



Suicide Prevention & Harm Reduction Resources for Seniors in Queensland (SPHRR)

Funded by the Queensland Mental Health Commission (QMHC)

From Development to Dissemination

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SPHRR - Project Overview & Suite

Project Aim

To develop and disseminate trauma-informed, targeted and age specific health literacy resources for seniors across Queensland (and indirectly staff who work with them).

These resources are to increase awareness about available supports and services related to:

- suicide prevention and mental wellbeing
- alcohol and other drug harm
- gambling harm

Collaboration & Engagement

Development of these resources has included input from around 8 organisations working in the areas of harm or with specific population groups.

During our engagement phase we held 7 focus groups with 40 older Queenslanders for feedback on draft resources and content.

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Informed.

Provide information to increase awareness of the different subject areas and ageing. Also includes self check-ins, steps to reduce harm and links to crisis and non-crisis support options.

"Safety starts with awareness
- informed choices protect our wellbeing."



Connected.

Explanation that connection, purpose and belonging are important protective factors for our wellbeing as we age. Including links to supports to assist in building those factors.

"Connection is protection - Belonging, purpose, and activity
support your wellbeing."



Supported.

Reduce the barriers to help-seeking by providing information on available supports, demystifying pathways and including practical tools to assist in starting those conversations.

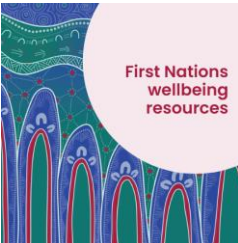
"Reaching out for support is an act of strength.
You deserve to feel supported."



SUBJECT AREAS



COMMUNITY SPECIFIC RESOURCES



Informed. Connected. Supported.
Council on the Ageing Queensland
Wellbeing Resources

Finding Hope Again

A Suicide Prevention Factsheet
Signs to notice, steps to stay safe, and where to get support

Why this matters.
Suicide is a serious issue for people aged over 65. Feeling hopeless, experiencing low mood and thoughts of suicide are not just another part of ageing. Help is available. Many people in this situation are facing more than one challenge. These could include:

- Illness or chronic pain
- Grief or loss
- Loneliness or isolation
- Money or housing worries
- Retirement or other major life changes
- Loss of independence.^{1,2}

Coping with any one of these is hard. It can feel especially tough if you're used to managing on your own. You're not failing. You deserve support. With the right help, these feelings can change, and you can feel hopeful again.

A quick check-in.
Have you recently:

- ☐ Felt hopeless or trapped?
- ☐ Felt different or not yourself?
- ☐ Been spending less time with others or withdrawn from people?
- ☐ Stopped doing things that you usually enjoy?
- ☐ Had ongoing trouble sleeping or eating?
- ☐ Thought that life feels meaningless or empty?

If any of these feel familiar, reach out to someone you trust or a support service.
This could be a family member, friend, GP, health professional, peer or support service or helpline. You are in control of who you talk to.

If you are thinking about suicide, have harmed yourself, or feel you may not be able to stay safe – get urgent help now.

- Call 000
- Go to the nearest emergency department
- Call Lifeline on 13 11 14

Support to improve connection
Seniors Enquiry Line
1300 135 500
Mon-Fri 9am-5pm
Free information and referral service for Queensland seniors.

Online community directories
Groups in your community
tinyurl.com/grassie-community
Ending loneliness directory
endingloneliness.com.au/search/

Council on the Ageing Queensland
For the full range of resources, go to cotaqld.org.au or scan the QR code.

If you are in crisis
call Lifeline 24/7 - 13 11 14
In an emergency call 000

Learn & recognise in self and others.
Encourage action.

