

THIRRILI NEWSLETTER

September, 2021



THIRRILI



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NATIONAL INDIGENOUS POSTVENTION SERVICE CALL **1800 805 801**
24 HOURS PER DAY, 7 DAYS A WEEK



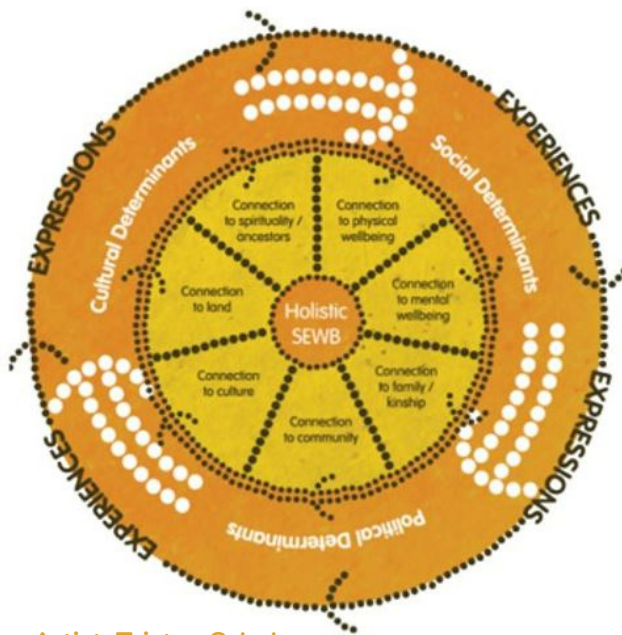
Message from CEO, Jacqueline McGowan-Jones

Thirrili has now signed our new Contract with the [National Indigenous Australians Agency](#), on behalf of the Australian Government, to deliver the Indigenous Suicide Postvention Service (Australia-wide) until June 2024. We are now recruiting for a broad range of positions across all jurisdictions to build and grow our team of dedicated, committed Aboriginal and Torres Strait Islander staff. It is timely to thank all of our staff for their continued commitment over the past 16 months since I joined the organisation.

