

IVAN FRKOVIC, Queensland Mental Health Commissioner

World Suicide Prevention Day 2017 video transcript

World Suicide Prevention Day is important for all of us in Queensland. It's an opportunity for us to reflect on the impact of suicide on our society, particularly as we know that the suicide rates have increased over the last ten years.

Personally I am confident about Queensland being able to meet this challenge that we face around suicide and the rates of suicide in our state.

In many ways I think we are actually better placed than we were in the 90s in terms of tackling the suicide rates in this state.

We've got experience and expertise on our side

Why I say that is because we've got some of the world leaders in suicide prevention in Queensland who are working with us to be able to tackle the rates of suicide.

We also have experience now of more than 20 years of developing a range of community programs to be able to tackle suicide rates

We also have for the first time I think, in many years, developed much greater input from people with a lived experience who are now informing what we do, based on their own experiences

There's strong commitment from government

And finally, I think we've got a greater commitment from government, and I have to say that the release of the 5th National Mental Health Plan, the suicide prevention and mental health plan, will certainly have an impact.

But the Queensland Government has also released a suicide prevention strategy and developed a task force and allocated \$9.3 million over three years to tackle the suicide rates within the health context.

We also need to be clear that no one sector agency or community as a whole can do this on their own. It'll take a cross sector effort to be able to reduce suicide in Queensland, and we've got to minimise the silos particularly between our service delivery systems. Very clearly health cannot do this on their own.

Everyone can help prevent suicide

The primary message for everybody in the broader community is that we all need to be able to have the conversations with the individuals that might be struggling. We need to be able to help them to access the support that they need... We need to be able to have those conversations and act and react ...before the individuals in fact reach a crisis.

Every contact with a person who has suicidal ideation or thoughts about suicide is an opportunity to intervene and to link them to appropriate services.

World Suicide Prevention Day is a good time for us all to reflect on where we have had success, to consider those areas where we need to do more, but most importantly to commit to working together, breaking down the silos.

And I know if we can achieve that, that we will have a positive impact on suicide and suicide rates in this state.

SUPPORT SERVICES

Lifeline — 13 11 14

Suicide Call Back Service — 1300 659 467

Kids Helpline — 1800 55 1800