

SUICIDE IMPACTS EVERYONE.

On average there are **8 SUICIDES A DAY** in Australia¹. For every Australian that takes their own life, more than 100 people are impacted².

That's approximately

300,000

AUSTRALIANS IMPACTED each year.

For those individuals exposed to or impacted by suicide, the prevalence of mental health concerns and social isolation is significantly higher, leading to increased demand on the healthcare system including hospitalisation.



**RISK
X 8**

PEOPLE IMPACTED BY A SUICIDE ARE UP TO 8 TIMES MORE LIKELY TO TAKE THEIR OWN LIVES³

than the general population, but with the appropriate support, the risk of suicidality can be reduced.



STANDBY
SUPPORT AFTER SUICIDE

StandBy is supported by funding from the Australian Government under the National Suicide Prevention Leadership and Support Program.

"Speaking with someone who knows how you feel and where you are in the grief cycle is somewhat comforting. I realized my thoughts and feelings were normal for such an abnormal situation."

Jackie – Lived Experience and Support Group Initiator, Tasmania

STANDBY'S SUPPORT AFTER SUICIDE WORKS

A recent independent evaluation conducted by The Science of Knowing (approved by the Human Research Ethics Committee of the University of Queensland) measured the wellbeing of 545 people bereaved by suicide within the last 12 months, comparing those who had accessed **StandBy – Support After Suicide** with those who had not.

PEOPLE SUPPORTED BY STANDBY HAD:



REDUCED RISK OF SUICIDE

The risk of suicidality was significantly lower for people supported by **StandBy** (38% compared to 63%)



FEWER MENTAL HEALTH CONCERNS

People supported by **StandBy** reported experiencing significantly fewer mental health concerns (38% compared to 74%)



MAINTAINED SOCIAL CONNECTEDNESS

People supported by **StandBy** were significantly less likely to experience a loss of social support and were also significantly less likely to report experiencing social loneliness and loneliness overall (28% compared to 50%)



PEOPLE RECEIVING STANDBY SUPPORT ALSO REPORTED

FEWER INSTANCES OF DIFFICULTY SLEEPING, FINANCIAL DISTRESS, FAMILY BREAKDOWN ISSUES OR PROBLEMS IN THE WORKPLACE.

SUPPORT FROM STANDBY IS MORE EFFECTIVE THAN GENERAL HEALTHCARE SERVICES

When comparing **StandBy** clients to a control group who received other forms of support (e.g. support group, GP, psychologist). **StandBy** clients were:

- less likely to be at risk of suicide
- less likely to report mental health concerns
- less likely to report loss of social connections or social support
- less likely to experience social and overall loneliness

Evidence indicates that support provided by **StandBy** can serve as an effective strategy in suicide prevention among people impacted by a suicide.

"Within a few hours I had two amazing and supportive StandBy staff sitting with my husband and I on our front deck talking. Just what I needed...such a wonderful service being available at the worst time of my life."

StandBy Evaluation Survey Participant

ABOUT STANDBY – SUPPORT AFTER SUICIDE

The **StandBy - Support After Suicide** service is Australia's leading provider in suicide postvention, and the largest funded contract through the *National Suicide Prevention Leadership and Support Program (NSPLSP)* in the Australian Government Department of Health.