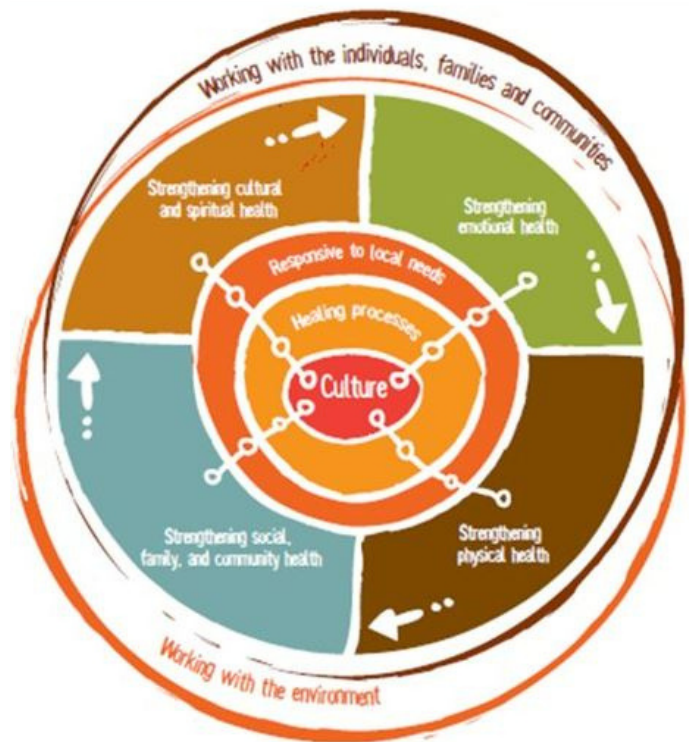


National Indigenous Australians Agency

Our focus over the coming months is engaging with other service providers, Governments (at all levels), and our communities so that we can build strong partnerships that will support our individuals, families and communities in their time of grief and loss. Thirrili provides case coordination and support and refers our Clients a range of services to support their needs, while also acting on their behalf to engage with the service system. We work in trauma informed ways and our Model of Care is based on the Social and Emotional Wellbeing Framework (Gee et al.2014) – which has 7 overlapping domains: body; mind and emotions; family and kin; community; culture; country; spirituality and ancestors. This Framework is intended to guide and inform Indigenous mental and wellbeing reforms in Australia. It describes the importance of social and emotional wellbeing for Indigenous Australians and support and strong and positive Indigenous Australian identity, while acknowledge that history, politics and society all affect our social and emotional wellbeing.



Artist: Tristan Schulz



We look forward to sharing our progress with you over the next three years,

Until next time
Jacqueline



Partnership to Support Communities

We are also excited that our National Partner, the [National Wellbeing Alliance](#), has been awarded a new three-year contract from the [National Indigenous Australians Agency](#) to deliver Aboriginal Mental Health First Aid training and community capacity building activities to Aboriginal and/or Torres Strait Islander communities – congratulations to this amazing Indigenous led and controlled organisation. We will now collaborate to work in communities, supporting them to develop their plans and approaches to reduce suicides. We encourage all communities to contact us if you would like our support – our role is to help you to help improve the social, cultural and emotional wellbeing of individuals, families and the broader community.



Annual General Meeting

Next meeting to be held in November

Our Annual General Meeting is scheduled for November – our new Organisational Members will be able to nominate for positions as Elected Directors on our Board and this is an exciting phase for our transition to Aboriginal Community Controlled status. If your Organisation would be interested in Membership, please contact Adelle Morgan via email to adelle.m@thirrili.com.au

Become an Organisational Member of Thirrili

Thirrili welcomes applications for membership from Aboriginal Community Controlled Health Services and Organisations (ACCOs and ACCHS)

Thirrili was established in 2017, as a not-for-profit organisation focused on contributing to the broader social, cultural and emotional wellbeing of Aboriginal and Torres Strait Islander people through the delivery of a culturally safe and responsive service supporting individuals and families affected by a suicide, or other traumatic incident causing death.

Our Vision is for all Aboriginal and Torres Strait Islander families and communities to have healed from trauma and choosing to live their lives in acknowledgement of our deep ancestral connections, drawing upon cultural ways of knowing, being and doing and supporting our people to thrive and flourish in this and future generations.

Thirrili also builds on the capacity of local communities and service providers to care for, and respond to, the impacts of suicides and other fatal incidents in their community, by strengthening individual, family and community resilience and social wellbeing whilst contributing to and addressing the needs of Aboriginal and Torres Strait Islander families and communities.

We do not want to duplicate the amazing work already being undertaken by our ACCOs and ACCHS, rather we want to collaborate to build a holistic service approach that builds a structure and framework of supports. We want to partner with our Aboriginal Community Controlled organisations, to support each other in the critical work we do. We want our communities to have a voice in the delivery of our services.

If your organisation would like to become a Member of Thirrili, please send an email to please contact Adelle Morgan via email to adelle.m@thirrili.com.au and she will send you additional information and a membership form.

Remember: join now to come to our Annual General Meeting (and maybe nominate for our Board!)

"the voice of the community is a key component of ensuring we are working with the community and walking the path towards healing together"





Join our team

Thirili has been successful in gaining an additional three years funding from the NIAA to deliver the National Indigenous Suicide Postvention Service. Our teams are based in key locations across all jurisdictions and provide case coordination and support to Aboriginal and Torres Strait Islander individuals, families and communities to help restore their resilience and capacity following a loss to suicide and/or other fatal traumatic incidents.

