

MESSAGE FROM THE ED METRO NORTH MENTAL HEALTH

Metro North Health

Dr Kathryn Turner



Dear Staff,

World Suicide Prevention Day, 10 September 2023

“Creating hope through action” is the call to action for World Suicide Day, 10 September 2023. Suicide is a global health problem with an average 65,000 attempts per year in Australia. By joining together, we can start conversations, encourage understanding and change the narrative around suicide through the promotion of compassion, awareness and lived experience.



(International Association for Suicide Prevention, IASP, 2023)

The MNMH ASPIRES team is working hard to reduce stigma, raise awareness of preventative measures and empower individuals with confidence. Through actions, no matter how big or how seemingly small, we can all make a difference to someone in distress. On Monday 11 September, the ASPIRES team joined with community partners from [Footprints](#), [Safe Space](#), [The Way Back Support Service](#) and [Stride](#) to host MNMH World Suicide Prevention Day events at RBWH, TPCH and Caboolture.

Thank you to the ASPIRES team and all staff for the work you are doing to respond to those in suicidal crisis.





ents (TPCH left and CAB right)

nt that encourages connection through
 ersion in 2023. 'Here to Hear' invites us all to
 may be struggling with the challenges of life,
 y support if appropriate and regularly conduct
 esources to support you with these conversations:



1. Ask



2. Listen



**3. Encourage
action**



4. Check in

The conversations that R U Ok? Day create can offer some light for colleagues, friends or family walking through the difficulties and complexities of the everyday. I encourage you all to have a conversation with those around you who might have subtly changed over the last few months, to check with them - R U Ok?

Best wishes

Kathryn