

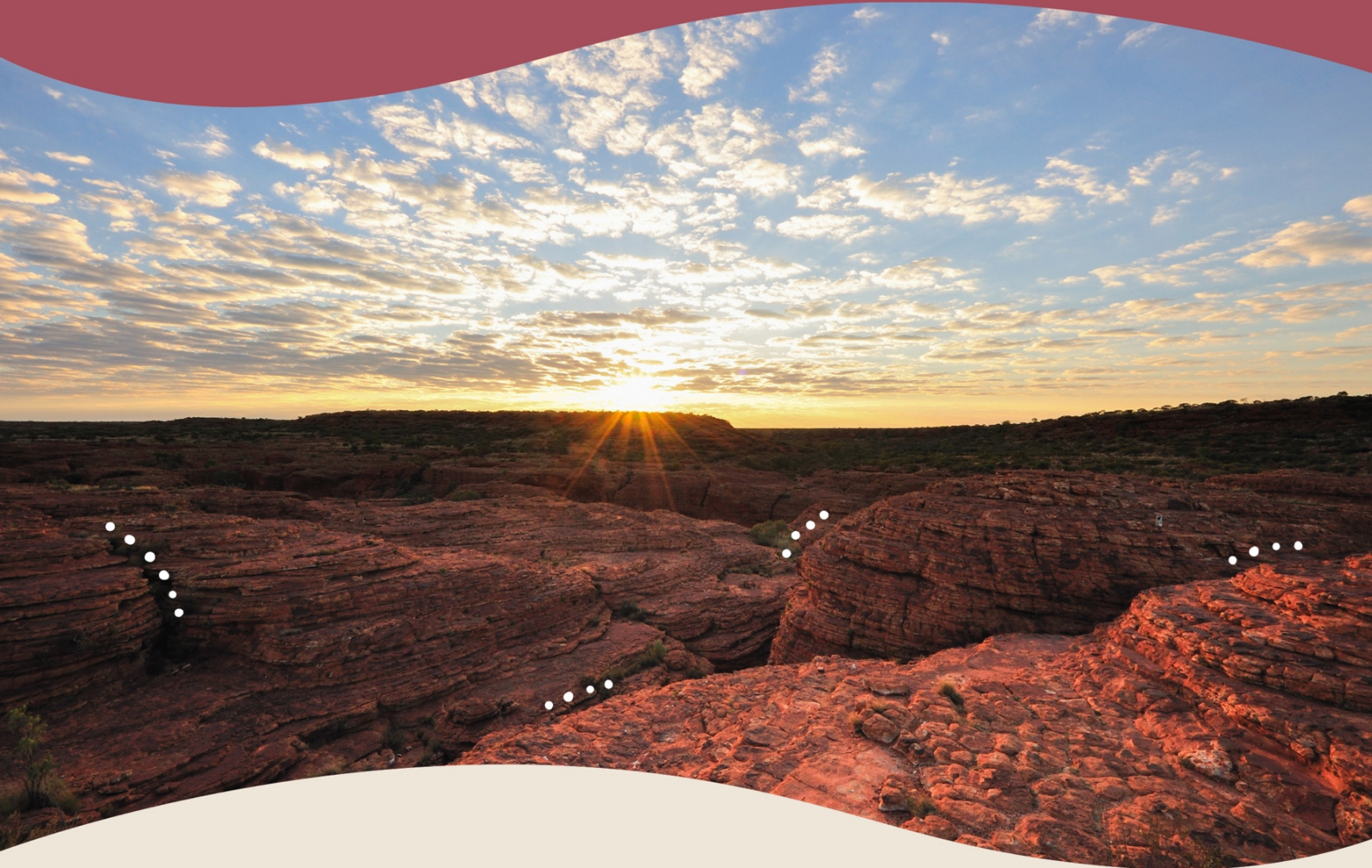


THIRRILI

2021 Volume 2 Issue 8

August 2021

NEWSLETTER



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National Indigenous Postvention Service

Call 1800 805 801

24 hours per day, 7 days a week

From the desk of our CEO



NEW FUNDING ANNOUNCED FOR NATIONAL INDIGENOUS SUICIDE POSTVENTION SERVICE

Thirrili Limited has been awarded the Indigenous Suicide Postvention Service tender, ensuring the continuation and expansion of the culturally responsive and supportive services it has been delivering nationally since 2017.

Minister for Indigenous Australians, the Hon. Ken Wyatt AM, MP has announced the 3-year funding commitment from the Morrison Government via the National Indigenous Australians Agency (NIAA). Thirrili Ltd will continue to deliver critical practical and social supports to Aboriginal and Torres Strait Islander peoples impacted by suicide and other fatal traumatic incidents.

Since I joined Thirrili in June 2020, we have been exceptionally busy undertaking a comprehensive governance review, including updating all of our policies and procedures. This has enabled us to focus on key areas for development and this forms part of our commitment to continuous quality improvement in all areas of the organisation

The year has not been easy: we had a number of short-term funding extensions which did impact our ability to attract and retain quality staff.

We are now commencing a national recruitment campaign to fill a significant number of vacancies across the organisation, and I am looking forward to enhancing our capacity for supporting individuals, families and communities impacted by a loss to suicide or other fatal traumatic incident.

We continue to focus on building a team of skilled professionals in all areas of the organisation, with a focus on continued quality service delivery and building our profile across and within the Aboriginal and Torres Strait Islander communities, so they are aware of our services. We value the cultural knowledge of our team members, and in many cases, our team members also have lived experience of suicide. Their commitment to supporting others is endless. Thank you to everyone in our service delivery team.

