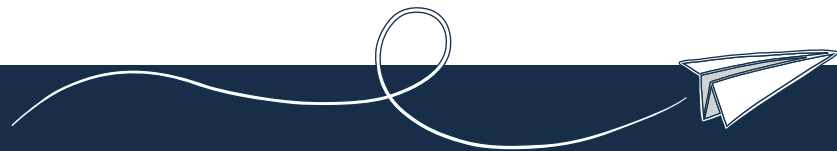


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“
There’s many different supports
so that you can look after
such as a Mental
My job, is to *help*
and *access*

available as a young person,
your *mental health,*
Health *Care* Plan.
you look at your options,
them.”

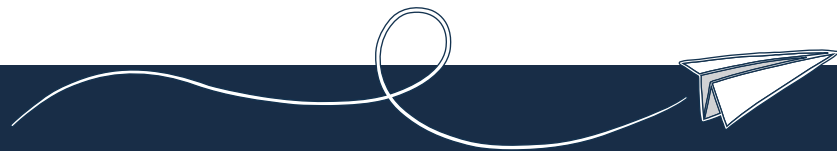
**- General
Practitioner**



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“Staying in bed all day,
eating nice food, *resting,*
is still coping.”

- Young
Person

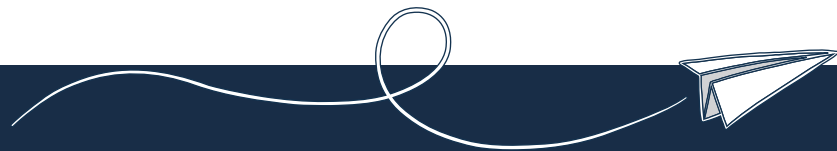


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“If we are
and *thrive*
viewing each other
poured from the

to grow
we need to stop
as if we were
same *moulds.*”

**-Lived Experience
Mental Health Participant**

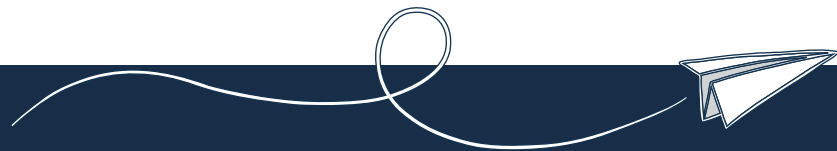


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**“There are a lot of
telling you that
or you aren’t
but *you*
and there is so much**

**things in the world
you aren’t *worthy*,
good enough,
are,
beauty in life”.**

**– Young
Person**

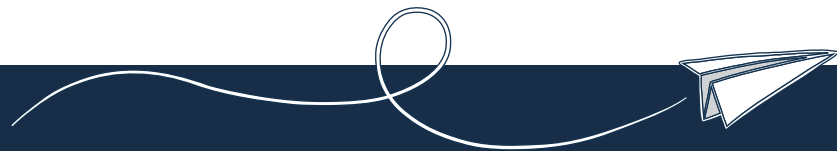


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“ *Seeking* professional self-care strategies is in no be *life changing* and is no matter what **stage** you’re

support and *implementing* way a sign of failure, it can something to be *celebrated* ”
at in *your* journey.

– Youth
Facilitator

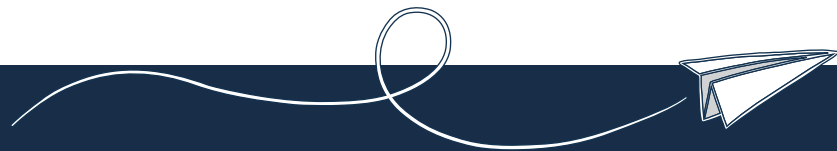


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**“The most important
is that *taking* the
what affects your
invaluable.”**

**thing I have learnt,
time to learn
mental health is**

**– Young
Person**

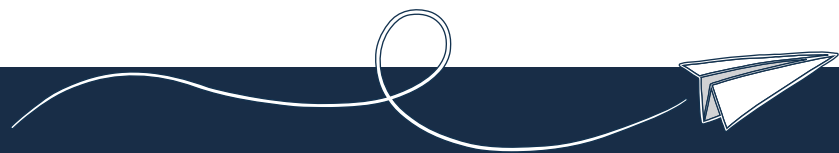


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listed on pages 50 - 51

**“ I am often the
young *people* who
To these young
thanks for
you’re so *incredibly***

**first person to see
may be in distress.
people -
seeking *support*;
brave.”**

**- Mental Health
Customer Service Officer**

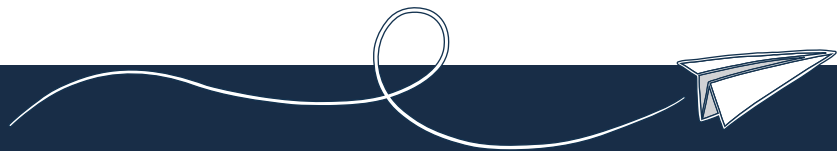


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“Go *get*
because you're
and *you*

help
worth it
deserve it.”

**- Young
Person**



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“Treat yourself like
your *best* **friend**,
your *favourite*
your *adored* **pet.**”

you would treat
aunt,

– Youth
Facilitator



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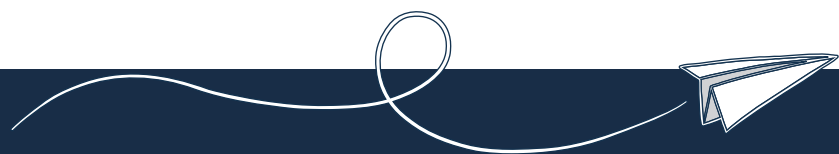
SUPPORT SERVICES

Life is full of challenge and change, ups, and downs. It's important to be aware of our mental wellbeing and the wellbeing of those around us.

Support is available for a wide variety of situations and available in multiple different ways.

If you or someone you know is in need of immediate support, please consider contacting one or more of the following services

Emergency	000 (24 hr)
Lifeline	13 11 14 (24 hr)
Suicide Call Back Service	1300 659 467
Kids Helpline	1800 55 1800 (24 hr)
headspace	1800 650 890 (9am – 1am)
QLife	1800 184 527 (3pm – 12am)
1800 RESPECT	1800 737 732 (24 hr)
Sexual Assault Crisis Line	1800 806 292
National Alcohol and Drug Hotline	1800 250 015 (24hr)
Family Drug Support	1300 368 186 (24hr)
Well Mob	www.wellmob.org.au
Embrace Multicultural Mental Health	www.embracementalhealth.org.au



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An inspirational quote book produced in conjunction with the Ballarat Suicide Prevention Place Based Trial to help promote positivity in our community as a whole. Focusing on enabling and normalising conversations with and between youths in order to release the stigma of asking for help and support. We all have tough days, this book is a great first step in the right direction.

Be sure to use this book as a conversation starter, or better yet share these quotes, or even the whole book with anyone and everyone in order to improve the current situation surrounding youth suicide. We can all benefit from a brighter future!

