



Queensland
**Mental Health
Commission**



**Australian Institute for Suicide
Research and Prevention**



Program

World Suicide Prevention Day Forum
Working Together to Prevent Suicide

10 September 2020

State Library Qld



World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020



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Program

- 09:30 Arrival/Registration
- 10:00 Commencement and Intro
Master of Ceremonies: **Mrs Jacinta Hawgood, Senior Lecturer, Australian Institute for Suicide Research and Prevention, Griffith University**
- 10:06 Welcome to Country
Aunty Carol Currie, Yugambah Elder and Traditional Land Owner
- 10:15 General Welcome
Professor Carolyn Evans, Vice Chancellor and President, Griffith University
- 10:21 Lived Experience Acknowledgment, Safety and Self-care message
Martina McGrath, Research, Evaluation, Diversity, Equity and Inclusion Officer, Roses in the Ocean
- 10:25 Message from **Professor Emeritus Diego de Leo AO**, ideator of World Suicide Prevention Day
- 10:30 Keynote Presentation
Chaired by Dr Kairi Kølves, Principal Research Fellow, Australian Institute for Suicide Research and Prevention
- “Providing Text-based Emotional Support to Distressed Youth in Hong Kong; Opportunities and Challenges”
Professor Paul Yip, Director of the HKJC Centre for Suicide Research and Prevention (CSRP), Hong Kong University
- 11:00 – 11:30 Morning Tea on the Terrace
- 11:30 Video message from Ivan Frkovic, Queensland Mental Health Commissioner
- 11:35 Panel discussion: COVID-19, suicide prevention, and looking to the future
Chaired by Ms Bretine Curtis, Queensland Mental Health Commission Executive Director
- Janet Martin, Director, Clinical Governance, Office of the Chief Psychiatrist; Mental Health Alcohol and Other Drugs Branch, Queensland Health**
- Professor Ella Arensman, Scientific Director, National Suicide Research Foundation (NSRF), Research Professor, School of Public Health, University College Cork, Ireland and Visiting Professor, Australian Institute for Suicide Research and Prevention, Griffith University**
- Rebecca Johnson, co-chair and lived experience representative of the mental health consumer peak project steering committee**

**Professor David Crompton OAM, Professor of Mental Health Research,
Australian Institute for Suicide Research and Prevention, Griffith
University**

- 12:30 Session: Australian Institute for Suicide Research and Prevention
**Chaired by Dr Vicki Ross, Senior Research Fellow, Australian Institute for
Suicide Research and Prevention**
- 12:30 “Advancing Suicide Research: Public health model and epidemiology”
**Dr Kairi Kõlves, Principal Research Fellow, Australian Institute for Suicide
Research and Prevention**
- 12:40 “Real-time suicide mortality data in Queensland during the COVID-19
pandemic”
**Dr Stuart Leske, Senior Research Assistant, Australian Institute for Suicide
Research and Prevention**
- 12:50 “Protective effects of cultural connection on suicide mortality: Implications for
strategies to close the gap in Aboriginal and Torres Strait Islander suicide
disparities”
**Mrs Mandy Gibson, Senior Research Assistant, Australian Institute for
Suicide Research and Prevention**
- 13:00 Discussion
- 13:15 Close

Master of Ceremonies

Ms Jacinta Hawgood

BSSc, BPsy(Hons), MClInPsy (MAPS, MCCLP)

Senior Lecturer – Program Director Suicidology Program, Australian Institute for Suicide Research and Prevention, Griffith University



Jacinta Hawgood is a Senior Lecturer and Program Director of Suicidology at the Australian Institute for Suicide Research and Prevention, Griffith University, where she has worked for over 20 years. She is a clinical psychologist and suicidologist who has devoted her career to understanding the suicidal pain and experiences of those with lived experience of suicide. Her research and clinical interests are in psycho-social, person centred suicide risk assessment processes, personal suicide stigma, the impacts of client/co-worker suicide on the worker, and suicide prevention training design and evaluation.

