



SUICIDE PREVENTION

There is no single cause of suicide, and no simple solution to prevent it. Suicide can affect anyone, but some individuals and groups may be more at risk. To better understand suicide and ways in which to prevent it Campaspe, Central Victoria and Bendigo Loddon Primary Care Partnerships have produced this online professional development resource list that incorporates best practice webinars and information.

To access all other areas [Click Here](#)

Resources are available to suit a number of learning styles and include websites, online learning, webinars, podcasts and reports. Anticipated read time for each resource has also been indicated:

🕒 **15 minutes or less** 🕒 🕒 **15 to 45 minutes** 🕒 🕒 🕒 **More than 45 minutes**

Bendigo Loddon PCP have also collated a number of COVID-19 Mental Health resources, to access: [Click Here](#)

Please see links to Suicide Prevention and Mental Health services:



ACKNOWLEDGEMENT of COUNTRY

We respectfully acknowledge the traditional land of the first peoples and we acknowledge the Dja Dja Wurrung, Barapa Barapa, Wegaia, Taungurung, Wurunderji Woi Wurrung, Wemba Wemba and Yorta Yorta people who are the traditional custodians of this land. We pay respect to their elders past, present and emerging. We express our gratitude in the sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.





WEBSITES



[Blackdog Institute](#)

Author: Black dog Institute

Cost: Free Time: ⌚

Expected learnings: Access to current research and resources to support suicide prevention.

[Beyond Blue Australia](#)

Author: Beyond Blue Australia

Cost: Free Time: ⌚

Expected learnings: Access to resources to that support health professionals when working in perinatal, youth, LGBTI and aged mental health care.

[Orygen Youth Mental Health](#)

Author: Orygen

Cost: Free Time: ⌚

Expected learnings: Access resources, webinars and training focused at youth mental health and suicide prevention.

[Conversations Matter](#)

Author: Everymind

Cost: Free Time: ⌚

Expected learnings: Access to a range of resources for health professionals to guide prevention, intervention and postvention focused conversations occurring in the community.



ONLINE MODULES

[Using e-mental health resources in your practice](#)

Author: Centre for Mental Health Research

Cost: Free Time: ⌚ ⌚

Expected learnings: Familiarity with key e-mental health programs in Australia and their benefits, how to find e-mental health resources for consumers and ways to incorporate e-mental health resources into your practice.

[Livingworks Start](#)

Author: Livingworks

Cost: \$20 Time: ⌚ ⌚ ⌚

Expected learnings: Recognize when someone is having thoughts of suicide and respond to keep them safe.

[Question, Persuade, Refer training](#)

Author: QPR Institute Australia

Cost: \$39 Time: ⌚ ⌚ ⌚

Expected learnings: How to question, persuade and refer someone who may be suicidal. How to get help for yourself or learn more about preventing suicide, the common causes of suicidal behaviour, the warning signs of suicide and how to get help for someone in crisis.

[Mental Health First Aid Training](#)

Author: Mental Health First Aid Australia

Cost: Free - \$220 Time: ⌚ ⌚ ⌚

Expected learnings: Mental Health First Aid Training for community, workplace, tertiary and medical students.



WATCH AND LISTEN

Connect2020 Webinar Series

Author: Suicide Prevention Australia

Cost: \$30 member, \$60 non-member

Time: ⌚ ⌚ ⌚

Expected learnings: Explore a range of topics including mentally healthy workplaces, mens' health, carers and postvention

eMHPrac webinar-based podcasts

Author: Black Dog Institute

Cost: Free

Time: ⌚

Expected learnings: A series of podcasts enabling access to the latest eMental Health research and information on incorporating eMental Health into practice.

Expert Insights: for workplaces

Author: Black Dog Institute

Cost: Free

Time: ⌚ ⌚ ⌚

Expected learnings: Practical strategies to help managers and business leaders create a mentally healthy workplace.

Aboriginal Social and Emotional Wellbeing

Author: Centre for Rural and Remote Mental Health

Cost: Free

Time: ⌚ ⌚ ⌚

Expected learnings: A holistic approach to health that takes into consideration social, emotional and cultural wellbeing.



READING

Towards evidence based suicide prevention programs

Author: World Health Organisation

Cost: Free

Time: ⌚ ⌚ ⌚

Expected learnings: Understand and be able to implement a basic framework for suicide prevention strategies.

Victorian suicide prevention framework 2016-2025

Author: Victorian Government

Cost: Free

Time: ⌚ ⌚ ⌚

Expected learnings: Understand the Victorian suicide prevention framework, a whole-of-government commitment and coordinated strategy to reduce the suicide toll.

Suicide Prevention and Recovery Guide

Author: Sane Australia

Cost: Free

Time: ⌚ ⌚ ⌚

Expected learnings: An understanding of recovery-focused suicide prevention for mental health professionals.

Aboriginal and Torres Strait Islander Suicide Prevention

Author: Life in Mind Australia

Cost: Free

Time: ⌚ ⌚ ⌚

Expected learnings: An understanding into Aboriginal and Torres Strait Islander suicide prevention strategies.