

SATELLITE BROADCAST

**RURAL
HEALTH**
EDUCATION FOUNDATION

Education Lifeline To The Bush

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20 JUL 2009

****Live****

**Tuesday, 25 August 2009
Suicide Prevention**

Funded by the Australian Government Department of Health and Ageing



**Australian Government
Department of Health and Ageing**

The incidence of suicide in rural Australia is one of the highest in the developed world. In general, nearly two thousand Australians take their own lives every year and there is a severe impact on many other lives, including families, friends, workplaces and communities. For some, suicide may be an impulsive and irrational act, for others it may be a carefully considered choice. Some people take their own life or harm themselves without warning. Others may give some indication of suicidal intent, especially to friends and loved ones, but also to health professionals.

The risk factors for suicide increase as communities become more rural and remote. Estimates suggest that, in some years, the suicide rate for Indigenous people in specific communities is as much as 40% higher than the general population, with young Indigenous males being most at risk. There is also growing evidence that mental health problems have a strong relationship with suicide-related behaviours. However, classifying people who have suicidal thoughts or feelings as mentally ill may isolate them and discourage them from seeking appropriate help, treatment and support.

This program aims to explore suicidal motivation and prevalence within rural and remote communities. It recognises the importance of early intervention and promotes the use and implementation of the national strategic framework, *Living is For Everyone: A Framework for Prevention of Suicide in Australia*. The framework encourages national action to prevent suicide and promote mental health and resilience across the Australian population. The program will also explore the role of primary health care professionals in rural practice and the importance of recognition and treatment of depression and other suicidal risk factors. It will also examine protective factors and the relationship between good physical and psychological health and suicide prevention.

Presenters:

Chair: Dr Norman Swan	Presenter of the Health Report on ABC Radio National
Mr Tony Gee	Psychologist, Life Is... Foundation, Melbourne, VIC
TBA	General Practitioner
TBA	Psychiatrist
TBA	

Learning outcomes

After viewing the program participants will be able to:

- Identify people who are at risk of suicide in the primary health care setting;
- Identify support systems for people at risk of suicide particularly in rural and remote settings;
- Provide evidence-based interventions for people with predisposed risk and minimal protective factors;
- Effectively demonstrate awareness of the LIFE Framework and culturally appropriate services.

Broadcast Details:

**The program will be broadcast on Tuesday,
25 August 2009**

Channel 4

ACT/NSW/VIC/TAS /QLD 8.00pm

SA / NT 7.30pm

WA 6.00pm

(& repeated in WA at 8.00pm on channel 23)

And repeated on Friday, 28 August 2009

Channel 23

ACT/NSW/VIC/TAS/QLD 12.30pm

SA / NT 12:00 noon

WA 10:30am

The program will be a simultaneous live satellite broadcast and interactive webcast. After the broadcast it will also be available on DVD, web streaming and audio pod-cast. For more information or to register for the webcast go to: www.rhef.com.au

Earn CME Points from these organisations: ACCRM, RACGP, RCNA, PSA & APA

Please ensure you complete the provided Attendance Record and Evaluation Form before leaving the venue or complete on-line at our website.

RSVP to the Rural Health Education Foundation by
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For further information: www.rhef.com.au