

Queensland suicide prevention plan



Queensland
Mental Health
Commission


Roses in the Ocean
stemming the tide of suicide



About this book



This book is from Roses in the Ocean.



We help people understand **suicide**.

Suicide is when you choose to kill yourself.



This book has some hard words.

Hard words are **bold**.



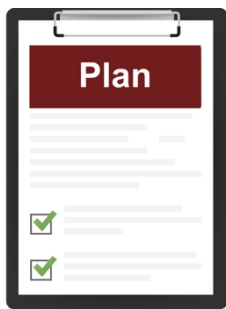
We tell you what hard words mean.



This book is about the **Queensland Suicide Prevention Plan**.



The Queensland Suicide Prevention Plan says what the Queensland government will do to stop suicide.

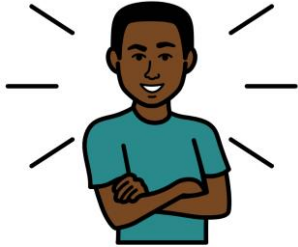


We call it the plan.

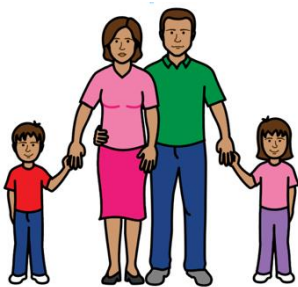


The plan has 4 parts.

1 We will help people be resilient



Resilient means you can cope when hard things happen.



We will help children and families.



We will help people understand **suicide prevention**.



Suicide prevention means things that can stop suicide.



For example, talking to friends about how you feel.

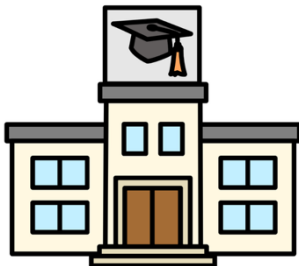
We will support parents



- when a baby is born



- after a baby is born.



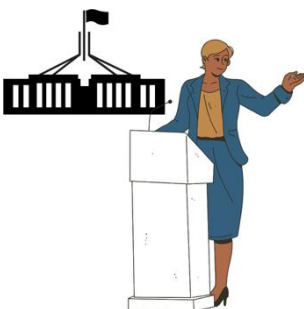
We will help schools understand suicide.



We will make sure people can get help at work when they think about suicide.



We will make sure people can find information about suicide prevention on the internet.



We will tell the government about how to stop suicide.



For example, having money for food and bills can help stop suicide.

2 We will help people from different groups

In some different groups more people will

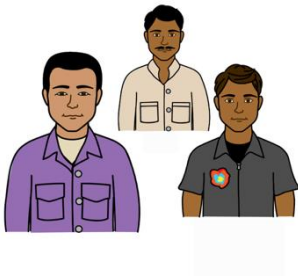


- think about suicide

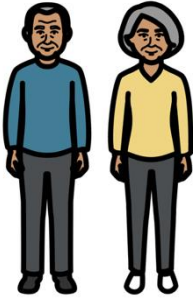


- know someone who thinks about suicide.

The different groups include



- men



- older people



- people who do not live in the city



- young people.

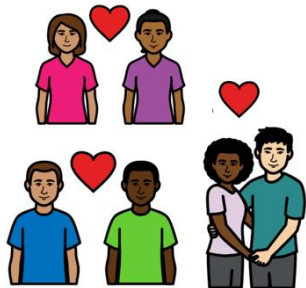
The different groups also include



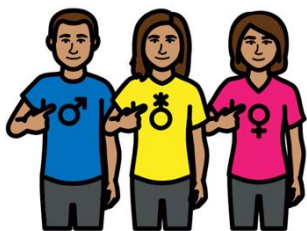
- people who have a different culture or religion



- **LGBTQIA+** people.



LGBTQIA+ is about who you are attracted to.

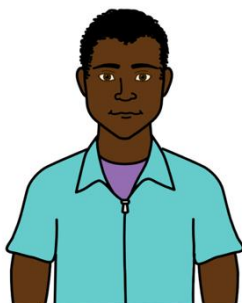


LGBTQIA+ is also about **gender**.

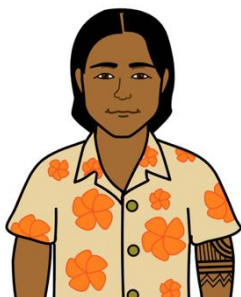
Your gender might be



- woman



- man



- something else.



The different groups also include First Nations people.

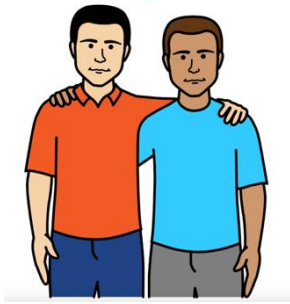
First Nations people means



- Aboriginal people



- Torres Strait Islander people.



We will make sure men who think about suicide can get help.



We will find out what stops suicide in different groups.



