



Topic Talks

really
Are they OK?

RUOK?

Ask them
today

Suicide in Australia

- 8 people take their lives each day
- Over 3000 deaths by suicide & self harm happen each year
- Males have consistently higher rates of suicide than females
- For every death by suicide it's estimated 30 people will attempt to take their life
- 89% of people report knowing someone who has made a suicide attempt

RUOK + COVID19

While there was a rise in the use of mental health services and an increase in psychological distress during 2020 there is no evidence to date that COVID-19 has been associated with a rise in suspected deaths by suicide. It is true that some key risk factors associated with deaths by suicide did worsen following the onset of COVID-19. For example, there were considerable job losses and rises in the level of psychological distress. On the other hand, it is possible that a general sense of 'we are all in this together' could have a protective impact.

Let's talk

Suggested questions to ask yourself or your peers this week



How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

How do you feel about initiating a conversation?

Explore how you feel about initiating a conversation with another person about suicidal thoughts. Why do you feel this way? Find out what you can do to improve this skill.

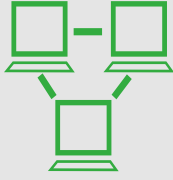
What are the resources available to you in your organisation and community?

Find out what your local processes and resources are. Who do you call for help should you need to?

What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

Loddon Mallee Activities and Resources



What's on the Web?



References:



Tuesdays@2 Webinar

Tuesday 17th August, 2pm. Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEl4enJHWFRheWRtaTdaUT09>

Speaker: Alana Robertson Nurse Educator CPD

Topic: RUOK : How to have a conversation that could save a life

[RUOK Day 2021](#)

If this weeks topic, or any of the activities raise issues for you, or if you are concerned about someone you know, call Lifeline on 13 11 14.

E-Learning:

- [Psych Hub](#)
- [Black Dog Institute](#)
- [LivingWorks](#)
- Lifeline Australia [Workplace training](#).
- Life In Mind [Zero suicide healthcare training](#).

Webcasts:

- The HUMANE clinic (2020) [Building the conversation of change: Just Listening Community](#) [20:53]
- TED talks (2018) [Preventing suicide: Three Things Never to Do!](#) [10:51]
- Child Family Community Australia (2020) [Working together to prevent youth suicide - the power of communication](#) [1:07:56]
- Insight (2021) [Aboriginal and Torres Strait Islander Suicide Prevention](#) [1:15:12]
- Way Ahead (2018) [Rural suicide and its prevention](#) [1:20:47]

Podcasts:

- Beyond Blue (2021) [Not alone: shifting male attitudes: my depression doesn't make me weak](#) [35:24]
- Black Dog Institute [Podcasts](#)

Apps

- Beyond Now [Suicide prevention app](#)

Web Sites:

- [Black Dog Institute](#)
- [Lifeline](#)
- [Beyond Blue](#)
- Nurse and Midwife Support [Suicide](#)
- [HUMANE clinic](#)

- AIHW (2021) The use of mental health services, psychological distress, loneliness, suicide, ambulance attendances and COVID-19. Retrieved from <https://www.aihw.gov.au/suicide-self-harm-monitoring/data/covid-19>
- Nursing Times (2018) How to talk to a suicidal patient. Retrieved from <https://www.nursingtimes.net/students/how-to-talk-to-a-suicidal-patient-20-06-2018/>
- RUOK (2021) What we're about. Retrieved from <https://www.ruok.org.au/what-were-about>