

### Maryborough's community action plan for mental health

In a demonstration of their commitment to creating a powerful community support system, the Maryborough Suicide Prevention Network will launch their 2020 action plan for mental health on Thursday, 23 January.

From 10am in the Federation Room at the Brolga Theatre, the MSPN will outline a suite of activities to promote better mental health in the community and assist professionals to best support people going through a tough time.

Federal Member for Wide Bay, Llew O'Brien, said Maryborough's community action plan contains a comprehensive range of approaches custom made for the district.

"As a government and as a community, we need to do all we can to boost mental health outcomes," Mr O'Brien said.

"The focus on our region is needed as there is a lot of work to be done to help people with mental illness.

"This action plan will help people gain skills to identify those who might be at risk, and will inform the community about where they can go for help, and how they can be supported."

The community action plan is part of a dedicated initiative funded by the Central Queensland, Wide Bay, Sunshine Coast PHN to help reduce and prevent suicide in the Fraser Coast community.

Richmond Fellowship Queensland Area Manager, Tim Byrne, who is also the locally appointed coordinator for the National Suicide Prevention Trial site in Maryborough said activities ranged from a series of three-hour workshop developed specifically for farmers, to training for health professionals.

"Our community action plan is all about empowering and supporting people in the community by building more resilience and increased safety," Mr Byrne said.

"That includes training for supporting front line staff like general practitioners, pharmacists, school teachers and counsellors, as well as for the general public - the baker and the butcher.

"We're hoping to engage everyday people who may be interested in how best to support others who may be going through a difficult time, with some events for members of the public to become trainers themselves."

Mr O'Brien said the Liberal and Nationals Government contributed \$500,000 to the PHN to deliver suicide prevention programs, building on the work that started in 2017 with a \$4 million commitment to the Maryborough, Gympie and North Burnett National Suicide Prevention Trial sites.

"Improving local mental health services is a priority for our community," Mr O'Brien said.

"We can all look forward to the roll out of the Maryborough community action plan, and to Maryborough's new *headspace* service which will open this year."

The National Suicide Prevention Trial is a four-year pilot program with the trial in the Wide Bay region placing a special focus on men, and Aboriginal and Torres Strait Islander people.

#### EVENT DETAILS:

DATE: Thursday 23 January 2020

TIME: 10:30am - Midday

LOCATION: Federation Room, Brolga Theatre, 5 Walker Street Maryborough

## **MEDIA RELEASE**

21 January 2019



An Australian Government Initiative

### **UPCOMING EVENTS**

#### **Farmers Health-Navigating Tough Times**

Mon 3rd Feb 4.45pm - 8.30pm

Fri 7<sup>th</sup> Feb 10.45am – 2.30pm

#### **Black Dog Institute-Advanced Training in Suicide Prevention**

Sat 8<sup>th</sup> Feb 9am – 5pm Hervey Bay

Sat 9<sup>th</sup> May 9am – 5pm Maryborough

#### **Pharmacy Guild-Conversations for Life**

Tues 25<sup>th</sup> Feb 4pm – 8.30pm Maryborough Carriers Arms Hotel

#### **Studio 242 presenting on Cognitive Behaviour Therapy for suicide prevention**

13<sup>th</sup> Feb 10am – 12 pm

#### **Train the trainer in suicide prevention skills**

February dates to be announced

\*\*\*\*\* ENDS \*\*\*\*\*

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