

May 12th, 2021

Dear Corryong and Upper Murray Parents, Families, and Community Members

Re: Responding to Suicide of Young People in our Community

As you may know our communities have been profoundly saddened by a number of suicide deaths. Our heartfelt thoughts and sympathy extend to the bereaved families and friends.

Losing someone to suicide is difficult and complex for any family or community.

We are writing this letter to convey a number of important messages across our town and broader community:

- Services and agencies in Corryong and the Upper Murray have and are committed to promoting and improving the wellbeing and safety of young people, adults, and communities, and continue to do this critical work.
- To this end, an Upper Murray Postvention (Interventions after suicide event) Plan has been drafted by local and regional services to coordinate an effective response; reduce future risks; and strengthen local postvention and prevention systems. The draft plan is open for community feedback and available at www.corryonghealth.org.au
- A Local Response Group has been activated since Monday 3rd May 2021 to support those directly affected and coordinate immediate responses.
- The recent impact has been profound for the entire region and has affected multiple schools, thousands of families and young people, places of work, and community groups
- Every layer of government, Local, State, and Commonwealth are aware of the impact in our area and we are supporting Victorian and National agencies to work in partnership with our local agencies and suicide prevention groups
- All stakeholders are being activated including community services, education sectors, police, health, bereavement services, hospitals, local council, and other critical agencies
- Please know that every agency and sector is working behind the scenes to monitor risk, reduce risk, promote help seeking, connect people to services, and communicate helpful information.
- Key local & regional providers will be offering opportunities to talk, get training, and improve awareness across the community
- Key local & regional providers will also look to address the accessibility and priority of referrals to services for individuals, children, family, and young people.
- It is important that we all work together as parents/carers, families, and friends, and services to play a pivotal role in building resilience, promoting help seeking, and connecting with each other.
- **Dr Rob Gordon Clinical Psychologist** and expert in recovering from traumatic incidents will be in Corryong on Wednesday 19th May 2021 and Thursday 20th May 2021 to talk to parents; teachers and the broader community in separate sessions. **Community members are invited 7:00pm Wednesday 19th May 2021 in the Corryong Youth Club Hall, corner Donaldson St & Strzelecki Way, Corryong.** Dinner will be provided.

This intensive approach will continue to enhance access to strategies and ongoing supports locally.

If you are worried about someone in your family or community please contact your GP or one of the services below. Self-referrals are accepted:

LOCAL SERVICES & SUPPORT NUMBERS

- Mental Health Triage Number 1300 104 211
- Mental Health Rural Outreach Service 03 5722 2677
- Corryong Health – (02) 6076 3200 www.corryonghealth.org.au

NATIONAL 24/7 CRISIS SUPPORT NUMBERS

- Lifeline: 13 11 14 or lifeline.org.au
- Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
- beyondblue: 1300 224 636 or beyondblue.org.au

ADDITIONAL SPECIFIC SUPPORT SERVICES

- Headspace online support and counselling for young people aged 12 – 2: 1800 650 890 (9am – 1am daily). headspace.org.au/eheadspace
- Kids Helpline: 1800 55 1800 or kidshelpline.com.au
- Mensline: 24/7 Counselling Service for Men 1300 78 99 78
- 1800 Respect: 24/7 support for people impacted by sexual assault, domestic violence or abuse: 1800 737 732/ 1800respect.org.au
- QLife: LGBTI peer support and referral 1800 184 527 (6pm – 10pm daily) qlife.org.au

If someone's safety is an immediate concern please go to the Emergency Department of your nearest hospital or call 000

Yours sincerely,

The Upper Murray Suicide Postvention Network

- Albury Wodonga Health
- Corryong Health
- Towong Shire Council
- Corryong Ministers Association (including all religious denominations)
- Headspace Albury Wodonga
- Standby Murray Region
- Victoria Police
- Ambulance Victoria
- Corryong College
- Sacred Heart Primary School, Corryong
- Snowy Hydro
- Victorian Department of Environment, Land, Water and Planning
- Corryong Neighbourhood Centre
- Bushfire Recovery Victoria
- Murray PHN

Endorsed by:



Hon. Dr Helen Haines
Member for Indi



Hon. Bill Tilley
Member for Benambra



Cr David Wortmann
Mayor Towong Shire Council