

FACTSHEET



YouMe ~ WhichWay *...this thing they call 'It' suicide*

YouMe ~ WhichWay is a suicide awareness and postvention training package designed to address the issue of suicide and suicide bereavement in Australian Indigenous communities. The training, delivered by Indigenous trainers, aims to raise awareness of the complex interplay that culture, cultural diversity, colonisation and disadvantage has on suicide behaviour and suicide bereavement within Aboriginal & Torres Strait Islander communities. The aim of the training is to minimise further harm caused by suicide and to strengthen the capacity of the community to address this sensitive and painful issue by working to identify existing community resources and strengths, and assist in the development of local solutions to local problems.

How does it work?

The **YouMe ~ WhichWay** workshops target Indigenous communities and also non-Indigenous service providers, caregivers and volunteers who work, and/or support Indigenous community members.

The Indigenous communities workshop focuses on addressing:

- The stigma and myths surrounding suicide and suicidal behaviour
- Exploring cultural meaning attached to method, the effects of media reporting and some brief suicide intervention skills
- Suicide bereavement, loss & grief, cultural considerations and ways for supporting those bereaved
- Identifying community strengths and developing community solutions
- Self-care strategies and plans

The non-Indigenous service providers and community members workshop focuses on:

- Exploration of Australian Indigenous cultural identity, kinship, governance styles and colonisation
- Statistics, symbolic meaning and cultural context
- Stigma, myths and misconceptions
- Suicide bereavement, loss & grief, cultural considerations and ways for supporting those bereaved
- Resiliency, engagement models and community action planning
- Self-care strategies

Both workshops are highly interactive with group activities interspersed throughout the workshops and opportunities for discussion.

An additional element of **YouMe ~ WhichWay** is the potential to train local Indigenous community members to become cofacilitators of the training package. In this way, the training is imbued with a local flavour using examples, experiences and cultural mores from within the community and enhancing the learning experience for all participants.





National StandBy Response Service

The National StandBy Response Service

is one of Australia's leading suicide postvention programs dedicated to assisting people and communities affected by suicide. The StandBy Response Service was established in 2002 by United Synergies, a not-for-profit organisation based on Queensland's Sunshine Coast. The service currently operates in several communities across Australia and has significant experience in the provision of postvention support in a range of communities and contexts.

The National StandBy Response Service comprises four areas of operations. These include strategic oversight all areas of StandBy operations including: continuous improvement and practice development; the delivery of the StandBy Response Service, an extensively tested and evaluated community-based active postvention model; the StandBy Critical Postvention Response (CPR), an 8 week rapid response to communities experiencing suicide crises; and the StandBy for LiFE training and community education program.

The National StandBy Service regularly contributes nationally and internationally to the field of postvention through sharing practice, research and evaluation outcomes. United Synergies is committed to further building the knowledge and evidence base in the areas of suicide prevention, postvention and overall health and well-being. In 2011 the service undertook a ground breaking economic evaluation which found that the program is a cost-effective model for providing support. The service has potential cost savings to society of approximately \$800 per person per year, through increased productivity and lower health service usage.



'Our Future' – Artist Jandamarra Cadd

"We are like the tree standing in the middle of the bushfire sweeping through the timber. The leaves are scorched and the tough bark is scarred and burnt, but inside the tree sap is still flowing and under the ground the roots are still strong. Like that tree we have endured the flames and we still have the power to be re-born."

Miriam-Rose Ungenmerr



National StandBy Contact Details:

12-14 Ernest Street, Tewantin Qld 4565
PO Box 365, Tewantin Qld 4565

Phone (07) 5442 4277 Fax (07) 5442 4846

Email standbynational@unitedsynergies.com.au

www.unitedsynergies.com.au

StandBy's Vision

Community respect, understanding and support for the health and well-being of people bereaved by suicide