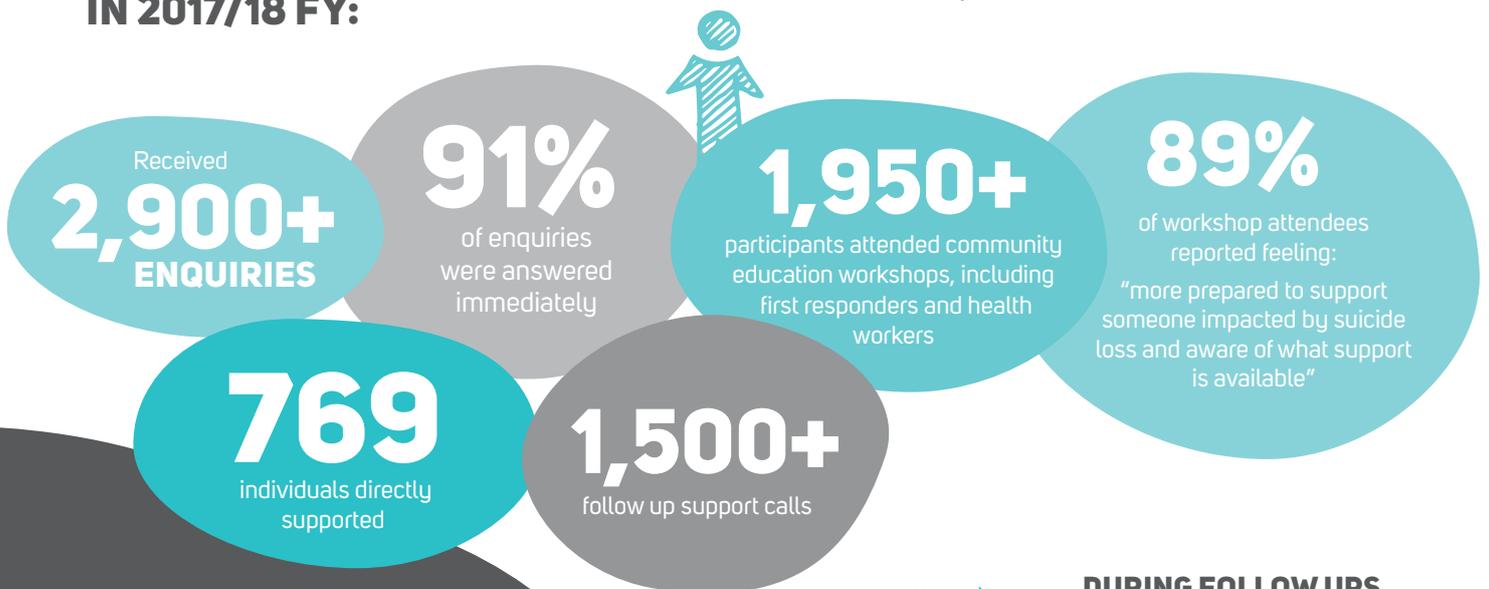
- **StandBy – Support After Suicide** is available to anyone living within the funded regions*
- The program provides free telephone and face-to-face support to individuals, families, workplaces, groups and the wider community
- Trained local teams help those impacted to navigate the support available to them - connecting people to the most relevant and appropriate support in their area
- Education workshops are delivered to help build capacity within communities to support those impacted by suicide and prevent further suicides



STANDBY WORKS WITH

- Department of Health
- Mates in Construction
- MindFrame
- **headspace** Schools Support
- Suicide Prevention Australia
- Department of Prime Minister and Cabinet – Indigenous Affairs
- National Indigenous Critical Response Service (NICRS).

IN 2017/18 FY:



"I have been bereaved by suicide for over 15 years and have lived the Rural Remote experience. During this time there was very limited expert support regarding mental health and suicide stigma was prominent. Having linked in to StandBy, it opened up an avenue of forgiveness and healing."