Her PhD (candidate) is in the area of suicide risk assessment and the feasibility and validity of the

Systematic Tailored Assessment for Responding to Suicidality (STARS) interview protocol. She is the lead author of STARS protocol published first in 2015 and most recently updated in 2018.

Jacinta has provided expert advice and guidance on suicide risk assessment, and other suicidology topics to state and national government departments and private organisations. She has presented research findings at a range of state, national and international conferences, has co-authored and edited a book, book chapters, and numerous peer-reviewed articles and government reports in the field. Jacinta is a non-executive Director of the Board of Suicide Prevention Australia, and Mates in Construction (Qld/NT), and a member on several national and international advisory boards regarding suicide prevention.

Welcome to Country

Aunty Carol Currie

Yugambeh Elder and Traditional Land Owner



Distinguished Community Elder, **Aunty Carol Currie**, was born in the 1940s as one of 11 children living off the land at Fingal. Each day they would gather fresh sea food, sharing their meals with elders and their large extended family. At age 13, Aunty Carol moved with her family to Wacol. She is a member of the Brisbane Council of Elders.

General Welcome

Professor Carolyn Evans, Vice Chancellor and President, Griffith University

Professor Carolyn Evans, BA LLB (Hons) (Melb), DPhil (Oxon) FASSA commenced her appointment as Vice Chancellor and President of Griffith University in February 2019, leading one of Australia's fastest-growing and most progressive tertiary institutions, ranked in the top 2% of universities worldwide.



Prior to joining Griffith, Professor Evans was Deputy Vice-Chancellor (Graduate and International) and Deputy Provost (2017-2018) at the University of Melbourne, and Dean and Harrison Moore Professor of Law, University of Melbourne Law School (2011-2017). Professor Evans has degrees in Arts and Law from the University of Melbourne and a doctorate from Oxford University, where she studied as a Rhodes Scholar and held a stipendiary lectureship for two years. In 2010, Carolyn was awarded a Fulbright Senior Scholarship to allow her to travel as a Visiting Fellow to American and Emory Universities to examine questions of comparative religious freedom. She has also taught in the human rights summer school at European University Institute.

Throughout her career, Carolyn has promoted the importance of universities combining excellence in teaching and research with a commitment to social justice and inclusion.

Carolyn works in the areas of law and religion and human rights and has published and spoken on these issues around the world.

Lived Experience Acknowledgment, Safety and Self-care message

Martina McGrath, Research, Evaluation, Diversity, Equity and Inclusion Officer, Roses in the Ocean



Martina has worked in Occupational Health and Safety and Human Resource Management and is now undertaking a PhD at the University of Queensland, with a research focussing on lived experience of suicide.



Roses in the Ocean

stemming the tide of suicide

SELF-CARE

Planning our self-care is a proactive step to looking after our mental and emotional wellbeing.

As a person with a lived experience of suicide, choosing to engage in suicide prevention activities and sharing your very personal insights, perspectives and expertise, is a decision that deserves careful consideration.

We know that those of us who have lived experience also have developed incredible resilience and heightened insight into our own emotional wellbeing. Our desire to help others can however sometimes lead to us giving a lot of ourselves to others, which needs to be proactively managed and reviewed.

We also understand that a lived experience of suicide never leaves us, and that we can experience different emotions of varying intensity throughout any given time period. We may experience these reactions while preparing to be involved, while participating, or even in the days or weeks afterwards.

So, it is really important that we take time to identify some potential triggers for strong emotional responses, and plan to manage them. Furthermore, accepting that we live in a world of multiple stressors, not just our contribution through our lived experience, it is equally helpful to have some strategies in place to manage daily stress levels.

We don't plan for a fire when the fire breaks out, we have a plan in place, and it is reviewed regularly. And so, it is for ourselves . . . the time to plan for our self-care is before we actually need to activate it!

See: <https://rosesintheocean.com.au/self-care/>

Message from Emeritus Professor Diego de Leo AO, ideator of World Suicide Prevention Day



Diego de Leo is Emeritus Professor of Psychiatry at Griffith University. Recognised internationally as a leading scholar in the field of suicide research and prevention, he was the Director of the Australian Institute for Suicide Research and Prevention (AISRAP) from 1998 to 2015.

