

# Information for participants

## Tasmanian Suicide Prevention Strategy Online Community Consultation Survey for Young People

You have been invited to be part of the Department of Health, Tasmania's community consultation to help us create the third Tasmanian Suicide Prevention Strategy (TSPS).

### Why do we want to hear from you?

We want to hear from you to help us come up with the new Tasmanian Suicide Prevention Strategy – this is a plan that the State Government and other places will use to help people who are struggling.

We would like to ask you about:

- Where young people go when they need support and why
- How young people get support, what works well, and what doesn't
- What is important for young people when it comes to doing something about suicide in Tasmania

### Who can do this survey?

You can do this survey if you are:

- 12-25 years old,
- A parent/carer of a young person, or
- someone who works with young people

We want to hear from anyone who is interested in helping to do something about suicide so that all young people can live their best lives in Tasmania.

It is up to you if you do this survey. You don't have to do the survey if you don't want to, and it is okay if you don't want to answer all of the questions. No one will be able to tell if you have done the survey and anything you tell us will not be linked back to you.

## What will you be asked to do?

You will be asked to fill out a survey that will take about 10-15 minutes to complete.

The survey has three open-ended questions where you can write whatever you like.

At the end of the survey we will ask you to tell us a bit about yourself with some questions about your age, your gender, and what part of Tasmania you live in. You don't have to answer these questions if you don't want to, but it will help us get an idea of who has done our survey.

You can do the survey online or print out and send your finished survey to:

Attention: Dr Ruby Grant  
Tasmanian Suicide Prevention Strategy  
Mental Health, Alcohol and Drug Directorate  
Department of Health Tasmania  
GPO Box 125, Hobart, Tasmania, 7001

## What will happen with my survey?

Anything you tell us in the survey will be kept confidential and anonymous – this means that no one will be able to tell that you did the survey.

We will deidentify all survey entries – meaning that we might change small things to make sure no one can guess who did the survey when we publish anything.

The information will be used in reports and to help us put together the new Tasmanian Suicide Prevention Policy. Most information will be summed up as a group, meaning that no one will be able to recognise your responses.

Only staff working on this project will have access to the information collected from this survey. The information will all be kept on a password protected system, following strict national privacy rules for 5 years. After that, it will all be securely deleted.

**Department of Health, Tasmania**  
Mental Health, Alcohol and Drug Directorate

**Phone:** (03) 6166 0778

**Email:** [mhadd@health.tas.gov.au](mailto:mhadd@health.tas.gov.au)

**[www.health.tas.gov.au](http://www.health.tas.gov.au)**



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## How will the survey results be used?

We will look at all the surveys and sum everything up. We will use this summary to help write up the new Tasmanian Suicide Prevention Strategy, making sure young people have a voice.

## How will you help?

If you decide to do our survey, you will be helping us come up with ways to better support people who are struggling and might be thinking about suicide.

The voice of young people in the Tasmanian community is important, and we value your time and contribution.

Thank you for your interest in guiding meaningful action to reduce the impact of suicide and suicidal distress on people living in Tasmania.

## Want to be involved?

If you want to do our survey, make sure you have read this Information Sheet first.

This sheet has important information that might help you decide if you want to do the survey.

If there is anything you aren't sure about, or you have questions, please contact the Department of Health, Tasmania on the details below.

We will be able to tell that you are happy to be involved and that we can use what you tell us by submitting the survey when you're done.

If you start the survey but don't want to do it anymore, you can just exit out and nothing you wrote will be saved. No one will mind if you decide not to do the survey at any point.

## Need to know more?

If you would like to know more or have any problems with the survey, you can contact:

Attention: George Clarke  
Tasmanian Suicide Prevention Strategy  
Mental Health, Alcohol and Drug Directorate  
Department of Health, Tasmania  
GPO Box 125, Hobart, Tasmania, 7001

[mhadd@health.tas.gov.au](mailto:mhadd@health.tas.gov.au) / 03 6166 0774

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## Need help?

Please note that this survey is not a support service.

If you are struggling and would like to talk to someone, please contact the support services or online chat services below.

## Support services

Sometimes answering questions about this topic can bring up a range of feelings. If you experience distress during or after this survey, there is 24/7 help and support available. Please call one of the following support services or online chat services:

Service	Focus	Availability	Contact
A Tasmanian Lifeline	Tasmanian phone counselling service for Tasmanians experiencing psychological distress	8am to 8pm	1800 98 44 34 <a href="http://www.lifelinetasmania.org.au/a-tasmanian-lifeline">www.lifelinetasmania.org.au/a-tasmanian-lifeline</a>
Lifeline	National phone crisis counselling service and online counselling for Australians experiencing emotional distress	24/7	13 11 14 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
StandBy Support Service	Tasmanian phone suicide postvention counselling service	24/7	1300 727 247 <a href="http://www.standbysupport.com.au">www.standbysupport.com.au</a>
Suicide Call Back Service	National phone counselling service to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues	24/7	1300 659 467 <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>

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<b>Service</b>	<b>Focus</b>	<b>Availability</b>	<b>Contact</b>
MensLine Australia	National phone support and online counselling for men	24/7	1 300 789 978 <a href="http://www.mensline.org.au">www.mensline.org.au</a>
I3YARN	National phone support for Aboriginal and Torres Strait Islander people	24/7	13 92 76 <a href="http://www.I3yarn.org.au">www.I3yarn.org.au</a>
QLife	National phone, phone and webchat service, LGBTI peer support for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings, or relationships	3pm to 12am, seven days a week	1800 184 527 <a href="https://qlife.org.au/resources/chat">https://qlife.org.au/resources/chat</a>
Open Arms – Veterans and Families Counselling	National face-to-face, phone, and online counselling services for people that have served in the Australian Defence Force and their families	24/7	1800 011 046 <a href="http://www.openarms.gov.au/get-support/counselling">www.openarms.gov.au/get-support/counselling</a>
Kids Helpline	National phone support and online counselling for young people aged 5 to 25	24/7	1800 55 1800 <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
Beyond Blue	National phone support and online chat service and links to local services	24/7	1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
headspace	National online counselling for young people aged 12 to 25	24/7	<a href="http://www.headspace.org.au">www.headspace.org.au</a>

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<b>Service</b>	<b>Focus</b>	<b>Availability</b>	<b>Contact</b>
Access Mental Health	Tasmanian phone service for mental health support and triage and referrals to public mental health services	9am to 10pm, seven days a week	1800 332 388

If life is in danger, call Triple Zero (000).

You can also talk to your Employee Assistance Provider (EAP), a counselling service, or your GP.

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