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Wellbeing Resources

Connection and Purpose

As You Age
Staying connected, involved and doing what matters to you

Staying connected
Being connected means feeling close to the people, places, and things that matter to you. Even small moments of connection can help you feel valued, supported and understood.^{1,2}

Community

- say hi to a neighbour
- visit the library
- take a class
- join a local group
- volunteer

Friends

- text or call
- catch up for coffee
- make a regular time to visit

Family

- call to say hello
- share a meal
- share family stories or traditions
- ask for assistance

Spirituality

- If you are religious attend watch or listen to a service
- join a faith group
- explore meditation or yoga

Culture

- go to an event
- share traditions
- share your knowledge with others

People far away

- write an email
- call or video chat regularly

Choose the ways of connecting that feel right for you.

Support to improve connection
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call Lifeline 24/7 - 13 11 14
In an emergency call 000

Understanding what can contribute, prevent and help.
Encourage action.

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Mental Wellbeing Supports

Phone, face-to-face and community support options

I AM IN CRISIS AND NEED HELP RIGHT NOW
Emergency Services 000
Call if you are concerned for your safety, have harmed yourself, or cannot stay safe.

Lifeline Helpline 13 11 14
24/7 Phone-based crisis support.
www.lifeline.org.au
13 YARN 13 92 76

Suicide Call Back Service
1300 689 467
24/7 free service. Phone and online counselling for people affected by suicide.
www.suicidecallbackservice.org.au

1300 MH CALL
1300 642 255
A 24/7 service that will link you to public mental health services.

I need help and would like face-to-face support
Reach out to people who care about you

- Friends or family
- Neighbours
- Colleagues

Or your existing health care team

- Your GP
- Psychologist/mental health worker
- Specialist or other health professionals
- In home care provider

Go to a walk-in clinic
Medicare Mental Health Centre
8:30am to 5pm Mon - Fri
Free walk-in support. No referral required.
Call 1800 595 232 to locate your closest centre

Mental Health Crisis Support Spaces
Free, walk-in short-term support from peer workers and clinicians. Call 1300 642 255 to find your closest space.

I need help and would like confidential phone support from trained supporters
Beyond Blue Support Service
1300 224 636
24/7 Counselling and support for anxiety, depression and emotional distress. www.beyondblue.org.au

Lifeline Helpline 13 11 14
13 YARN 13 92 76
24/7 free and confidential crisis support for Aboriginal and Torres Strait Islander Peoples.

Understand different supports that are available.
Encourage action.

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Multicultural Wellbeing Resources

Looking After Your Wellbeing

What can affect your wellbeing, and steps to strengthen it

What is wellbeing?
Wellbeing is how you think, feel, and act every day. It affects how you make decisions, cope with life, and connect with others. Wellbeing, or emotional wellbeing, goes up and down. Everyone feels sad or worried sometimes. Some days just feel easier than others.¹ These feelings are common.

Why this matters for you

- Life will bring change**
Getting older comes with much change.
- Moving to a new country brings change**
Missing family, friends or culture
Language barriers
Learning new systems and services
Family relationships can change
Differences in culture and customs

Everyone's experience is different. These things can be very hard. You are never alone. Support is always available.

A quick check in

Have you recently:

- ☐ Had trouble sleeping?
- ☐ Been eating much more or less?
- ☐ Not enjoying things as much?
- ☐ Been feeling worried most days?
- ☐ Been feeling low or not like yourself?
- ☐ Felt easily overwhelmed?
- ☐ Found it hard to focus?
- ☐ Felt lonely more often?

If you answered yes to two or more these, talking to someone you trust is an important next step. Especially if these feelings have been ongoing.

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Multicultural Wellbeing Resources

Life Changes and Your Wellbeing

What you can do
Reaching out, connecting with others, and talking about what you are feeling is a great first step to getting support. Everyone needs support sometimes. Asking for help is a sign of strength.

Who can help?

- Friends and neighbours
- Family
- Community and Faith Leaders
- In home care or support worker
- Your GP
- Other health professionals - if your physical health is affecting how you feel.

If you aren't sure who to talk to, there are helplines to talk to.

Where else to get support?

Help is available anytime
Lifeline
13 11 14 24/7
Crisis Support for anyone in Australia who is feeling overwhelmed, distressed, or experiencing a crisis.

