

# Scoping paper for the National Suicide Prevention Strategy

## – yourtown’s advocacy submission

### What is it about?

The National Suicide Prevention Office has created a six-page draft scoping paper which will guide the process for the creation of a National Suicide Prevention Strategy.

This strategy will be designed to implement the Final Advice of the National Suicide Prevention Adviser.

### Why is it important?

Developing a national strategy will be a significant step in the right direction to ensuring a holistic Australian approach to suicide prevention, and the drivers contributing to suicide.

### Some of yourtown’s key messages:

#### 1. Human rights-based foundation

Having a human rights-based foundation gives greater credence to and recognition of the complexity of issues that can impact suicide. A human rights approach will enable the focus of prevention and early intervention strategies to go beyond focusing on mental health and suicide ideation concerns and expand to understand the drivers of inequity, homelessness, child abuse, domestic and family violence, poverty, and discrimination as critical issues to be addressed systemically, and individually.

#### 2. Critical role of virtual mental health services

Digital services should be a key component of a suicide prevention strategy, especially for supporting young people. Not only are young people digital natives, but they are more likely to reach out to find help, supports and resources online. Digital services can support young people’s preference to engage in the-moment and at any time. They can aid non-stigmatised responses to help-seeking, given that a person reaching out for help may wish to stay anonymous, and can remain anonymous while reaching out for support via phone, webchat, email, or text.

#### 3. Youth suicide prevention intervention approaches under the Strategy

It is well known that suicide is the leading cause of death for people in Australia aged between 15-24. With higher rates of suicide experienced by Aboriginal and Torres Strait Islander youth than non-indigenous youth, and disproportionately high rates of suicide experienced by young people who identify as LGBTQIA+, or who live in rural and remote areas. Therefore, **yourtown** recommends that youth suicide prevention intervention approaches under the Strategy be informed by, and tailored to, different groups of children and young people.

#### 4. Embedding lived experience in decision-making and leadership

The Strategy should go further and include human-centred design, where key stakeholders including those with lived experience participate in all stages of the design process. This will ensure the Strategy meets the needs of key stakeholders and achieves greater buy-in/impact.



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