

VOLUME 3 ISSUE 4

THIRRILI NEWSLETTER

April 2022



THIRRILI



IN THIS ISSUE

- Message from CEO
- Come work with us
- Upcoming visits
- News stories
- National Reconciliation Week
- Free workshops in Alice Springs
- Our Service
- Who to contact - Other Services?
- Register of Cultural Healers
- Statistics – Suicide Data Update

INDIGENOUS SUICIDE POSTVENTION SERVICE

CALL 1800 805 801

24 HOURS, 7 DAYS A WEEK



MESSAGE FROM CHIEF EXECUTIVE OFFICER, ANNETTE VICKERY



We've been out and about in community for most of this year, a welcome relief after the restrictions of COVID-19. Our practice is to do Rapid Antigen Tests before travelling, to ensure we don't carry any risk of transmission of COVID-19 into the communities we work with. We are in a good rhythm of setting up our plans to visit communities and then ensure we follow up on commitments we have made.

Our focus in case coordination is to ensure that individuals and families are aware of the supports available in their local service sector, things they may never have had to know about before, like how Centrelink supports bereavement, or what an emergency relief payment is. We are conscious that we sit with individuals and families in the aftermath of a suicide, and hold space for them, to support them as they adjust to this new world without that person, to yarn about what they need, identify which services provider can help them, and to navigate the service system to access those supports.

Case management is intensive, and one client can actually be their whole family or network, so effectively a dozen or more people we are supporting. The value of the process is that individuals and families don't need to try and figure out what to do and where to go at a time when they are already trying to manage so much.

Our focus in capacity building is on supporting, and not leading or controlling our engagement, we are content to wait and continue to yarn on an individual and group level until the community indicates they want to start formally planning postvention protocols. It takes as long as it takes, because each community is sovereign and has a right to self-determination. We are the enabler, supporter and advocates who work with community to support them to achieve their goals. That is very satisfying work.

When we are working with the mob, we ask, what is it that they feel is missing? What do they see as safety in their community? How can they bring all mobs together to support each other? How does one action or activity translate to another, and then another, to ensure no more suicides occur?

We often hear from communities that their collective trauma and the devastating loss of community members is a result of the impacts of colonisation, of day to day life drawing people away from their culture, rather than supporting them to stay immersed in it. People yearn for a return to Aboriginal community values, where people supported each other, and resources were shared freely and fairly. Our mutual challenge is how we can continue those cherished, cultural practices in this money driven, individualistically based environment we find ourselves in. As Aboriginal community members we must continuously affirm that we are committed to our love for our country, connection to our culture, care for our people and ourselves. We must make this a daily, cultural affirmation. That is a healing practice all of its own, and well worth doing.

COME WORK WITH US

We are always looking for advocates to join our Thirrili family. If you want to work and can provide crisis support and build programs and initiatives to prevent future suicide. Please call 0474 313 662 or email jobs@thirrili.com.au





NEWS STORIES

Aboriginal leaders unite to offer young people hope in community rocked by youth suicide

In January, Thirrili responded to the urgent crisis in the Shepparton where the community was experiencing deep grief, an overwhelming sense of loss – of culture, of community. In a recent article by the ABC Shepparton highlighted that Indigenous youth suicide in the Greater Shepparton area is becoming an area of high concern, with some of the highest Indigenous suicide rates in regional Victoria, according to a 2018-2021 Coroners Court of Victoria report.

Head to <https://ab.co/3vIXL97> to read more.

13 Yarn - First national crisis support line for mob

[13 Yarn](#) is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. Call 13 92 76.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

For more info about 13YARN please go to our website: www.13yarn.org.au



Shepparton Community healing day

In February Thirrili and StandBy organised a pop-up centre in response to the increased suicide in Shepparton and surrounding regions. The pop-up was funding by Victorian Government Department of Health in which Standby had some the funds to help support the pop-up. As part of this planning the community asked if we could create an activity/event that in Shepparton that is healing and a feel good event that would give them options & information for community members to know what services offer and how to contact them.