Multicultural Connect Line
1300 079 020
Mon-Fri 9am-4:30pm
Free support and information service to help find aid, assistance and mental health services for people from multicultural backgrounds.

Seniors Enquiry Line
1300 135 500
Mon-Fri 9am-5pm
Free information and referral service for Queensland seniors. "No question is too big or too small"

Council on the Ageing Queensland
For the full range of resources, go to cotaqld.org.au or scan the QR code.

In an emergency, always call 000

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Multicultural Wellbeing Resources

Looking After Your Wellbeing

Further Information & References
This resource is a companion to: Looking After Your Wellbeing

Related 'Informed. Connected. Supported' Resources

- Talking About What You Are Feeling - Multicultural Wellbeing Supports
- Staying Connected and Having Purpose

Links to other resources

- Lived Experience Videos**
Roses in the Ocean
tinyurl.com/Roses-SPSeniors
- Standby Support After Suicide**
1300 727 247
7 days 8am - 10pm
The Standby program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life
- Translated Mental Health Resources - Embrace Multicultural Mental Health**
 - Mental Health & Wellbeing
 - What is Mental Health
 - Getting Mental Health Help
 - Depression
 - Anxietytinyurl.com/embrace-resources

Resource references

- 1 Canadian Coalition for Seniors' Mental Health (CCSMH). (2024). Anxiety in older adults. ccsmh.ca/wp-content/uploads/2024/05/CCSMH-Anxiety-Brochure-Web-English.pdf
- 2 Canadian Coalition for Seniors' Mental Health (CCSMH). (2024). Mental wellness tips. ccsmh.ca/wp-content/uploads/2024/05/10x-Mental-Wellness-Tips-Infographic-20-Feb-2024.pdf

You always have the right to ask for an interpreter when using a service.

Interpreting Service (TIS National)
131 450 24/7

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For the full range of resources, go to cotaqld.org.au or scan the QR code.

In an emergency, always call 000

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Checking In On Another Elder
Supporting each other through a yam

Strong communities look after each other.

Another Elder might be going through a tough time. You may notice they're not quite themselves before they ask for help.

Checking in could really help them.

You might notice

Someone is:

- not coming around as much
- not answering calls or messages
- not doing things they used to
- more tired, sad, angry or quiet
- drinking more alcohol or gambling more

There may be another reason – but these changes are worth checking in about.

If you are concerned for their safety, or anyone else's – get urgent help.

- Call 000
- Go to the nearest emergency department
- Call 13YARN on 13 92 76

For more support information see COTA Qld resource: Last Nations Wellbeing Supports

Why check in?

Having a yam can:

- help someone feel seen and supported
- reduce loneliness
- help them to open up
- connect them to support if they need it

Supporting other Elders helps keep your community strong for everyone.

For non-urgent support 13YARN – 13 92 76
Can provide support and advice for helping someone else.

Your local Aboriginal Medical Service or ACCHO can help you work out next steps. naccho.org.au

For resource references see: Checking In On Another Elder (Ia)

Council on the Ageing Queensland
For the full range of resources, go to cotaqld.org.au or scan the QR code.

In an emergency always call 000

Checking In On Another Elder
Informed, Connected, Supported. Council on the Ageing Queensland First Nations Wellbeing Resources

Steps for checking in

- Take time to think**
Before you have a yam you might:
 - think about what you've noticed
 - think of a good time and place**You don't need the right words. You just need to care.**
- Start gently**
Keep it casual and simple. You could:
 - invite them over for a cuppa
 - ask, "How are you going?"
 - ask about family or what has been happening lately
 - say, "I've noticed you've been a bit quiet. Want to have a yam?"
- Just listen**
Let them talk in their own time
 - don't interrupt, stay calm
 - Let them know you are listening.
- Offer support**
Don't push, judge or rush to give advice. You could:
 - ask what would help
 - offer to stay with them
 - help them connect with support together
 - "We could make a call together"
- If they are not ready**
That's okay. Support takes time. You can still:
 - give them space and let them know you will check in again
- After the yam**
You might:
 - let them know you'll give them a call to check in later
 - encourage them to stay connected
 - do something positive together
- If something doesn't feel right**
If you are concerned for their safety, or anyone else's – get urgent help.
 - Call 000
 - Go to the nearest emergency department
 - Call 13YARN on 13 92 76 for crisis support
- Looking after yourself**
Supporting someone can be hard. Remember to:
 - take breaks
 - look after your own wellbeing
 - talk with someone you trust about how you are feeling – without sharing the other person's private business.**Your wellbeing matters too.**

