



Supporting  
your state  
of wellbeing

## South Australian Suicide Prevention Plan 2022-2025

### Consultation Conversation Questions

#### Why talk to us about suicide prevention?

Wellbeing SA and the Premier's Council on Suicide Prevention are developing the SA Suicide Prevention Plan 2022-2025 in partnership with you, the SA community.

Talking about suicide and suicidal distress can be difficult and awkward, but we know listening and understanding people's stories and experiences can help.

The SA Government want to make sure we hear from people about what could make a difference in preventing suicide and suicide attempt.

It's the experiences and wisdom of people who have been impacted by suicide and suicidal distress that can help us understand what we need to do to prevent suicide in our community.

We would love to hear from you and your communities.

Suicide or distress might not be the words or language that you would use to talk to each other, but we'd love it if you could tell us your views and thoughts in whatever ways make sense to you.

If you are planning to host a conversation with your community about suicide, you may wish to use the questions in this document.

- To help with your planning and preparation please see the [Conversations Matter](#) resources developed by Everymind. Conversations Matter has been developed to assist communities to talk about suicide in ways that breaks down stigma and increases understanding and support for those thinking about suicide and/or those affected by suicide.
- If you hold a conversation, please send your findings back to us by **23 April 2021** via:
  - o [wellbeingsa.suicideprevention@sa.gov.au](mailto:wellbeingsa.suicideprevention@sa.gov.au)
  - o post to Wellbeing SA, PO Box 189, Adelaide SA 5000, or
  - o phone on 1800 955 709
- Please also encourage your community to visit the [Open Your World](#) website for different ways to have a say such as completing our survey:  
<https://www.surveymonkey.com/r/SAsuicidepreventionplan>

Thank you for taking the time to read how sharing your views can make a difference.

We look forward to hearing from you.

## Questions for people, communities and services

1. Suicide can be hard to talk about. What could we do to shift this? What would make it easier for you/your communities to talk about it?

Suggested prompts for further conversation:

- What tone of language or type of words would help make it easier to talk or hear about suicide?
  - Are “suicide” “suicidal distress” “crisis” or “suicidal ideation” words you would use? What other words/phrases/ways of describing would be more comfortable for you/your community to use?
  - Is thinking about suicide or having suicidal thoughts something you/your community have experienced? Were you able to talk to or seek help from someone about it? If not, what stopped you?
  - Are there things that get in the way of talking about suicide for you/your community? If so, please tell us how (eg. beliefs, culture, spoken language, identity)
  - How could we talk about what helps - as well or instead of what doesn't?
  - How could we identify and respond to some of the myths, biases and misinformation about suicide? What would you/your community want to say instead?
  - If we were to create advertising with the aim of preventing suicide, what could it look like? What would you/your community want to see/hear/learn?
2. If the goal of the suicide prevention plan is to prevent suffering and loss of life, how might we do that? What things might we need? What could make a difference?

Suggested prompts for further conversation:

- When suicidal distress is present what could we do/how could we take care of ourselves and each other?
- What things/responses don't work? How could we stop doing them?
- What could help us to understand your/your community's context and experience?
- If you/your community have accessed help for suicide or suicidal distress what made it easy? What made it difficult? What else could have worked better?
- What matters most to you/your community?
- What might be missing?
- Would it be helpful to include information about ways people can respond to suicidal distress in the plan? If so, what do you think would be helpful for people to know? What would you want to know?
- Is “suicide prevention” a term/language that works for you? If not, what you would replace it with?



3. Resilience\* and compassion\* are often described as helpful responses and protective in responding to suicidal distress. Do you agree? Please tell us.

\*Resilience: the ability to withstand or adjust to difficulties or external pressures

\*Compassion: having empathy for, and a wish to help people experiencing difficult situations

Suggested prompts for further conversation:

- How would you explain resilience and compassion in people and communities - what actions might we see if resilience and compassion are there?
- If you/your communities have been in difficult times, how were you able to deal with distress? What kept you going? What or who helped?
- Where do you/your community draw support and strength from? Does connection, belonging and finding meaning play a part in this?
- Resilience and compassion might mean different things to you/your communities depending on your experience (e.g. being bereaved by suicide) – what words would you use to describe them?
- What would resilient and compassionate supports or services look and feel like? What would you expect to experience?
- How could we all (e.g. workplaces, businesses, communities, individuals) demonstrate compassion and resilience in order to prevent suicide?

4. How will we know the suicide prevention plan is working?

Suggested prompts for further conversation:

- What are your/your community's hopes for suicide prevention?
- How would you and/or your communities know if the plan was successful/making a difference? What would you/we see/feel/hear/notice?
- What wouldn't you/we see/feel/hear/notice?

5. What don't we know? How could we find out?

Suggested prompts for further conversation:

- Have the recent experiences of bushfires and/or COVID-19 had an impact on suicide prevention? How?
- Do you/your community have life experiences, identities or attributes that intersect? (for eg. identifying as LGBTQIA+ and culturally diverse. How does this impact on suicide prevention? What do we need to know to respond?
- What impact do the wider conditions of daily life - where you live, if you have a job, choice and access to resources/services have on people/communities' experience of surviving and/or thriving?
- What else do we need to know?



## 6. The most important thing I/we want you to know is...

Suggested prompts for further conversation:

- If you had to choose just one thing for us to know about suicide prevention, what would it be?

### Suggested framing for responses in actions and outcomes:

- *When* \_\_\_\_\_ (*issue e.g. lack of support*)
- *I want to* \_\_\_\_\_ (*action e.g. be heard and seen*)
- *So that* \_\_\_\_\_ (*outcome e.g. I know I'm not alone and can deal with this*)

### Talking about suicide can raise all sorts of feelings

We know it takes courage to discuss suicide and that talking about suicide can raise all sorts of feelings. If you're worried about how you're feeling and would like to talk to someone, here are some numbers you can call:

- Lifeline 13 11 14 - <https://www.lifeline.org.au/>
- Suicide Call Back Service 1300 659 467 - <https://www.suicidecallbackservice.org.au/>
- Lived Experience Telephone Support Service (LETSS) 1800 013 755 - <https://www.letss.org.au/>
- Kids' Helpline (ages 5 to 25) 1800 55 1800 - <https://kidshelpline.com.au/>
- Mensline 1300 78 99 78 - <https://mensline.org.au/>
- beyondblue 1300 22 4636 - <https://www.beyondblue.org.au/>
- QLife 1800 184 527 - <https://qlife.org.au/>
- Thirili National Indigenous Postvention Service 1800 805 801 - <https://thirili.com.au/nips>
- Open Arms – Veterans [and their families] 24 hour crisis support line 1800 011 046 - [www.openarms.gov.au](http://www.openarms.gov.au)
- GriefLink - <https://grieflink.org.au/>
- Health Direct - <https://www.healthdirect.gov.au/mental-health-helplines>

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