We have a range of opportunities for people to join our team – your experience in working with families and communities will be invaluable in our Postvention Advocate roles; and your leadership, experience and qualifications in health disciplines will be a key to success as our Regional Coordinator (WA/SA and also NSW/VIC) or Practice Manager. We also have roles for other key organisational functions including Finance; People & Culture; Marketing and Communications.

See the links below for more information.

- [Practice Manager](#)
- [Regional Coordinator's \(2 positions\)](#)
- [Indigenous Suicide Postvention Advocates](#)
- [Community Development Workers \(2 positions\)](#)
- [People & Culture Coordinator](#)
- [Finance Coordinator](#)
- [Marketing & Communications Coordinator](#)

Applications Close 23rd October 2021



**National Indigenous Postvention Service Call 1800 805 801
24 hours per day, 7 days a week**



News Stories

R U OK? Day, Cherbourg

On the Thursday 9th of September, Tegan Scheffe, Thirrili Regional Implementation Manager attended the Cherbourg community annual R U OK? Day march.

The march is an awareness event held every year where the community come together and march through the streets of Cherbourg to raise awareness for suicide. The Cherbourg community has been left devastated by recent losses to suicide and over the years. Tegan met with the Cherbourg Suicide Prevention Action Network and discussed our National Indigenous Suicide Postvention Service.

Their network supports grieving families who are struggling with their loss as first responders in the community. Each year the march includes schools, families, service providers and Elders. Tegan witnessed at the end of the march families who have lost loved ones to suicide share their stories and photos of their loved ones, while they also call for help to deal with the suicide crisis.

**It is a reminder to us of all that it is important to ask your family, friends and co-workers R U OK?
By starting this conversation, you can help someone who's doing it tough just by asking R U OK?**



Holistic Well-being Forum

Greg Cusack (National Indigenous Postvention Advocate) and Joan Washington (Thirrili's NT Standby Coordinator) both attended the Holistic Well-Being Forum in the Northern Territory in September.

Keynote Speaker Greg spoke about his work at Thirrili and how the service supports Aboriginal and Torres Strait Islander individuals, families, and communities around Australia who have experienced a loss of a loved to suicide. Greg said that "it was great to see a lot of younger people from the NT in the room all working in different organisations, emphasising the importance of supporting youth, families & communities in the NT.

This forum was facilitated by Mayala-Bol is a small business based in Darwin. Mayala-Bol is focused on holistic wellbeing and wellness they create, facilitate, and navigate holistic wellbeing workshops in a culturally safe spaces and resources.

Did you know: The Name Mayála-Bol comes from the Ndjébbana and Burarra languages of Maningrida, West Arnhemland

To find out more about their Community and Business and Organisation workshops and resources head to <https://www.mayalabol.com/workshops>

Upcoming events <https://www.mayalabol.com/upcoming-workshops>



Come Walk With Me NT – Community Event NT

On 11 September Greg Cusack, National Indigenous Postvention Advocate and Joan Washington, Thirrili's NT Standby Coordinator attended the annual "Come Walk with Me" event in Palmerston, NT. Families and friends come together to support and walk in memory, and sharing images of those lost to suicide, reminding us that these are not just statistics but human beings across the lifespan who were loved and continue to be missed by those left behind.

The event was founded and coordinated by Vanessa Lowe, in memory of her son who she lost to suicide at age of 16. The event commenced in 2015 and aims to build awareness about suicide prevention.



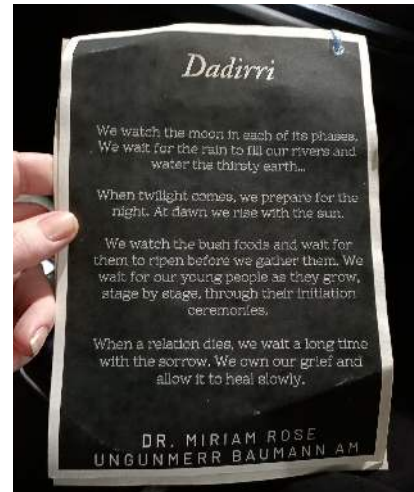


Flowing Waters, Healing Lights – Community Event NT

On 9 September Joan Washington, Thirrili's Standby Coordinator for the Northern Territory, had the privilege of participating in an event in her hometown of Katherine.

