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CHAPTER 8: CONCLUSIONS AND NEXT STEPS

Within a 12-month period, the project team at ~~QUT~~ conducted an evidence, policy and resource scan, consulted with service providers and those with lived experience of suicide attempt(s), drafted and reviewed two resource booklets and piloted them with ethics approval in four sites across two states and territories.

Without question, it is crucial to provide all possible support and information to individuals and their family and friends following a suicide attempt. The key challenge is ensuring that the support and information provided is useful and responsive to peoples' needs at the time. The consultations conducted with people who had lived experience of suicide attempt(s) indicated that many had experienced poor responses when seeking assistance and there was a strong and universal view among people with lived experience that suicide is highly stigmatised and that an effective suicide prevention strategy would be to change community attitudes about suicide. Information resources can play a role in this.

Based on the evaluative data collected, the indications are that *The way back* information resources are meeting some of the information needs of individuals, family members and friends following a suicide attempt. The resources were largely well received with positive feedback and no major issues arose during the pilot or as identified through stakeholder feedback. Feedback did however suggest that there was some room for improvement, particularly with regard to language style and overall length of the resources.

The project itself has been undertaken within the context of limited academic research into the efficacy of written information resources generally or formal evaluations of resources currently being distributed in the sector. Similarly, the findings from the pilot suggest that a number of workplace barriers affect the degree to which information resource distribution will be distributed or used in different organisational settings and workplaces. These contextual issues help inform what should be the next steps for these resources and more generally what may be useful for the suicide prevention sector to further explore.

The thorough and reflective approach taken to the development of these resources mean a range of conclusions can be drawn from the findings and the experiences of the project team and provide a solid foundation for moving forward.

