

Fact Sheet

Towards Zero Suicide – In Brief

Effective Suicide Prevention is identified as a key priority area within the Fifth National Mental Health and Suicide Prevention Plan 2017-22, with Towards Zero Suicide being progressed on a population wide basis by the Commonwealth Government.

As a key priority within the South Australian Mental Health Services Plan 2020-25, the South Australian approach to Towards Zero Suicide is currently focused on people in contact with healthcare services. The approach represents **a journey towards Zero Suicides as an Aspirational Goal.**

Successful implementation sites have achieved **significant reductions in suicide rates** for people in contact with health care services, whether current or previous, as well as **improving psychological safety** for staff and facilitating a **collaborative and empowering approach** to working with consumers and their families.

Globally, **successful implementation** sites have followed a number of consistent principles:

- > the commitment to implement a restorative and just safety culture is foundational to a Towards Zero Suicide approach for both staff and consumers alike;
- > genuine acceptance of the core concept that suicides are preventable;
- > visible and audible Senior Leadership commitment and long-term focus;
- > ownership by the implementing organisation; and
- > genuine lived experience involvement in shaping what works for them.

Successful implementation sites have also used the **Zero Suicide Toolkit**. This Toolkit, consisting of **seven elements**, maintains the fidelity of the original approach, provides a framework and tried and tested resources to help organisations implement a locally focused Towards Zero Suicide approach in health care settings:

- > **LEAD** system-wide culture change committed to reducing suicides
- > **TRAIN** a competent, confident, and caring workforce up-to-date in suicide care
- > **IDENTIFY** patients with suicide risk via comprehensive screenings
- > **ENGAGE** all individuals at-risk of suicide in a suicide care management plan
- > **TREAT** suicidal thoughts and behaviours using evidence-based treatments
- > **TRANSITION** individuals through care with warm hand-offs and supportive contacts
- > **IMPROVE** policies and procedures through a continuous quality improvement plan

A Communications Plan, supported by a number of Communication Tools, which will be further developed with Local Health Networks as the project progresses, has been developed and approved by the Towards Zero Suicide Project Committee.





For more information

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