

## Postvention – ACTION PLAN

### Easy English Version



The Postvention activities are to promote a change in community attitudes and the responses of health services, before and after a death by suicide.



This also includes how the community support those affected by suicide.



Let us know if you like any of the activities or would like to join in.

## Activity 1 – Front line training

### Description:



Front Line Training for our first responders would be coordinated by a postvention working group.

The group would make sure the training is relevant and up to date for front-line workers.

### How will this work?



The group will research the latest and best training for our front-line workers.

The group will organise the training for the front-line workers.

## What will this activity achieve?



Strengthen community support for positive mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



Improve supportive and protective conditions for good mental health and wellbeing.

## Activity 2 – Peer Support Facilitation

### Description:



Community members would be trained on how to lead a peer support group.

This would include a group for people who have been bereaved by suicide.

### How will this work?




The group will organise training for people to become peer support facilitators.

The group will promote the training so other people in the community can join in.

The group will work with the Suicide Prevention Network to get people to join the group for people bereaved by suicide.

## What will this activity achieve?



 Strengthen community support for positive mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



Improve supportive and protective conditions for good mental health and wellbeing.

### Activity 3 – Bringing the Suicide Prevention Network back together

#### Description:



The working group will be able to assist in the revamping of the Wangaratta Suicide Prevention Network.


#### How will this work?



The group will work with Wesley Lifeforce and Albury Wodonga Health to bring members of the Suicide Prevention Network back together.

## What will this activity achieve?



 Strengthen community support for positive mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



Improve supportive and protective conditions for good mental health and wellbeing.

## Activity 4 – Workplace Postvention Training

### Description:



The working group would support local businesses to implement a postvention plan to support activities after a death by suicide.

### How will this work?

The group will work with businesses to put their postvention plan in place.




There will be support from StandBy support after suicide with this activity.



## What will this activity achieve?



 Strengthen community support for positive mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



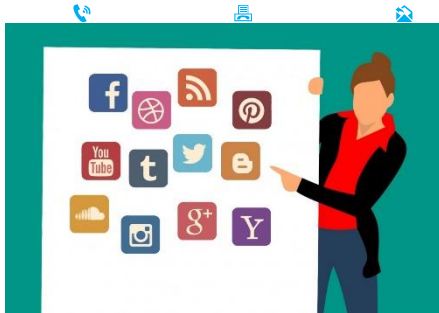
Improve supportive and protective conditions for good mental health and wellbeing.



Support the development of postvention support and community links for those impacted by suicide.

## Activity 5 – Agile Social Media Campaigns

### Description:



This activity will create social media posts that support positive mental health activities and messages.

The social media posts will change depending on what is happening in the community.

### How will this work?



The Grit and Resilience team will help the community create social media posts that are engaging.

The Grit and Resilience team will help the community create social media posts with mental health information that is important to them.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



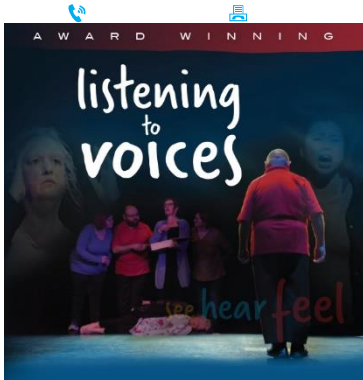
Strengthen community support for positive mental health and wellbeing.

*Working together to build and sustain Grit and Resilience across the Rural City of Wangaratta community*

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## Activity 6 – Listening to Voices Performance and Workshops

### Description:



Listening to Voices is a performance with real-life stories that aims to start conversations on mental health and wellbeing.

### How will this work?



The working group will organise for the Listening to Voices performance to come to Wangaratta.



The performance will be followed by a meet and greet with the performers.

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## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Support the development of postvention support and community links for those impacted by suicide.



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## Activity 7 – headspace in Schools/ Be You Program

### Description:

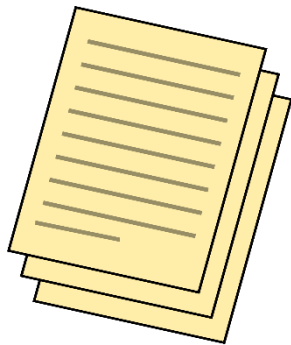


headspace have a Postvention Plan for schools.

The group would help headspace to get the Postvention Plan into every school in Wangaratta.

The group would also promote the Be You Program. Be You is aimed at teachers and how they can support the mental health and wellbeing of their students.

### How will this work?



The working group will support headspace in schools to get the Postvention Plan into every school.

The working group will support the schools to run Be You training for the teachers.

## What will this activity achieve?



Strengthen community connection and create more relationships between people.



Improve supportive and protective conditions for good mental health and wellbeing.



Positive influence on mental health, including those affected by suicide.



Strengthen community support for positive mental health and wellbeing.

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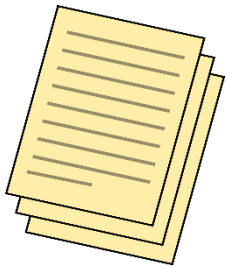
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## Activity 8 – Postvention Protocol for the Wangaratta Community

### Description:



This program is aimed at local organisations.



It involves getting businesses across Wangaratta to have a Postvention Protocol.



This program is out of scope for the Wangaratta community, but we still want to hear from those with a lived experience to make sure their voice is heard in all activities.