We are pleased to advise that we will also continue to deliver *Standby Support After Suicide* in the Northern Territory to end June 2022. Our Standby Coordinator is a crucial member of the Thirrili team, and we work collaboratively across both the *National Indigenous Postvention Service* and the *Standby Support After Suicide* services to support those bereaved by suicide.

We have also been advised by the South Australian Government of an extension of funding to end June 2022 to support Aboriginal and Torres Strait Islander people impacted by the COVID-19 pandemic. We have commenced recruitment for an additional role for this work and thank the SA Government, and the non-government sector, for their collaboration in this crucial work.

A handwritten signature in black ink, appearing to read 'Jacqueline McGowan-Jones', written in a cursive style.

Jacqueline McGowan-Jones
September 2021



Positions Available Australia-wide

THIRRILI

AFTER SUICIDE SUPPORT 24/7 CALL 1800 805 801



APPLY TODAY: ROLES AVAILABLE IN NSW, VIC, SA, NT, QLD AND WA
Calling out to Aboriginal (and/or Torres Strait Islander) Health Practitioners/Workers, Indigenous psychologists and counsellors, social workers: Come help Thirrili to help our families and communities

Thirrili Ltd (Thirrili) delivers the National Indigenous Postvention Service across Australia and has taken a national leadership role in the provision of suicide postvention support and assistance to Aboriginal and Torres Strait Islander individuals, families and communities. Thirrili employs a dedicated team of professionals to provide support across all states and territories in Australia.

We provide flexible working arrangements and extensive salary packaging opportunities for all employees. We support our Aboriginal & Torres Strait Islander staff with Cultural and Ceremonial Leave, as well as annual leave and personal leave.

We have a range of opportunities available across our organisation and across Australia. Positions include Practice Manager, Regional Manager, Suicide Postvention Advocate, Finance Coordinator, Marketing & Communications Coordinator – and more. Advocate positions are available right now in Queensland, New South Wales, the Northern Territory, South Australia and Western Australia.

Thirrili is made up of a strong team of qualified and experienced Aboriginal and Torres Strait Islander people (83% of our team) and non-Indigenous staff with qualifications in relevant disciplines including Social Work, Mental Health, Counselling, Leadership and Management. All our Board Directors are Aboriginal and/or Torres Strait Islander.

 To find out more, email Christine Clarke at christine.c@thirrili.com.au.



Become an Organisational Member of Thirrili Ltd: Ensure our Community Voice is heard

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 adelle.m@thirrili.com.au and she will send you additional information and a membership form.

REMEMBER: THE VOICE OF THE COMMUNITY IS A KEY COMPONENT OF ENSURING WE ARE WORKING WITH THE COMMUNITY AND WALKING THE PATH TOWARDS HEALING TOGETHER





R U OK? 9 September 2021

ASK YOUR MOB, YOUR WAY, R U OK?

This year the message is: are they *really* ok? Ask them today

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U OK? [here.](#)

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.

We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life's ups and downs. If you feel like something's not quite the same with someone you know, trust that gut instinct and take the time to ask them "Are you OK?"

The FREE Stronger Together community resources are

[available here.](#)



Can you imagine a world without suicide?

Friday 10 September is World Suicide Prevention Day, which focuses on raising awareness of suicide in our communities and identifying where and how we can work together collaboratively towards a world without suicide.

At Thirrili, we join other groups and organisations in continuing to shine a light on suicide prevention and creating hope through action.

Practical ideas to help prevent suicide

- **Start a conversation:** A conversation could change a life, and chances are, someone you know might be struggling.
- **Mind your language:** Using language that stigmatises, sensationalises, blames, or belittles people who are experiencing crises, mental ill-health or suicidal thoughts is harmful. Avoid labels and negative language. Together, our words and actions can reduce stigma.
- **Normalise help seeking:** Everyone has the right to safe and supportive care. Normalising conversations about suicide prevention and mental health is a start. We should also practice our own positive help seeking, and encourage others to link in with supports when they need it.
- **Learn and be informed by lived experience:** Individuals who have experienced suicidal thoughts, survived a suicide attempt, cared for loved ones through crisis, or been bereaved through suicide, can provide powerful insights and opportunities to inform, influence, and enhance suicide prevention activities.



CALLING CULTURAL AND 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 admin@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



Suicides reported to us

The following tables show a total of 91 Aboriginal and/or Torres Strait Islander completed suicides, reported to Thirrili, from 1 January to 31 August 2021, by jurisdiction, age and gender. It should be noted that not all Aboriginal and/or Torres Strait Islander suicides are reported to Thirrili.

Jurisdiction	NSW	Vic	Qld	SA	WA	Tas	NT	ACT	Other	Total
Completed suicide	17	11	17	7	26	0	13	0	0	91

Age	Under 18	18-24	25-34	35+	Not known at this stage	Total
Completed suicides	12	22	28	17	12	91

Gender	Male	Female	Not known at this stage	Total
Completed suicides	59	28	4	91

The following tables shows a total of 29 Aboriginal and Torres Strait Islander Other Trauma involving a Death have been reported to Thirrili from 1 January to 31 August 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	8	0	0	29

Age	Under 18	18-24	25-34	35+	Not known at this stage	Total
Other Trauma involving a Death	6	5	5	6	7	29

Gender	Male	Female	Not known at this stage	Total
Other Trauma Involving a Death	15	8	6	29



**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**

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 event other than suicide

Who to contact - Other Services?

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.

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





Want to subscribe to our Newsletter mailing list?

Please contact Adelle Morgan on
adelle.m@thirrili.com.au