On 20th February the pop-up event “Yarning on the green” came alive at the Victoria Park Lake in Shepparton, all members from the Shepparton community and surrounding areas were invited. Thirrili along with StandBy and Wellways were there to answer any questions the community had there was live music performed by [Nathan Lamont](#) a 28 year old Singer/Songwriter/Entertainer/ Wiradjuri Man, along with free BBQ & Ice cream was also provided on the day.



Stephen Smith- Regional Coordinator NSW, ACT, VIC & TAS and Zac Nix - NSW Advocate

LIKE & FOLLOW US



The day was a great success with around 300 local community members attending the event and engaging with the workers and talking about addressing underlying issues within their community and seeking more information on the services that can support.



Victoria Park Lake

NATIONAL RECONCILIATION WEEK 2022 THEME “BE BRAVE. MAKE CHANGE.”

NRW means to us

This year we have some messages from our staff what does Reconciliation mean to you and what does this year theme me to them. This will be upload to our [Facebook page](#) during NRW if you wish to share them.

What does this year's theme mean to you?



Gail DeHoff - Indigenous Suicide Prevention Advocate - WA

"Be Brave, Make Change" must be about action – daily, weekly, monthly, and annually. It means individuals and organisations must be prepared to take action to stand and walk side by side with First Nations people, to make change to undo the disparity confronting Aboriginal people in every path of life. There must be a genuine commitment to ensuring First Nations people are prioritised and self-determination advocated. Mainstream organisations must be inclusive and non-discriminatory to ensure a chair at the table to take our place on an equal footing in decision making to guarantee Aboriginal voices are heard.



What does reconciliation mean to you?



Gail DeHoff - Indigenous Suicide Prevention Advocate - WA

Reconciliation is about mainstream Australia's resolution to work in partnership with First Nation's people towards empowerment and equality to nullify the pain and anguish caused by past atrocities committed upon First Nation's people of Australia.

Reconciliation must be endorsed and accepted by all parties, without an imbalance of power or authority.



What does this year's theme mean to you?



Annette Vickery - CEO

Actions of mainstream organisations need to be more than words on a page or the occasional celebration of special dates, but an ongoing, daily commitment to ensuring First Nations voices are prioritised and self-determination is delivered. Mainstream organisations need to hold space for Aboriginal voices to take our place in decision making.



What does reconciliation mean to you?



Annette Vickery - CEO

Reconciliation is mainstream Australia moving towards Aboriginal Australia with intent and purpose to respect and accept Aboriginal communities sovereignty as the First Nations Peoples of this country.



Everyone is invited this NRW!

The [National Reconciliation Week 2022](#) theme “Be Brave. Make Change.” is a challenge to all Australians to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.

National Reconciliation Week—27 May to 3 June—is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Reconciliation WA has created a [2022 NRW How-To Guide](#) and [Digital Kit](#) are your one stop shops for National Reconciliation Week planning.

Check out the **How-To Guide** for a rundown of all the events taking place this year, with some helpful suggestions for getting involved – no matter where you live or work. The **Digital Kit** includes a range of resources to refer to, from educational resources and cultural engagement guides, to printable and social media templates. The Digital Kit will continue to build as we near National Reconciliation Week, so keep checking back!

[Find out more about National Reconciliation Week](#) #NRW2022 #BeBraveMakeChange

Hundreds of NRW events are held each year. Events listing for NRW 2022 are now open on the Reconciliation Australia [Events page](#)

BE BRAVE. MAKE CHANGE.

NATIONAL RECONCILIATION WEEK 2022

Delivering the Indigenous Suicide Postvention Service
Call 1800 805 801, 24 hours, 7 days a week

LIKE & FOLLOW US



FREE WORKSHOPS

Mental Health Association of Central Australia is offering free to local organisations and businesses in Mental Health Association Central Australia (MHACA) – Alice Springs.

**Observe
Respond
Support**

A free 1 hour workshop on responding to people in crisis or contemplating suicide.

