

CHRISTOPHER M COCHRANE
TRUE INDEPENDENT SOUTH AUSTRALIAN CANDIDATE
FOR THE SENATE 2010, 2013 AND 2016 "STANDING UP FOR ALL OF S.A"

Policy Suicide reduction

ONLINE POLICY 2016

A reduction in national suicide rates

While suicide is an issue broader than mental health alone, suicide prevention remains a critically important issue for the [Commission](#) [1] Governments and the community to work together on.

Any Policy that is put in place to address this issue must be raised via [COAG](#) [2] and all Stakeholders need to be able to contribute to such a plan in order for it to work with in the community's that need to address this rising community crisis that affects us all either directly or indirectly through the loss of life cause from this issue.

A National MENTAL HEALTH CARE PLAN must be agreed upon as soon as possible with a focus on a reduction in the national suicide rate by 10% by 2020 and 50% by 2026.

These targets can be compared to 2014 levels where there were 2,864 deaths due to suicide in 2014.

This equates to an average of 7.8 deaths by suicide in Australia each day. In addition, around 60,000 people attempt suicide each year.

A fact we must remember is that more people die by suicide than on our roads.

A review into mental health services by the LNP Federal Government in 2015 has led to newly established [Primary Health Networks](#) [3] claiming all mental health funding and redistributing it throughout current services as well as new services. [Early Psychosis Youth Services](#) [4] (EPYS) around the country -- established by Headspace, where McGorry is a board member -- have been notified of gradual cuts over the next two years.

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Further announcements are expected to be made in July, but the six nationwide EPYS clinics have been allocated 70 percent of their current funding for the 2016-17 financial year and 30 percent of funding the following year.

A South Australian program will also be closed in July this needs to be addressed as soon as possible as 40 Young People are currently using this service.

"We need new cultures, we need new skills, we need new spaces. We have to recognise mental health -- one of the essential parts of the health system -- is different," McGorry said.

I strongly agree with the statement above and will support if elected the following steps to make sure this important issue is addressed in the manner it should be with the urgency it requires, as any life lost is one too many in my opinion as I've personally known and understand what affects Suicide has not only on the loved ones of the person lost but also the community as a whole;

We must implement the following through COAG as soon as possible with ALL Key Stakeholders:

- Agree upon a new MENTAL HEALTH CARE PLAN that involves a clear direction with National Reforms to make sure the valuable funding is not wasted through doubled up services like education formats and information that only confuses people.
- Streamline more needs basis services to deal with personal needs not one size fits all approaches.
- More Focus on Rural Farming Communities that have been hit hard due to the issues that affect them that could and should be addressed before the need to take that final no return step even becomes a way out for those who feel like there is no other option.

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- Better support services for those who are left behind to deal with the loss of a loved one or community member to ensure others don't go down the same path and take their lives too.
- Centrelink and other service providers to have better training in how to deal with those who suffer from depression so they don't contribute to factors that may lead suffers to do harm to themselves or others.
- Reverse the Medicare Freeze so more people will seek and go for help if required to do so without extra stress placed on them.

If you need help in a crisis, call **Lifeline** on 13 11 14. For further information about depression contact **Beyond Blue** on 1300 224 636 or talk to your GP, local health professional or someone you trust.

Regards,

Christopher Mark Cochrane

[1] <http://www.mentalhealthcommission.gov.au/media-centre/news/new-resource-for-professionals-to-talk-safely-about-suicide.aspx>

[2] https://www.coag.gov.au/all_agreements_and_reports

[3] <http://www.health.gov.au/internet/main/publishing.nsf/Content/phn-maps-sa#a>

[4] <http://www.sbs.com.au/news/health/thefeed/article/2016/05/04/what-hell-going-south-australias-youth-mental-health-care-services>

Written by, researched and Authored by C.M.Cochrane from speaking to a cross section of stakeholders.

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