

# Fight For Your Life (FFYL)

## BACKGROUND

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South West Victoria has the highest percentage of registered mental health clients in the state (24.7% in 2013 compared to the Victorian average of 13.8%). In 2015, a study revealed that the rate of suicide across South West Victoria had doubled between 2009-2014. In 2013, a multi-agency partnership was developed to address increased demand for crisis support, suicide prevention and postvention services.

Initially, partners focused their efforts on coordinating postvention responses to support; families, schools, work-places, and sporting clubs following a suicide. Member agencies would come together at short notice following a suicide and deliver an integrated response.

## PARTNERS

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- South West PCP
- South West Healthcare
- Brophy Child and Family Services
- Victoria Police
- Ambulance Victoria
- Western Victoria Primary Health Network
- Wellways
- Deakin Rural Health
- Headspace

## METHOD

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In 2013, the Fight For Your Life (FFYL) network was established and set a vision of halving the rates of suicide by 2023. The partners adopted the Life Span approach, which included strategies such as:

- Partners delivering over 800 training sessions to community to; recognise, respond and refer people at risk.
- Completion of a whole of community attitudes study towards suicide.
- Developing a call back response service, to follow up and support people who attempted suicide.
- Developing a whole-of-community postvention plan via three community forums, linking a large range of community donations and support services to families post a suicide.
- Developing a lived experience support group.

South West PCP's role was to provide; partnership brokerage and backbone support, resources to deliver community forums, and a data repository for partnership documents. SW PCP also mapped mental health support services across Victoria's south west, which triggered an extensive review of suicide prevention and postvention support services by Western Victoria PHN.

## OUTCOMES

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- Suicide rates in the South West Victoria have reduced from 16 per 100,000 to 12 per 100,000 since 2013.
- All three LGA's now have social and emotional wellbeing as a priority health issue in their Municipal Public Health and Wellbeing plans.
- Government have funded a Suicide Prevention Trial, bringing an additional \$250,000 per year to focus on suicide prevention for South West Victoria.
- *A Hope Trial* funded by government will enable people who have attempted suicide to be supported sustainably into the future.

[Click here for further information](#)