The event was called Flowing Waters, Healing Lights a community event held on 9th September and focused on healing after loss of loved ones who passed away from suicide and other tragic events. It began with a walk-through healing smoke, and included a talk by Dr Miriam Rose who spoke about Dadirri – Deep Listening. Joan then participated in activities including making lanterns made from local natural materials that they could set into the river in memory of someone lost to suicide.

Joan mentions *"It was certainly an experience for me who arrived tired and exhausted and left feeling rejuvenated"*





Our Services

Your call will be always answered by an Aboriginal and/or Torres Strait Islander Advocate

We support Aboriginal and/or Torres Strait Islander individuals, families and communities to deal with grief and trauma experienced as a result of:

- Suicide; and/or
- other fatal traumatic incidents

**National Indigenous Suicide Postvention Service can be contacted
24 hours a day, 7 days a week on 1800 805 801**

Your call will be always answered by an Aboriginal and/or Torres Strait Islander Advocate

Other Services?

If you, or someone you know, may be at risk of harm you can also contact any of the services listed below for help

- [Lifeline](#) 13 11 14
- [Suicide Call Back Service](#) 1300 659 467 (cost of a local call)
- [Kids Helpline](#) 1800 55 1800
- [MensLine Australia](#) 1300 78 99 78
- [Beyond Blue](#) 1300 22 4636
- [Standby NT](#) 0418 575 680 OR (08) 8944 6666 (free of charge support)
- SA Virtual Mental Health Response 1800 841 313 (SA only)





Statistics – Suicide Data Update

It is sad to see that the new Australian Bureau of Statistics report on the leading causes of death, for 2020, shows there is still a significant disparity for Aboriginal and Torres Strait Islander peoples. While suicide is overall the 15th leading cause of death in Australia, it is the fifth leading cause of death for Indigenous males, and 10th for females. This may in fact be higher, but the data does not include Indigenous specific information for Victoria, Tasmania or the Australian Capital Territory. While the rate of suicide decreased nationally, it is devastating to see that the number of Aboriginal and Torres Strait Islander people who died by suicide increased in 2020. In 2020, 454 young people aged 15-24 died by suicide representing 21.2 deaths per 100,000 people. Sadly, suicide is the leading cause of death for those aged 15-44. More information can be found [here](#) on the Australian Bureau of Statistics website.

The following tables shows a total of 97 Aboriginal and Torres Strait Islander completed suicides have been reported to Thirrili from 1 January to 30 September 2021, by jurisdiction, age and gender

Jurisdiction	NSW	Vic	Qld	SA	WA	Tas	NT	ACT	Other	Total
Completed Suicide	18	10	19	10	26	0	14	0	0	97

Age	Under 18	18-24	25-34	35+	Not known at this stage	Total
Completed Suicide	12	24	29	19	13	97

Gender	Male	Female	Not known at this stage	Total
Completed Suicide	62	32	3	97

The following tables shows a total of 28 Aboriginal and Torres Strait Islander Trauma involving a death have been reported to Thirrili from 1 January to 30 September 2021, by jurisdiction, age and gender

Jurisdiction	NSW	Vic	Qld	SA	WA	Tas	NT	ACT	Other	Total
Other Trauma involving a Death	4	0	6	4	7	0	7	0	0	28

Age	Under 18	18-24	25-34	35+	Not known at this stage	Total
Other Trauma involving a Death	6	4	6	5	7	28

Gender	Male	Female	Not known at this stage	Total
Other Trauma involving a Death	15	9	4	28

Thirrili recognises that each number reported above represents an individual and wishes to acknowledge the devastating effects suicide and self-harm can have on people, their families, friends, and communities.