



**THE HEALTHY
COMMUNITIES
FOUNDATION
AUSTRALIA**

What do we do for the NRRSPP?

CRISIS SUPPORT PROGRAM

The program provides people support to manage their everyday life after or during a personal crisis that is impacting on their usual mental health and daily functioning, they do not need a diagnosed mental health condition, they can just be feeling overwhelmed and need extra support.

MENTAL HEALTH AND WELLBEING PROGRAM

This program is designed to help those living in rural communities' access to supportive mental health care to manage their mental health condition. A mental health and wellness nurse will work with the person to create a plan based around their goals. This program works in collaboration with GPs, psychologists and other supportive networks to achieve the persons goals.

COMMUNITY CAPACITY BUILDING

Our community capacity building program helps empower communities to identify ways that they can actively work in the suicide prevention space. We will assist by funding Mental Health First Aid trainings (MHFA) and Applied Suicide Intervention Skills Training (ASIST) for communities at request. We will also work with communities to facilitate the development of Suicide Prevention Community Action Plans (SPCAP).

COMMUNITY EDUCATION

We have partnered with the National Rugby League (NRL) to provide fully funded education for school children from year 3 - year 12 through their State of Mind program. This education also includes providing 'community scrums' that will be open to ALL members of the community and provide tips and tricks for people to manage their wellbeing.

HEALTH PROFESSIONAL TRAINING

We have partnered with Black Dog Institute (BDI) to provide fully funded training in Advanced Training in Suicide Prevention (ATSP). This education is designed to upskill health professionals in each community to be able to provide quality suicide intervention and care to their community.

For more information about any of our programs please call our team on 02 4062 8907 or email us at suicideprevention@thcfa.org.au