For more information call MHACA 0455135903 or email healthpromotion@mhaca.org.au



Mental Health in the Workplace



A free 45 minute workshop to support a mentally healthy workplace

For more information call MHACA 0455135903 or email healthpromotion@mhaca.org.au



MHACA provides a free 1 hour suicide prevention workshop for businesses and organisations in Mparntwe – Alice Springs. Learn how to support someone who is suicidal or in crisis. For more information email healthpromotion@mhaca.org.au

A free one hour suicide prevention skills workshop for local organisations and community groups. This workshop can be delivered in person or via ZOOM.

Call 89504600 or email info@mhaca.org.au if you would like more information or to book a workshop.

Suicide Prevention Forum

9am-3pm 1 & 2 June 2022
Red Mulga Event Centre Alice Springs Desert Park

For more information call MHACA 0455135903 or email healthpromotion@mhaca.org.au



Save the date! MHACA is facilitating a Suicide Prevention Forum in Mparntwe (Alice Springs) 1-2 June 2022.

For more information or to register your interest email healthpromotion@mhaca.org.au

Delivering the Indigenous Suicide Postvention Service
Call 1800 805 801, 24 hours, 7 days a week



OUR SERVICES

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

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

- The suicide of an immediate family member; and/or
- The death of an immediate family member because of a fatal traumatic incident other than suicide

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

Proudly supported by the National Indigenous Australians Agency

WHO TO CONTACT - 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:

- [StandBy Support After Suicide](#) 1300 727 247
- [13YARN](#) 13 92 76
- [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
- SA Virtual Mental Health Response 1800 841 313 (SA only)

CALLING CULTURAL & TRADITIONAL HEALERS

Join our register now!

Here at Thirrili, we work with Aboriginal and Torres Strait Islander individuals, families and communities to support their cultural, social and emotional wellbeing following a loss to suicide or other fatal traumatic incidents. As part of our work, many of our clients request support and access to cultural and traditional healing. As a national service, that means we need to know who is available in what locations to support our people.

If you, or your organisation or business, provides cultural and/or traditional healing (you might even be a Narrative Therapist) – either to be delivered individually, or to a community, and you would like to be on our Register Of Healers, please send the following information to communications@thirrili.com.au

1. Name (individual and organisation)
2. Region where you work or provide supports
3. Do you offer group healing or individual or both?
4. ABN number (if no ABN, please advise)
5. Your hourly rates (exclusive of GST)
6. Types of Services you provide

Proudly supported by the National Indigenous Australians Agency



Delivering the Indigenous Suicide Postvention Service

Call 1800 805 801, 24 hours, 7 days a week



STATISTICS – SUICIDE DATA UPDATE

Thirrili recognises that each number reported below represents an individual and wishes to acknowledge the devastating effects suicide and self-harm can have on people, their families, friends, and communities. This data is notification received to our service and consent given by families

The following tables shows a total of 38 Aboriginal and Torres Strait Islander completed suicides have been reported to Thirrili from 1 January to 30 April 2022, by jurisdiction, age and gender.

Jurisdiction	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Unknown	Total
Completed Suicide	5	4	13	1	10	0	5	0	0	38

Age	Under 18	18 - 24	25 - 34	35+	Not known at this stage	Total
Completed Suicide	4	7	8	8	11	38

Gender	Male	Female	Not known at this stage	Total
Completed Suicide	26	10	2	38

The following tables shows a total of 13 Aboriginal and Torres Strait Islander fatal incidents have been reported to Thirrili from 1 January to 30 April 2022, by jurisdiction, age and gender.

Jurisdiction	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Unknown	Total
Other Trauma involving a Death	1	1	1	1	5	0	4	0	0	13

Age	Under 18	18 - 24	25 - 34	35+	Not known at this stage	Total
Other Trauma involving a Death	2	4	2	1	4	13

Gender	Male	Female	Not known at this stage	Total
Other Trauma involving a Death	8	5	0	13