



# Rethinking

MENTAL HEALTH

6.0

A Whole of Health Approach

## Jewish Suicide Prevention Strategy Claire Vernon



#RTMH

# Rethinking Mental Health Forum

7<sup>th</sup> November 2019

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# What is JewishCare?

- A community based not for profit focused on supporting the Jewish community in NSW
- Responding to contemporary issues and assisting in times of crisis and for longer term
- 280 staff and 500 volunteers supporting people across aged care, disability, mental health and child and family services
- Mental Health and Wellbeing team of seven staff was community funded and provided casework and social activities
- Since NDIS it has expanded to assist individuals with funding



# Jewish Suicide Prevention Strategy 2018-2020

- The coming together of over 20 organisations with the aim to raise awareness, educate and empower members of the community.
  - Guided by the Black Dog Institute's LifeSpan Framework – which is a whole community approach to suicide prevention.
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- FREE Mental Health First Aid and suicide prevention training
  - facilitate community events and presentations,
  - grow a network to champion the message of suicide prevention and awareness,
  - strengthen partnerships
  - create an integrated and co-ordinated response to suicide through culturally appropriate resources and programs.



Jewish Care  
You are in good hands



# Jewish suicidepreventionstrategy



*Whoever saves a single life, saves the world entire (Talmud)*

## The 5 Overarching Objectives

### Objective 1:

Improve community strength, resilience and capacity in suicide prevention via education and training

### Objective 2:

Raise Community Awareness through targeted suicide prevention activities

### Objective 3:

Develop and improve access to resources and information

### Objective 4:

Build a strong community network and develop a wider partnership approach

### Objective 5:

Take a co-ordinated approach to suicide prevention, crisis care & assertive aftercare

## A Jewish Specific Strategy

### • What sets us apart

- Development of a culturally specific resource discussing how suicide has been viewed traditionally and how this has changed over time
- Crisis card with Jewish and general services
- Capacity building for the community
- Jewish High Schools involved on the committee
- Australian Jewish News a strong supporter – will be promoting JSPS events and articles relating to suicide
- Training all Jewish media on how to write responsibly about Suicide and mental ill-health in the media
- A number of Rabbis involved on the committee including Rabbinical Council representative
- Presenting to Jewish organisations about the JSPS.
- Funded by the Jewish Community



# JSPS Achievements