Professor de Leo is Past President of the International Association for Suicide Prevention (IASP) and co-founder and Past President of the International Academy for Suicide Research (IASR) of which he also co-founded the journal Archives of Suicide Research. Prof de Leo is the originator of the World Suicide Prevention Day (2003), a global initiative of the World Health Organization. He is the Director of the Department of Psychology, University of Primorska, Slovenia.

Professor de Leo has published extensively with more than 500 peer-reviewed journal articles, 180 book chapters, 38 volumes, and over 250 conference presentations. He is a member of the Editorial board of several international journals, and the Editor Emeritus of the journal CRISIS. He has won several national and international awards including the Morselli Medal, for an outstanding lifetime contribution to the study of suicidal behaviour. His current research topics include definitional issues and data quality in suicide statistics, suicidal behaviour across different cultures, and bereavement from suicide and other traumatic deaths.

Access the recorded message at: <https://youtu.be/lbKtoVtlexY>

Keynote session

Chaired by **Dr Kairi Kõlves, Principal Research Fellow, Australian Institute for Suicide Research and Prevention**



Dr Kairi Kõlves is Principal Research Fellow at the Australian Institute for Suicide Research and Prevention, and Co-director of the WHO Collaborating Centre for Research and Training in Suicide Prevention, School of Applied Psychology, Griffith University.

She is also the Course Convenor of Masters Courses.

She has been working in suicide research and prevention since 1998. Prior to joining the AISRAP team in 2008, she worked at the Estonian-Swedish Mental Health and Suicidology Institute.

Dr Kõlves has been involved in several Australian, Estonian and international projects and has published over 100 peer-reviewed papers, numerous reports and book chapters on suicide research and prevention.

Providing Text-based Emotional Support to Distressed Youth in Hong Kong; Opportunities and Challenges

Professor Paul Yip, Director of the HKJC Centre for Suicide Research and Prevention (CSRP), Hong Kong University

Abstract:

Background: Crisis and emotional support services delivered through online platforms can potentially offer an efficient and intelligent solution to address mental health problems for digital generations. This study describes early learnings of *Open Up*, the first of its kind, round-the-clock online text-based counselling platform in Hong Kong.

Methods: Users of *Open Up* can access the service through different portals. It features accessibility, anonymity, immediacy, and the use of technology. Chat data can be interpreted as algorithms for topic classification, risk assessment and good-practice modelling.

Results: In its first 18 months, 37,397 cases were supported. These included 3.4% in crisis, 1.9% with high risk, 13.2% medium risk, and 81.5% low risk. Most users (64.89%) were young adults (aged 18-35 years). The average chat duration was 55 minutes.

Discussion: Challenges included accuracy of suicide risk screening, policies for handling frequent users, development of artificial intelligence to detect suicide risk, and the involvement and participation of volunteers. Future research will focus on developing good-practice models which include positioning of the platform, service protocols, standardized risk assessment tools, adaptive online counselling skills, offline and online interventions, and capacity modelling for future development and sustainability.

Keywords

Online Counselling, Crisis Intervention, Synchronous Counselling, Text-based Counselling, Suicide Prevention

Biography:

Paul Yip is the founding director of the Centre of Suicide Research and Prevention and a chair professor of the Department of Social Work and Social Administration at The University of Hong Kong. He was the second vice president of the International Association of Suicide Prevention (IASP) and he has provided consultancy service on Suicide Prevention to many countries, including Japan, Taiwan, Singapore, Macau and South Korea. He has served as the chairman of the committee of preventing students' suicide in Hong Kong. He is a recipient of the Stengel Research award in 2012, outstanding supervisor and researcher of the University of Hong Kong in 2011 and 2009 respectively; a distinguished alumni of La Trobe University, Australia. He has served as an advisor and consultant for the World Health Organization on suicide prevention. He is a member of the Media and suicide Prevention task force of the IASP. He has published more than 500 research papers relating to population health and suicide prevention.



