



WWW.GRAPEVINEGROUP.ORG.AU  
facebook.com/grapevinegroup

Help promote suicide prevention in the Mackay region by becoming a

# safeTALK Ambassador

Receive your own safeTALK Ambassador jpeg post to share on social media and let your friends know you are trained in suicide prevention.

Your support will encourage people to undergo FREE safeTALK suicide prevention training.

## It's really simple!

- 1 Complete safeTALK training
- 2 Go to our website  
www.grapevinegroup.org.au/safetalk-ambassador
- 3 Read through the conditions
- 4 Enter your details
- 5 Choose a pre-written quote of what you gained from safeTALK or write your own
- 6 Upload a picture of yourself (Note: Photo must include upper body)
- 7 Submit and we will email you back a jpeg that you can upload to your social media. You will receive a badge and certificate in the mail.

### SAFETALK AMBASSADOR



"I felt confident I could help my kids if ever the need arose. I recommend that everyone does safeTALK."

- Jane Citizen, Mackay Easts Netball Assoc

Register now for FREE suicide prevention training at grapevinegroup.org.au

Mates helping mates

Sign up for SafeTALK

Proudly supporting Lifeline

Mackay Sugar Run for MI Life

### SAFETALK AMBASSADOR



"I was never sure how to talk about suicide. Now I know. I did safeTALK for my mates."

- John Citizen, Mackay Dragons Soccer Club

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LET'S MAKE MACKAY THE MOST SUICIDE-SAFE REGION IN AUSTRALIA

www.grapevinegroup.org.au





[WWW.GRAPEVINEGROUP.ORG.AU](http://WWW.GRAPEVINEGROUP.ORG.AU)

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## About Grapevine Group

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The Grapevine Group Assoc Inc is a locally-founded community group which delivers suicide prevention training and awareness in the Mackay region. To date, our organisation has proudly trained over 4,000 people in our community.

Suicide is still considered a taboo subject and surrounded by stigma and shame which often prevents people from seeking assistance or discussing the issue. It is very hard for media to report on suicide, leaving many people to hear of a tragedy along the 'gossip grapevine'. This means they're not hearing about the resources available to them. By funding the public through free safeTALK suicide prevention training, Grapevine Group is working to change that.

To raise awareness Grapevine also promotes the list of local suicide prevention resources online and on printed Help-a-mate cards which assists the Mackay region to find help. You can find the list at [www.grapevinegroup.org.au](http://www.grapevinegroup.org.au) or you can visit a Help-a-mate Hub near you to collect your Help-a-mate cards.

Grapevine Group has operated since 2004, and is a registered charity. The group is operated by volunteers from within our local community and relies on community support for its fundraising which is put back into suicide prevention programs and initiatives in our region. If you would like to donate, volunteer, or learn more about prevention training contact [secretary@grapevinegroup.org.au](mailto:secretary@grapevinegroup.org.au)

At present Mackay has a higher than average suicide rate but, with your support, we believe we can become the most suicide-safe region in Australia.

### SUICIDE FACTS:

Just how big is the issue of suicide in Australia?

- Suicide is the leading cause of death for both adult males and females aged 15 - 44 years.
- Every day about 8 Australians die by suicide and an attempt is made every 7 minutes. For every death by suicide, it is estimated that as many as 30 people attempt to end their lives. The estimate of suicide attempts each year is approximately 78,000.
- The 2017 Australian Bureau of Statistics (ABS) reports 3,128 people died from suicide, which is a 9.1% increase over the previous year.
- More than 3 out of every 4 deaths from suicide are men.
- Each year there are more deaths from suicide than there are road accidents.
- Suicide costs our nation over \$17 billion every year.
- Regional and rural areas are at greater risk.
- The rate of Aboriginal and Torres Strait Islander suicide remains twice as high as the general population.
- Studies recognise the LGBTIQ community is at higher risk of suicidal behaviours.
- The Mackay region has a high rate of suicide.

Identifying suicide warning signs and finding appropriate assistance has been proven to save lives!

**Let's make Mackay the most suicide-safe region in Australia**

Find out more about free safeTALK training or offer to help, email [secretary@grapevinegroup.org.au](mailto:secretary@grapevinegroup.org.au)



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