Ethan, North West Central Queensland



DURING FOLLOW UPS

94%

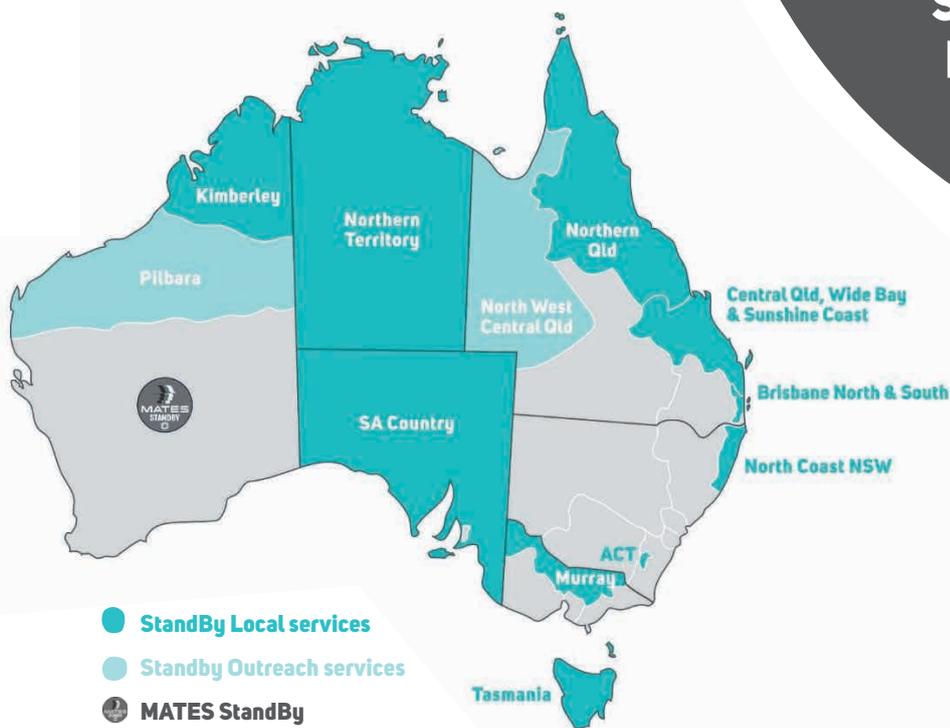
of people reported they were satisfied with the support provided by **STANDBY**

CONTAGION MANAGEMENT

StandBy also provides a **Critical Postvention Response (CPR)**, initiated where a community is identified as experiencing a suicide crisis or several events related to suicide loss impacting the local community's wellbeing. To date, CPR has been provided to 17 communities across Australia.

FUNDED REGIONS

StandBy currently services 30% of Australia's population. Existing coverage is across 10 Primary Health Networks (PHNs) with delivery of the program through partnerships with local organisations – engaging local expertise to ensure the support model is responsive to individual communities' needs.



- **StandBy Local services**
- **Standby Outreach services**
- MATES StandBy**
(All of WA construction industry and immediate family)

OUR MISSION IS FOR ALL AUSTRALIANS TO HAVE ACCESS TO STANDBY AND RECEIVE THE SUPPORT THEY NEED AFTER A SUICIDE.

OUR PARTNER ORGANISATIONS ACROSS AUSTRALIA INCLUDE:

Anglicare WA; Centacare Catholic Country SA; Lifeline Central Victoria & Mallee; Lifeline Tasmania; Mates; Social Futures; SupportLink; Thirriti; Uniting Communities; Uniting Care Queensland; United Synergies.



With 16 years' experience and continual development, **StandBy** offers a well-established and evidence-based model with a proven record of results.



StandBy's model allows for a nationwide roll-out of the program – providing a national framework delivered in partnership with local providers.



A significant investment is needed for **StandBy** to provide national coverage.

YOUR SUPPORT – YOUR COMMUNITY

Visit our website and e-sign to support the national roll-out of **StandBy** to ensure all Australians have access to support after suicide

Follow us on our social media channels and share the work we do:

[facebook.com/StandBySupportAfterSuicide](https://www.facebook.com/StandBySupportAfterSuicide)
twitter.com/standbynational

Tell your colleagues, friends and family about **StandBy**

StandBy is a program of United Synergies Ltd.

WWW.STANDBYSUPPORT.COM.AU

1. Australian Bureau of Statistics 2016, 3303.0 - Causes of Death, Australia, 2016. 2. Cerel, J (2016) Connecting to the continuum of survivorship. 3. Hedstrom, Liu, Nordvik (Dec 2008) Social Forces 87(2).