Video message from Queensland Mental Health Commissioner Ivan Frkovic

Launching of the Panel discussion “COVID-19, suicide prevention, and looking to the future” and “Suicide in Queensland: Annual Report 2020, Australian Institute for Suicide Research and Prevention”

Ivan Frkovic was appointed Commissioner from 1 July 2017 and brings substantial policy, academic and patient-centred experience to the role.

He was Deputy Chief Executive Officer, National Operations for Aftercare, one of Australia’s oldest non-government mental health organisations. His responsibilities included leading Aftercare’s national operations and overseeing the development and implementation of new programs and services.



Prior to his five years with Aftercare, Ivan held senior government positions including as Director, Mental Health Programs and Reforms in the Department of Communities, where he was responsible for policy development, funding and reform of the non-government mental health sector in Queensland.

Ivan has worked extensively within the mental health system in Queensland for some 20 years, holding a number of senior positions across Government. He was also a director within the Mental Health Branch of Queensland Health where he led the Queensland Mental Health Commission Transition Team, which supported the establishment of the Commission.

While in the mental health sector, Ivan has focused on realising the benefits of strengthening partnerships and collaboration, into fully integrated relationships.

Ivan’s experience across government and non-government organisations provides valuable insight to help bring all sectors together to focus on delivering better mental health outcomes for Queenslanders.

He has made a significant contribution to community mental health through published papers and articles.

As Commissioner, he has led the development of *Shifting minds*, Queensland's renewed Mental Health, Alcohol and Other Drugs Strategic Plan 2018-2023.

He is also fluent in Croatian.

Panel discussion: COVID-19, suicide prevention, and looking to the future

Chaired by Ms Bretine Curtis, Queensland Mental Health Commission Executive Director

Bretine Curtis was appointed Interim Executive Director in December 2019.

Bretine's 25 years of experience in mental health, alcohol and other drugs and suicide prevention is underscored by her passion for systems and service improvement.

Before joining the Commission in early 2019, Bretine held senior leadership positions in the West Moreton Hospital and Health Service. As the Interim Executive Director, Mental Health and Specialised Services, she was responsible for the region's mental health and drug and alcohol services, primary health services in prisons, and statewide forensic mental health, learning, research and benchmarking programs.



She also held a Director role in service development and performance, leading the development and monitoring of strategic and operational planning and service improvement. Bretine has led mental health education across Queensland, including work to support forensic mental health service clinical risk assessment and information packages.

As the Commission's Interim Executive Director, Bretine oversees the implementation of the Shifting minds: Queensland Mental Health Alcohol and Other Drugs Strategic Plan 2018-2023 and provides high-level analysis and advice about mental health, substance misuse and suicide prevention reform.

Bretine holds a Bachelor of Social Work and has extensive experience across health and social services.

Meet the Panel

Ms Janet Martin, Director, Clinical Governance, Office of the Chief Psychiatrist; Mental Health Alcohol and Other Drugs Branch, Queensland Health



Janet Martin has worked for almost 30 years in Queensland Health, including 10 years as an Occupational Therapist in various mental health service settings and 20 years in statewide mental health policy and program management roles. She is currently the Director of Clinical Governance in the Mental Health Alcohol and Other Drugs Branch which involves providing advice, monitoring and supporting quality and safe care, and continuous improvement in hospitals and health services.

Professor Ella Arensman, Scientific Director, National Suicide Research Foundation (NSRF), Research Professor, School of Public Health, University College Cork, Ireland and Visiting Professor, Australian Institute for Suicide Research and Prevention, Griffith University

Ella Arensman is Research Professor with the School of Public Health, University College Cork and Chief Scientist with the National Suicide Research Foundation (NSRF), Ireland. She is Vice President of the European Alliance Against Depression, and past President of the International Association for Suicide Prevention.

She is Visiting Professor with the Australian Institute for Suicide Research and Prevention, Griffith University, Brisbane.



