

10-09-2014

## Reaching out to beat the black dog



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*Suicide is the leading cause of death for men under the age of 44 yrs in Australia*  
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AS the rural community reels at the tragic news of an apparent family murder-suicide on a Riverina farm, Suicide Prevention Australia is encouraging everyone to “reach out and connect” on [World Suicide Prevention Day \(WSPD\)](#) today.

The international theme of WSPD in 2014 is ‘Suicide Prevention: One World Connected.’ The theme reflects the fact that connections are important at several levels if we are to combat suicide – at an individual level, cross support services, and across countries.

The organisation has produced a short video on the theme:



[http://www.youtube.com/watch?v=QD\\_HK\\_bYPQ0&feature=player\\_embedded](http://www.youtube.com/watch?v=QD_HK_bYPQ0&feature=player_embedded)



# AWGA - News Update

Activities are planned around the country to promote increased awareness about the problem of suicide and the many ways in which we can all work to reduce suicide rates and the incidence of suicidal behaviours.

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## Quick facts about suicide in Australia

- *Suicide is the leading cause of death for men under the age of 44 yrs*
  - *Suicide is the leading cause of death for women under the age of 34 yrs*
  - *The population death rates are around 10/100,000 people every year*
  - *Annual number of deaths by suicide has changed little over the last two decades remaining plateaued at around 2,300 each year*
  - *65,000 plan or attempt to take their life each year*
  - *400,000 people think about taking their life each year*
  - *The Global Burden of Disease Report cited 36 million years of healthy life were lost as a result of suicide in 2010*
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WSPD also marks the release by the World Health Organisation (WHO) of the World Suicide Report (WSR). The report follows the adoption of the Comprehensive Mental Health Action Plan 2013-2020 by the World Health Assembly, which commits all 194 member states to reducing their suicide rates by 10 per cent by 2020.

You can [join a free online forum](#) on Wednesday from 11am-12pm AEST as a panel of experts discuss Australia's response to the WHO World Suicide Report.

Panellists include:

- News and current affairs journalist Mike Munro
- Indigenous leader Dr Tom Calma AO
- Professor Helen Christensen, Executive Director, Black Dog Institute and chair of the NHMRC Centre for Research Excellence in Suicide Prevention.
- John Brogden, chairman, Lifeline Australia
- Dr Michael Dudley, Psychiatrist and Suicide Prevention Australia Board director
- Associate Professor Jane Burns, CEO Young and Well Co-operative Research Centre
- Graeme Cowan, motivational speaker and Lived Experience representative

Whether you work in the health sector, or are an interested member of the community, all are welcome to join in the forum and will be given the opportunity to submit questions to the panel.

**If you are in an emergency or life is in danger call 000 immediately. Support is available for anyone who may be distressed by calling Suicide Call Back Service 1300 659 467, Lifeline 131 114, Mensline 1300 789 978, Kids Helpline 1800 551 800.**