For resource references see: Checking In On Another Elder (Ia)

For the full range of resources, go to cotaqld.org.au or scan the QR code.

In an emergency always call 000

Artwork © Lili Jacobsen | Wattle Woman

Checking In On Another Elder
Further information & References

This resource is a companion to: Checking In On Another Elder

- Walking Together** by Lili Jacobsen | Wattle Woman, Kabi Kabi artist
Walking Together tells a story of ageing as a continuing journey shaped by connection to Country, culture and community. Flowing pathways represent life's changing stages, while surrounding forms reflect elders, family and community, reminding us that through every stage of life, we remain connected, supported and never walk alone.
- Other First Nations 'Informed, Connected, Supported' Resources**
Check out the 'Wellbeing Supports' resource below for crisis lines, culturally safe services, suicide-loss support, Stolen Generations support, peer support and other specialist services.
[First Nations Wellbeing Supports](#)
[Talking About What You Are Feeling](#)
[Looking After Your Wellbeing](#)
[Life Changes and Your Wellbeing](#)
- Links to other resources**
Wellbeing of mob & self
Looking After Ourselves and Our mob - SEWB
Southern Aboriginal Corporation
myurl.com/SEWB
Looking after mob - factsheet - ADF
myurl.com/looking-after-for-mob
- Resource references**
1 Alcohol and Drug Foundation. (2023). Looking after yourself: social and emotional wellbeing. https://cotaqld.org.au/media/documents/looking_after_yourself..._social_and_emotional_wellbeing.pdf
2 Alcohol and Drug Foundation. (2023). Looking out for Mob. https://cotaqld.org.au/media/documents/looking_out_for_mob.pdf
3 Strong Spirit Strong Mind. (2020). Social and emotional wellbeing. Mental Health Commission, Government of Western Australia. <https://www.mentalhealthcommission.gov.au/websites/1960/documents/seek.pdf>

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For the full range of resources, go to cotaqld.org.au or scan the QR code.

In an emergency always call 000

Artwork © Lili Jacobsen | Wattle Woman

GP Visit Planner
Informed, Connected, Supported. Council on the Ageing Queensland Wellbeing Resources

GP Visit Planner
A guide to preparing for your appointment and recording important information

Before my GP visit

This tool can help you prepare for your GP appointment and plan what you want to discuss.

- Fill this out beforehand and take it with you to your appointment.
- Book a longer appointment if you have more than one issue or something more complicated to discuss.

- What is most important to me for this appointment?**
Tick the appropriate check box:
☐ A new health problem
☐ An existing issue
☐ My medicines
☐ Feeling worried, sad, or stressed
☐ My memory or thinking
☐ Doing everyday things
☐ Something else.
- What details do I want to remember?**
What is happening?
When did it start?
What symptoms am I having?
- What questions do I want to ask?**
It's always ok to ask questions.

Why this matters:
This helps your GP understand what you want to focus on during your appointment.

