**PERTH SUICIDE PREVENTION COORDINATORS**

**PARTNERSHIP ACTIVITY PLAN 2023**

[Neami National](https://www.neaminational.org.au/find-services/perth-metro-suicide-prevention-coordination/) is a not-for-profit organisation providing mental health, homelessness, and suicide prevention services across Australia. The [WA Suicide Prevention Coordinator program](https://www.thinkmentalhealthwa.com.au/think-mental-health/suicide-prevention-coordinators-and-regions/) is funded by the WA Mental Health Commission under the *West Australian Suicide Prevention Framework 2021-2025* to promoteoptimal mental health and well-being and work together to prevent suicide in the community. To assist with implementing the Strategy, there are Suicide Prevention Coordinators and Aboriginal Community Liaison Officers in every region of the State. Neami National delivers the Perth Metropolitan Suicide Prevention Coordinator program. We partner with a diverse range of stakeholders on activities including training, education, events, networks, and other projects. Our focus is building the capacity of the metropolitan community to prevent and respond to suicide by promoting evidenced-informed approaches and collaboration.

**Partnership activity and funding applications are invited from community and not-for-profit groups and services to:**

* Raise awareness of safe practices with suicide prevention initiatives
* Increase skills around early intervention/prevention and postvention
* Promote accurate and safe mental health and well-being messaging
* Engage diverse metropolitan communities in mental health and well-being activities
* Reduce stigma around suicide and help-seeking

**Awareness & skills:**

Groups or organisations can apply for subsidies to attend, or host relevant training, including:

|  |  |
| --- | --- |
| * safeTALK * Standard Mental Health First Aid * Aboriginal and Torres Strait Islander Mental Health First Aid * Youth Mental Health First Aid * Older Person Mental Health First Aid | * Mental Health First Aid – Conversations About Suicide * Deadly Thinking * CALM (Connect, Ask, Listen, Monitor) * Opening Closets * QPR (Question, Persuade, Refer). |

Education sessions targeted to the general community or specific groups can be facilitated by the SPC Team – contact us to discuss.

**Suicide Prevention Related Awareness Days 2023:**

Every community has different needs, experiences, interests, and abilities. We seek partners to engage the diversity of the Perth population in a range of relevant activities which promote well-being and suicide prevention. These activities may, (but are not required to) tie in with calendar events such as:

|  |  |
| --- | --- |
| [**Safer Internet Day**](https://www.esafety.gov.au/safer-internet-day) | 7th February |
| **International Women's Day** | 8 March |
| [**International Day of Happiness**](https://www.dayofhappiness.net/) | 20th March |
| [**Harmony Week**](https://www.harmony.gov.au/) | 15–21 March |
| **National Close the Gap Day** | 16 March |
| [**International Day Against Bullying and Violence**](https://bullyingnoway.gov.au/) | 19th March |
| [**World Bipolar Day**](https://www.isbd.org/world-bipolar-day) | 30th March |
| **WA Youth Week** | 14-21st April |
| **Rail R U OK? Day** | 27th April |
| [**National Volunteer Week**](https://www.volunteeringaustralia.org/get-involved/nvw/) | 15th-21st May |
| [**International Day Against Homophobia, Biphobia and Transphobia**](https://www.idahobit.org.au/index.php/get-active/the-stats) | 17th May |
| **World Schizophrenia Awareness day** | 24th May |
| **National Sorry Day** | 26th May |
| [**National Reconciliation Week**](https://nrw.reconciliation.org.au/#:~:text=27%20May%20to%203%20June&text=The%20theme%20for%20National%20Reconciliation%20Week%202023%20encourages%20all%20Australians,we%20live%2C%20work%20and%20socialise)**.** | 27 May to 3 June |
| [**Men's Health Week**](http://www.menshealthweek.org.au/about/about-the-week) | 12th - 18th June |
| [**Refugee Week**](https://www.refugeeweek.org.au/refugee-week-2023-theme-finding-freedom/) | 18 June - 24 June |
| **National PTSD Awareness Day** | 27 June |
| [**NAIDOC Week**](https://www.naidoc.org.au/) | 2nd - 9th July |
| **National Aboriginal and Torres Strait Islander Children's Day** | TBC August |
| [**International Youth Day**](https://www.un.org/en/events/youthday/) | 12th August |
| [**Wear It Purple Day**](https://www.wearitpurple.org/) | 25th August |
| [**Women's Health Week**](https://www.womenshealthweek.com.au/) | 4th - 10th September |
| **World Suicide Prevention Day** | 10th September |
| [**R U OK? Day**](https://www.ruok.org.au/) | 14th September |
| [**World Mental Health Day**](https://1010.org.au/) | 10th October |
| [**World Homeless Day**](http://www.worldhomelessday.org/) | 10th October |
| **National Carers Week** | TBA October |
| **WA Mental Health Week (Theme - TBC)** | TBA October 2023 |
| **Movember** | November |
| **Perinatal Depression and Anxiety Awareness Week** | TBA November |
| **International Men’s Day** | 19th November |
| **International Day of People with a Disability** | 3rd December |
| **International Migrants Day** | 18 December |