For example, we will find out what can help First Nations people.



We will help people with **trauma**.

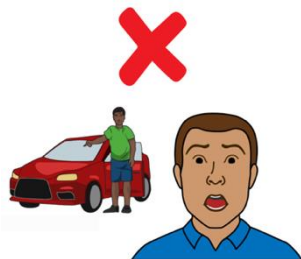
Trauma is when



- something bad happens



- you cannot cope for a long time.



For example, you have a car crash and cannot go in a car again.

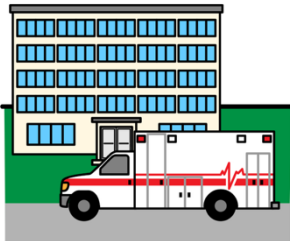


We will share information about suicide prevention.



We will make new **services** for suicide prevention.

Services might mean



- hospitals



- groups where you can talk about suicide.



We will use **codesign**.

Codesign means we work with people with **lived experience** of suicide.

Lived experience means people who



- think about suicide



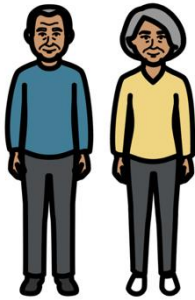
- help a friend or family member stay safe when they want to die



- have a friend or family member who died by suicide.



Lived experience of suicide also means someone who tried to kill themselves.



We will share information for

- old people



- people who get out of prison.

3. We will help more people



We will teach people how to talk about suicide.



For example, doctors.

We will make sure there is more support for people



- in the city

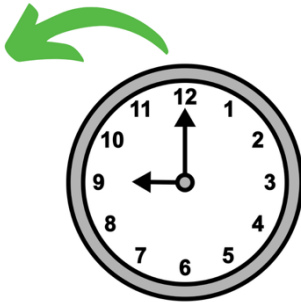


- outside the city.

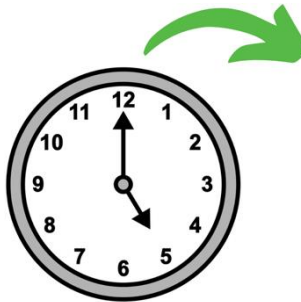


We will make sure people can get support
after hours.

After hours means



- before 9 in the morning



- after 5 at night.



We will make sure emergency workers get training to talk about suicide.



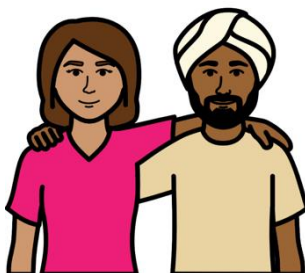
For example, ambulance drivers and police.

We want people to get support from **peer workers**.

Peer workers



- have lived experience of suicide

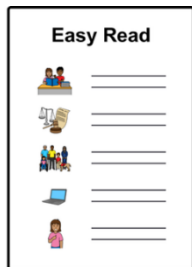


- help other people with lived experience.



We will make sure support for people who think about suicide is **accessible**.

Accessible means everyone can



- understand information about suicide



- see a doctor.



We also want to help everyone feel safe to talk about suicide.

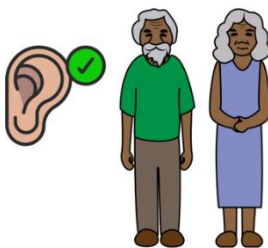


We will support friends and family after a person suicides.

4. We will change the health system



We will help different organisations work together to stop suicide.



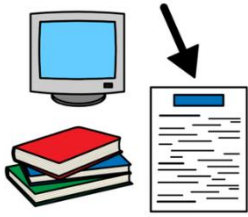
We will listen to First Nations leaders.



We will support First Nations organisations.



We will help people with lived experience of suicide be leaders.



We will do research with people with lived experience of suicide.



We will get **data** about suicide in Queensland.



Data means information.



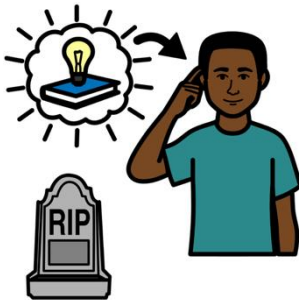
We will use the data to help us stop suicide.

We will make sure we do what the plan says



We write a report every 3 years.

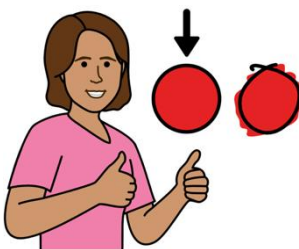
The report is about



- what we learn about suicide



- what we have done to stop suicide



- what we can do better.

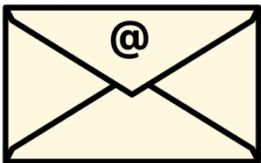
Learn more



For more information contact Roses in the Ocean.



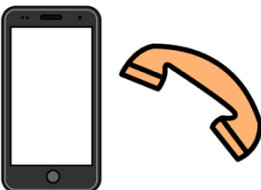
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