



Adding Capability to Save Lives

27 July 2017

Lifeline vision and mission

People have someone who will listen, to turn to when in distress

Reducing Distress and Saving lives by

- Providing trusted, effective, interactive and professional 24/7 helplines
- Collaborating with others to provide accessible and effective crisis services
- Having supervised and compassionate volunteers
- Making a positive contribution to the health and social sectors

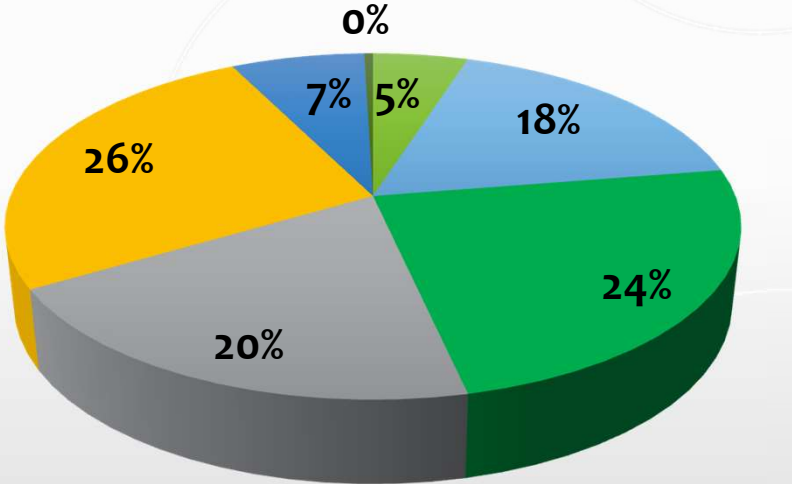
Lifeline stats - | April 2016 – 31 March 17

2,402 people expressed risk of suicide (~ 6 per day)

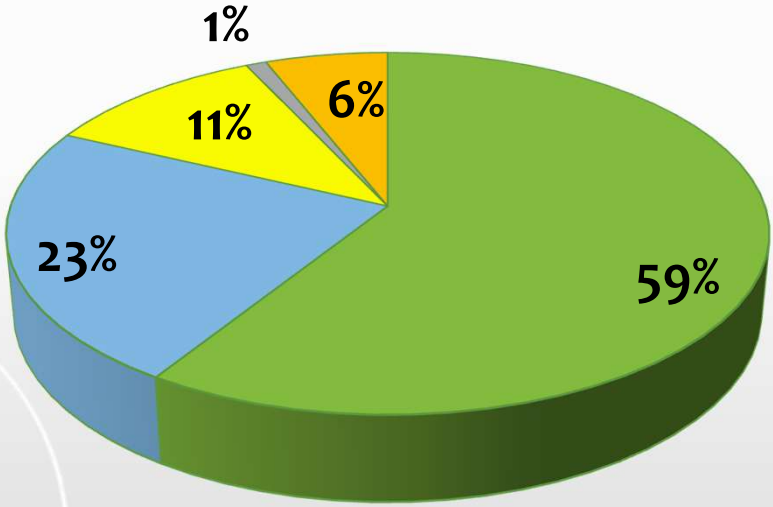
	count	%
safe plans	1794	75%
police intervention	608	25%
total suicide risk calls	2402	

Most Frequent Issues presented during risk calls	Count
Anxiety and/or depression	472
relationship difficulties	338
Mental illness (clinical diagnosis)	328
loneliness	212

80% female, 20% Male



- 11 to 15
- 16-20
- 21-30
- 31-40
- 41-59
- 60-69
- 70 +



- Pakeha
- Maori
- Asian
- Pacifika
- Other

Capability

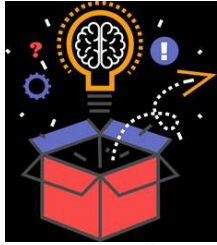
- 579 too many last year
- Suicide Intervention to follow Awareness
- History of resourcing/ equipping people in the community for 53 years to respond to distress and crisis
 - Volunteers – helplines and specialist counsellors
 - Communities
 - Organisations(last 10 years 5000 SafeTALK and 6000 ASIST)

Suicide Prevention & Intervention

- Establishing a connection – giving time
- Being available and alert – making space
 - Recognising the signs
 - Be confident to raise the issue
 - Being open to what is being said
 - Understanding risks
 - Finding strengths/ resources
 - Know how to slow down or stop the progress
- Help the person reach appropriate professional help

Personal Capacity

- Understanding own beliefs and attitudes
 - Spiritual/ religious/ cultural beliefs
 - People who are serious about suicide don't talk about it
 - People who talk about it/ self harm are attention seeking
 - If people want to kill themselves they will do so no matter what
- Being comfortable with the answers
- Keeping safe
 - Support in the moment
 - Debriefing
 - Supervision



Are you and those around you resourced to intervene and support if needed