**Mental Health Community Campaigns:**

There are several evidence-based Community Campaigns that you can use to support the Mental Health and Suicide Prevention messaging in your activity. Here are some that we recommend:

|  |  |  |
| --- | --- | --- |
| **Campaign** | **Target Audience** | **Links** |
| [**Think Mental Health**](https://www.thinkmentalhealthwa.com.au/) | Several campaigns for General Community. | ['Learn to Look After You' Campaign](https://www.thinkmentalhealthwa.com.au/think-mental-health/learn-to-look-after-you-campaign/)  ['Families Under Pressure' Campaign](https://www.thinkmentalhealthwa.com.au/think-mental-health/families-under-pressure-campaign/)  ['Be Positive. Be Connected. Be Active’ Campaign](https://www.thinkmentalhealthwa.com.au/think-mental-health/be-positive-be-connected-be-active-campaign/)  ['Talking and Listening are Powerful' Campaign](https://www.thinkmentalhealthwa.com.au/think-mental-health/talking-and-listening-are-powerful-campaign/) |
| [**Strong Spirit Strong Mind**](https://strongspiritstrongmind.com.au/) | Aboriginal and Torres Strait Islander | [Campaigns & Grants](https://strongspiritstrongmind.com.au/campaigns-grants/#///) |
| [**Embrace**](https://embracementalhealth.org.au/index.php/) | Multicultural | [Community Resources](https://embracementalhealth.org.au/community) |
| [**Right By You**](https://rightbyyou.org.au/) | Youth (12-25) | [Community Campaign Toolkit](http://rightbyyou.org.au/wp-content/uploads/2023/04/Community-Campaign-Toolkit-v2.pdf) |

**Funding criteria:**

1. Activities must demonstrate relevance to the SPC program and objectives (p1)
2. Activities must be completed by 30 November 2023
3. Activities are targeted to community and not-for-profit groups
4. Activity participants must complete the SPC Activity Form (also available via QR code)
5. Activity partners must complete the SPC Activity Report Form
6. Staff wages or ‘time in lieu’ cannot be funded
7. No alcohol or smoking is permitted at funded Activities.
8. Activities must comply with the current WA Government Covid-19 safety guidelines.
9. Promotional materials should include the phrase *“Supported by Neami National Perth Suicide Prevention Coordinators”*. This phrase should also be used for verbal acknowledgements where appropriate. The Neami National logo will be provided for inclusion on promotional materials where appropriate.
10. Within two weeks following the Activity you must:
    1. Confirm the number of participants & completed SPC Activity Feedback Forms (available via QR code) – will be provided when the Partnership Activity is confirmed
    2. Complete and return the SPC Partnerships Activity Report Form within two weeks following the Activity – will be provided when the Partnership Activity is confirmed
    3. Provide receipts for any purchases and copies of promotional materials

For more information, please contact [spc.metro@neaminational.org.au](mailto:spc.metro@neaminational.org.au)

**PERTH SUICIDE PREVENTION COORDINATORS**

**Partnership Activity Form**

***For activities between 1 January 2023 – 30 November 2023***

*Please submit your completed form to:* [*spc.metro@neaminational.org.au*](mailto:spc.metro@neaminational.org.au)

|  |  |  |
| --- | --- | --- |
| 1. **Organisation Name** |  | |
| 1. **Your contact details** | **Name:**  **Phone number:**  **Email:** | |
| 1. **Name of project partner(s) (*if relevant*)** |  | |
| 1. **Australian Business Number *(ABN)*** | *(Please put ‘n/a’ if you do not have an ABN)* | |
| 1. **Are you registered for GST?** | **YES** | **NO** |
| 1. **Is your organisation incorporated?** | **YES** | **NO** |
| 1. **If you answered ‘No’ to question 6, provide details if there is an organisation auspicing your application** | **Organisation name:**  **Contact person:**  **Phone number:**  **Email:** | |
| 1. **Project/Event title** |  | |
| 1. **Describe your proposed activity** | *Attach additional pages/posters if required.* | |
| 1. **Location of the activity** | *The suburb(s), or venue if known.* | |
| 1. **How many participants do you expect?** |  | |
| 1. **How is your activity relevant to the purpose of the Grants?** |  | |
| 1. **Which target community(/ies) will be served by the activity?** | *Who is the Activity intended to engage/support* | |
| 1. **Which mental health or wellbeing messaging do you plan to promote?** | *See p2* | |
| 1. **How will you evaluate outcomes for participants?** | *All participants must complete the SPC Activity Feedback form. Let us know if there will be other forms of evaluation involved.* | |
| 1. **Itemised budget** | *Please list the costs of the activity.*    *You may also like to indicate how much your group or organisation will contribute for the project, including ‘in kind’ costs such as planning time.* | |
| **Grant amount requested** *(Please discuss with your regional SPC amounts higher than $1,000)* **=** | |
| 1. **Date of commencement and completion\*** | **Commencing:**  **Completion:** | |