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Background One Life Suicide Prevention Strategy is the rebranded WA Suicide Prevention Strategy focusing on what communities can do to prevent suicide. One Life has operated in the South West region of WA since June 2011.

Aims/Objectives/Purpose One Life aims to use a community development approach founded in the core values of building; resilience, strong networks and social capital, facilitated by high levels of trust, cooperation and mutual understanding to reduce suicide at a local community level.

Methods Broad consultation, inter-sectoral collaboration, local partnerships, community engagement and a community development approach informs and shapes this grass roots action.

One Life involves mapping of existing services and identification of Community Coordinators, who will then lead local communities to develop Community Action Plans (CAPs) addressing six areas:

- 1 Improving the evidence base and understanding of suicide prevention.
- 2 Building individual resilience and the capacity for self help.
- 3 Improving community strength, resilience and capacity in suicide prevention.
- 4 Taking a coordinated approach to suicide prevention.
- 5 Providing targeted suicide prevention activities.
- 6 Implementing standards and quality in suicide prevention.

Results/Outcomes Community Coordinators have worked with their Committees comprising key stakeholders to develop CAPs. This process has resulted in targeted suicide prevention training and activities to increase awareness and reduce stigma associated with mental ill-health. In turn this is building community strength and resilience, at the community level, to reduce suicide.

Significance/Contribution to the Field The presentation will focus on the grass roots achievements of this strategy at a local and regional level.