



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 other 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 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 a jpeg that can be uploaded to your social media. You will receive a badge and certificate in the mail.

DO YOU NEED A GREAT PHOTO?

In Mackay township and want a free professional portrait for your post?

CONTACT

Loren Jon Photographer 0438 130 962
 lorenjonphotographer@gmail.com

SAFETALK AMBASSADOR



"Somehow we have all been touched by suicide. But safeTALK is one way we can all make a difference."

Belinda Puckridge
 Account Manager at Bunzl and
 Run for MI Life Committee Member
 MACKAY

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

Mates helping mates

Proudly supporting
 Lifeline



SAFETALK AMBASSADOR



"safeTALK has given me the confidence to talk about suicide. I'm so grateful I have these skills."

Gavan Porter,
 Charles Porter & Sons Pty Ltd
 MACKAY

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

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About Grapevine Group

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 5,000 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 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

At present, Mackay has a high rate of suicide 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?

- 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 over 65,000.
- More attempts are made by females but more than 3 out of every 4 deaths from suicide are male.
- The 2018 Australian Bureau of Statistics (ABS) reports 3,046 people died from suicide.
- Nationally in 2018, the deaths from suicide were over twice the number of deaths on our roads.
- Using the 'Years of Potential Life Lost' (YPLL) measure, the potential years of life lost for all Australians dying by suicide in 2018 was estimated to be a total of 105,580 years.
- 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!

Help make Mackay the most suicide-safe region in Australia
Find out more about free training or offer to help, email secretary@grapevinegroup.org.au



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