GP Visit Planner
Informed, Connected, Supported. Council on the Ageing Queensland Wellbeing Resources

- Medicines I want to talk about**
Tick the appropriate check box:
☐ A new medicine
☐ Side effects
☐ Stopping or changing my medicine
☐ Taking multiple medicines, Vitamins, herbal, or over-the-counter medicines.
- At the appointment**
Important to know
You have the right to:
 - be treated with dignity and respect
 - ask questions
 - receive information about your health in a way you can understand
 - be involved in decisions about your care
 - have your privacy respected
 Australian Commission on Safety and Quality in Health Care. (2019). Australian Charter of Healthcare Rights (2nd ed.). <https://tinyurl.com/your-healthcare-rights>
- Notes**
You can take notes, or you could ask the GP or someone else to write down anything important you want to remember.
- Anything else you need to remember:**

Interpreter 131 450
24/7 You always have the right to ask for an interpreter when using a service.

If you feel unsafe, get urgent help now. Call 000 and ask for an ambulance.

GP Visit Planner
Informed, Connected, Supported. Council on the Ageing Queensland Wellbeing Resources

- What am I not sure about?**
It is okay not to understand everything. You could say, "Can you explain that more simply?"
- Who can help me if I have questions later?**
 - ☐ My GP or practice nurse
 - ☐ Pharmacist
 - ☐ Family member or friend
 - ☐ Health, community or support service
 - ☐ Other
 Name _____ Number _____
- Notes**
- What do I need to do next?**
Tick the appropriate check box
☐ Start or change a medicine
☐ Have a test (e.g. blood test)
☐ See another health worker
☐ Book another GP visit
☐ Make changes at home
☐ Nothing right now
☐ Other

Council on the Ageing Queensland
For the full range of resources, go to cotaqld.org.au or scan the QR code.

In an emergency, always call 000

Next steps

We are currently planning the dissemination of these resources.

- They will be available on the COTA Qld website following project completion in early to mid November.
- They will be in print ready format, grouped by topic and by population group.
- They will be available to print with the reference page or without depending on individual or service preference.
- At this stage it does look like we may have some remaining budget for an initial print run.

How could these resources work in your service?

- **During a conversation**
Give someone information relevant to what they have just raised.
- **Take-home resource**
Something to read later or discuss with family.
- **Waiting rooms & community spaces**
- **Referral and support pathways**
- **Digital sharing**
Website, newsletters, email, social media.



Contact

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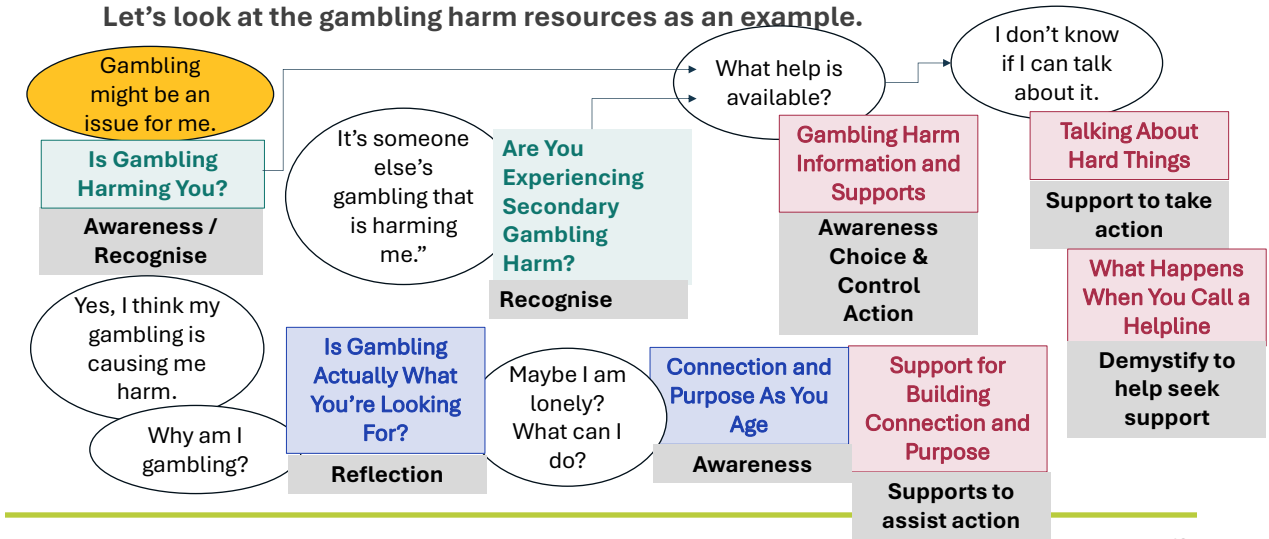
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Informed.Connected.Supported Resources