She is also Associate Editor of *Crisis*, The Journal of Crisis Intervention and Suicide Prevention. Professor Arensman has been involved in research and prevention into suicide and self-harm for more than 30 years, with emphasis on risk and protective factors associated with suicide, self-harm and related mental health and social problems, and effectiveness of suicide prevention and self-harm intervention programmes. In Ireland, she played a key role in developing the first and second National Suicide Prevention Programme: Reach Out, 2005-2014, and Connecting for Life, 2015-2020. She was involved in a successful application for the NSRF to become a WHO Collaborating Centre in Surveillance and Research in Suicide Prevention and she is an expert advisor for WHO.

She has published more than 140 papers in peer review journals as well as reports for government departments and policy makers.

Rebecca Johnson, Co-chair and lived experience representative of the mental health consumer peak project steering committee



Rebecca hails from Bundaberg, Queensland and currently lives in Brisbane. She has been an active part of national and state conversations in mental health and suicide prevention for more than 10 years. She's a proud Aboriginal and Australian South Sea Islander woman; her passion for being an advocate for changes within diverse mental health systems flows from not only her own lived experience, but also from listening to the stories of many people from some of the most vulnerable populations and communities. She is committed to ensuring that these voices remain at the forefront of any conversation, co-design or collaboration that aims to improve the mental health and wellbeing of

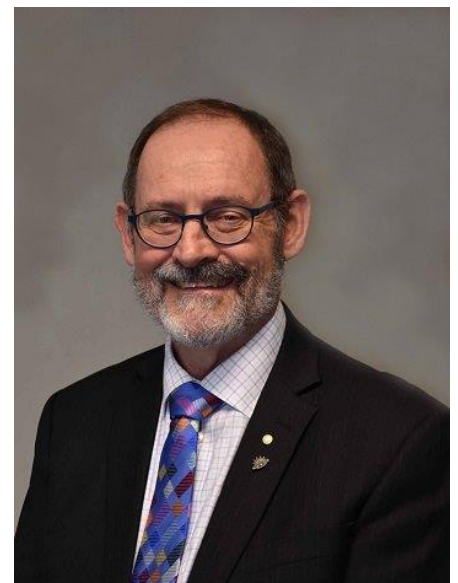
our Queensland communities. Rebecca is also an award recipient of the national Out for Australia award for my leadership and role modelling in LGBTIQ advocacy and inclusion.

Professor David Crompton OAM, Professor of Mental Health Research, Australian Institute for Suicide Research and Prevention, Griffith University

David Crompton is the Professor of Mental Health Research at the Australian Institute for Suicide Research and Prevention, and also holds a joint appointment with Metro South Hospital and Health Services, and academic titles with The University of Queensland and Queensland University of Technology. He was awarded an Order of Australia (OAM) for development of community based mental health services for veterans, and the development of community Post Traumatic Stress Disorder (PTSD), and anxiety and substance abuse treatment services.

Professor Crompton worked in private practice as a rural general practitioner prior to commencing psychiatry training and spent 12 years in private psychiatry practice.

Professor Crompton has subsequently held leadership roles in Queensland Health and New South Wales Health Mental Health Services.



Suicide in Queensland: Annual Report 2020

The *Suicide in Queensland Annual Report 2020* (Suicide in Queensland) provides recent suicide trends in Queensland to help target and inform suicide prevention activities in Queensland by understanding the circumstances in which suicides occurred. This report focuses on information from 1990 to July 2020. The information comes from a public health surveillance system - the Queensland Suicide Register (QSR) and the interim Queensland Suicide Register (iQSR).



Citation:

Leske, S., Adam, G., Schrader, I., Catakovic, A., Weir, B., & Crompton, D. (2020). *Suicide in Queensland: Annual Report 2020*. Brisbane, Queensland, Australia: Australian Institute for Suicide Research and Prevention, Griffith University

This Report is available for download from AISRAP's webpage:

<https://www.griffith.edu.au/griffith-health/australian-institute-suicide-research-prevention/research/qsr>

Session: Australian Institute for Suicide Research and Prevention

Chaired by Dr Vicki Ross, Senior Research Fellow, Australian Institute for Suicide Research and Prevention

Biography:



Dr Victoria Ross is a senior research fellow at the Australian Institute for Suicide Research and Prevention (AISRAP). Her key research focus is across the areas of workplace mental health and suicide prevention, postvention support for the suicide bereaved, suicide hot spots, and suicide prevention program evaluation. She has received research funding from a range of Australian national competitive grants, government and commercial consultancy projects (including the National Health and Medical Research Council, Lifeline Foundation, Gold Coast University Hospital, Richmond Fellowship Queensland, Mates in Construction, and Energy Queensland). She is currently the Australian chief investigator on the international

research collaboration, MINDUP, which will trial a workplace mental health intervention across eight international sites.

