

SUICIDE PREVENTION COMMUNITY ACTION PLAN (SPCAP)

Whitsunday, Isaac and Mackay

FRAMEWORK

- SPCAP is a group of 17 representatives who developed a regional suicide prevention plan in 2017 and now oversee its implementation
- The representatives (from all three regions) are from government, industry, not-for-profit sector and community
- Five part-time workers, based in Whitsunday, Isaac and Mackay, support the SPCAP's activities
- SPCAP is administered by selectability (a Nth Qld mental health service) on behalf of Northern Queensland Primary Health Network (NQPHN), and funded by the Australian Government Department of Health

PRIORITIES

SPCAP's priorities are to:

- Raise awareness about how we can prevent suicide, increase participation in our communities (especially by men) and reduce stigma
- Support community members and frontline workers to develop appropriate knowledge and skills so they know what to do in a crisis
- Ensure community members can find services that meet their needs, as easily as possible

ACTIVITIES

Current SPCAP activities include:

- 12 ambassadors working to encourage men to ask for help
- Providing training for people with a lived experience of suicide to safely and effectively share their story
- Working with SANE Australia on the Better Off With You campaign.
- Conducting a survey across the region of how (or if) people seek help to improve their mental wellness
- Supporting the local activities and campaigns of many other organisations and groups across the region
- Maintaining a calendar of activities and circulating the Regional Roundup, a monthly e-newsletter

GET INVOLVED

We can prevent suicide when we work together across our community. Phone Michelle or Shea at the selectability office on 4951 2077 (or click [here](#) to contact us through the SPCAP Facebook page) to:

- Get involved or find out more about SPCAP's activities
- Find out more about training options across the region
- Tell us about a potential project we can work on together
- Subscribe to the Regional Roundup e-newsletter

Click [here](#) to link with the SPCAP Facebook page to:

- Know more about what's happening in our region
- Get support for yourself, friends or family
- Find more ways to get involved in SPCAP activities