MENTAL HEALTH & SUICIDE PREVENTION		Alcohol and Drug Harm Reduction		GAMBLING HARM Reduction		Support information & Tools		** These would all exist on two pages - topic list & support		Multicultural Resources		**These could also live on the topic pages for each resource asset, Topic listed to right		First Nations	
SP-1	Finding Hope Again - A Suicide Prevention Factsheet	AOD-5	Overdose Awareness	GH-1	Is Gambling Harming You?	HS-7	Mental Wellbeing Supports	Duplicate - Mental Health	CALD-S-1	Looking After Your Wellbeing	MENTAL HEALTH & SUICIDE PREVENTION	PHC-1 Staying Strong as You Get Older	MENTAL HEALTH & SUICIDE PREVENTION		
SP-2	My Safety Plan - A Suicide Safety Planning Tool	AOD-1	Alcohol and Safety As You Age	GH-5	Are You Experiencing Secondary Gambling Harm?	HS-8	Alcohol, Medicine and Drug Information and Supports	Duplicate - AOD	CALD-S-2	Staying Safe with Money and Games of Luck	GAMBLING HARM Reduction	PHC-2 Life Changes and Your Wellbeing	MENTAL HEALTH & SUICIDE PREVENTION		
PH-1	Feeling Fat is not just a part of ageing - A Depression Factsheet	AOD-3	Cannabis and Safety As You Age	GH-2	Is Gambling Actually What You Are Looking For?	GH-6	Gambling Harm Information and Supports	Duplicate - AOD	CALD-S-3	Supporting Healthy Choices and Wellbeing	Alcohol and Drug Harm Reduction	PHS-1 Looking After Your Wellbeing	MENTAL HEALTH & SUICIDE PREVENTION		
PH-2	When worrying becomes too much - An Anxiety Factsheet	AOD-2	Taking Benzos Safely	GH-6	Gambling Harm Information and Supports	HS-4	Talking About Hard Things (Resource & Tool)	Duplicate - Mental Health	CALD-C-1	Staying Connected and Having Purpose	MENTAL HEALTH & SUICIDE PREVENTION	PHS-2 Gambling and Your Wellbeing	GAMBLING HARM Reduction		
HS-7	Mental Wellbeing Supports	AOD-4	Taking Opioids Safely			HS-3	GP Visit Planner (Tool)		CALD-C-2	Life Changes and Your Wellbeing	MENTAL HEALTH & SUICIDE PREVENTION	PHS-3 Alcohol, Drugs and Your Wellbeing	Alcohol and Drug Harm Reduction		
HS-4	Talking About Hard Things	AOD-7	Taking Multiple Medicines Safely			AOD-7C	My Medicine Record (Tool)	Duplicate - AOD	CALD-SP-1	Talking About What You Are Feeling	Support Information	PHSp-1 Talking About What You Are Feeling	Support Information		
CPF-1	Connection and Purpose As You Age	AOD-7C	My Medicine Record			SP-2	My Safety Plan (Tool)	Duplicate - Mental Health	CALD-SP-3	Multicultural Wellbeing Supports	Support Information	PHSp-2 Checking In On Yourself	Support Information		
CPF-2	Life Challenges As You Age	HS-8	Alcohol, Medicine and Drug Information and Supports			HS-1	What Happens When You Call A Helpline					PHSp-3 First Nations Wellbeing Supports	Support Information		
		HS-9	Connection and Purpose Building Supports			HS-9	Connection and Purpose Building Supports								
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What might this look like in practice?

Let's look at the gambling harm resources as an example.



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