Advancing Suicide Research: Public health model and epidemiology

Dr Kairi Kõlves, Principal Research Fellow and Course Convenor, the Australian Institute for Suicide Research and Prevention, and Co-director of the WHO Collaborating Centre for Research and Training in Suicide Prevention, Griffith University

Abstract:

Epidemiology is not only about counting morbidity and mortality, it also studies prevention and control of health conditions and is therefore a cornerstone of public health. Although the World Health Organization has been calling for the use of the public health model in suicide prevention, the link to epidemiology is not clear and seems to be often limited to the rates of suicide and attempted suicide. The aim of the current presentation is to discuss the main scope and use of epidemiology in the context of suicide research and prevention. The proper understanding of the main concepts in epidemiology, use of epidemiological measures, and study designs is central to the success of suicide prevention.

Biography:



Dr Kairi Kõlves is Principal Research Fellow at the Australian Institute for Suicide Research and Prevention, and Co-director of the WHO Collaborating Centre for Research and Training in Suicide Prevention, School of Applied Psychology, Griffith University.

She is also the Course Convenor of Masters Courses. She has been working in suicide research and prevention since 1998.

Prior to joining the AISRAP team in 2008, she worked at the Estonian-Swedish Mental Health and Suicidology Institute.

Dr Kõlves has been involved in several Australian, Estonian and international projects and has published over 100 peer-reviewed papers, numerous reports and book chapters on suicide research and prevention.

Real-time suicide mortality data in Queensland during the COVID-19 pandemic

Dr Stuart Leske, Senior Research Assistant, Australian Institute for Suicide Research and Prevention, Griffith University

Abstract:

This presentation will discuss suspected suicides from 1 January 2015 to 31 July 2020. This talk will include caveats about interpreting real-time suicide mortality data, before presenting monthly numbers, crude rates and age-standardised rates of suspected suicides by Queensland residents from 2015 to July 2020. Following these numbers and rates, the talk will present the results of interrupted time-series Poisson and negative binomial regressions comparing suspected suicides before and after the public health emergency declaration on 29 January 2020 in Queensland. The talk will also share some impacts of COVID-19 on suspected suicides described in police reports. Lastly, this talk will conclude by referring to the Mindframe guidelines for sharing these statistics with others.

Biography:

Dr Stuart Leske has had the privilege of working at the Australian Institute for Suicide Research and Prevention since late 2017. He is a senior research assistant at AISRAP and has been the project manager for the Queensland Suicide Register since early 2018.

He has lived experience of suicidal ideation and a major depressive episode, which makes him passionate about suicide prevention.

He has co-authored two annual reports on suicide in Queensland and a recent global systematic review on the effects of suicide prevention interventions for Indigenous people. He is interested in reducing suicide disparities.



Protective effects of cultural connection on suicide mortality: Implications for strategies to close the gap in Aboriginal and Torres Strait Islander suicide disparities

Mrs Mandy Gibson, Psychologist, Senior Research Assistant, PhD Scholar

Abstract:

This session will present findings from a recent study utilising Queensland Suicide Registry (QSR) suicide mortality data to examine effects of community-level cultural indicators on variations in Aboriginal and Torres Strait Islander suicide rates. This presentation will also examine interaction effects of culturally-specific community protective factors to buffer and provide resilience against suicide mortality within regions with greater environmental and social risk factors, including socio-economic disadvantage, reported discrimination rates, and remoteness. Future research directions and practice and policy implications for these findings will be discussed in the context of the recent National Agreement on Closing the Gap inclusion of reducing Indigenous suicide rates as a target.

Biography:



Mandy has over a decade of clinical experience as a Psychologist (AMHP) providing risk assessment and treatment to young people experiencing suicidality, complex trauma, self-harm and other mental health issues.

She coordinated public health research projects exploring First Nations' community perceptions of mental health services and barriers to accessing treatment, in order to develop culturally appropriate and community-approved models of service delivery for young people.

In partnership with Indigenous health and education representatives, Mandy developed and delivered a social and emotional wellbeing program to address the disparity between Indigenous youth suicide rates and mental health service attendance which received a Mental Health Achievement Award and a Healthcare Improvement Award.

Since 2013, Mandy has worked at the Australian Institute for Suicide Research and Prevention (AISRAP) as a Senior Research Assistant and is now completing a PhD exploring protective mechanisms against suicidality for Aboriginal and Torres Strait Islander young people and communities.

Important Information and Housekeeping

Please take a few minutes to review the COVIDSafe guidelines and housekeeping notes below, and feel free to ask any questions.

COVIDSafe guidelines

Please follow signs and guidance from library staff as you enter the venue to help maintain social distancing and stay COVID safe. You will be directed to sit in certain chairs to maintain appropriate physical distancing. Please try and return to the same seat after you return from the break. Remember:

- Don't come to the event if you are unwell
- Maintain physical distancing of 1.5m
- Ensure you follow good hygiene practices eg. hand-washing and sanitising
- We will collect your personal details for contact tracing if required and this will be held for 56 days

Registration

Registration commences at 9:30 for Event commencement at 10:00 sharp.

Support services

A Lifeline counsellor is available onsite and a designated area has allocated should you require support.

Facilities

Please enquire with SLQ Venue Officer should you require any business support/equipment.

Bathrooms

Bathrooms are located in the foyer just outside the auditorium on level 2.

Evacuation

In the event of an emergency, an alarm will sound and SLQ staff will immediately evacuate the building. Under the direction of the SLQ fire wardens, please make your way to the nearest exit and move to the assembly point which is Kurilpa Park.

Smoking

Smoking is not permitted in or around the building.

Public WiFi

slqwireless is open to the public.

Morning Tea and Break

Morning tea will be served on the Terrace at approximately 11:00 am.

Mobile Phones

Delegates are requested to please turn off mobile phones or place them on silent mode in consideration of other participants and speakers.

SLQ Team

Venue Officer (front of house contact) – Sophie O’Brien

Venue Technician – Chris Neehouse

Webcast Technician – Peter Liddle

Zoom Technician – Mark Cheney

Camera Operator – Ben Elliott

Support services

Needing support?

National 24/7 crisis services:

- beyondblue: 1300 22 4636 www.beyondblue.org.au
- Lifeline: 13 11 14 www.lifeline.org.au
- State mental health crisis line Qld: 13 HEALTH (13 43 25 84)
- Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

Specific 24/7 crisis services:

- Young people aged 5-25 years - Kids Helpline: 1800 55 1800 www.kidshelp.com.au
- Men - MensLine Australia: 1300 78 99 79 www.mensline.org.au
- Bereavement support - [National StandBy Response Service](http://www.nationalstandbyresponse.org.au) 07 5442 4277
- Veterans and Veterans Families Counselling Services 1800 011 046

Specific crisis services (not 24/7):

- Carers - Carers Australia 1800 242 636 www.carersaustralia.com.au
- Bereavement - GriefLine 1300 845 745 (National, landline only); (03) 9935 7400 (National and metro Melbourne) midday to 3am AEST, 7 days a week. www.griefline.org.au
- Bereavement in secondary schools - [headspace School Support](http://www.headspace.org.au/school-support) 1800 688 248
- LGBTI Australians - QLife 1800 184 527 3:00pm to midnight every day [www.qlife.org.au](http://www qlife.org.au)
- Those affected by mental illness - SANE Australia 1800 18 SANE (1800 18 7263) 9am-5pm on week days www.sane.org
- Youth - eheadspace 1800 650 890 www.eheadspace.org.au