

Alliance Against Depression

An integrated, community-based approach to tackling depression



Maya Cherian, Alliance Against Depression Trainer



Our Vision

Equitable health outcomes for all Western Australians.

Our Mission

To lead an effective and responsive patient centred primary healthcare system.

Our Purpose

To be a leader in the system that delivers equitable health outcomes for Western Australians.



Early 2017: Initial relationship

- Aboriginal and Torres Strait Islander Mental Health program and Youth Specific engagement
- Community consultation

Mid 2017: National Suicide Prevention Trial Sites (SPTS) announced

- Perth South announced as SPTS which includes Mandurah, Rockingham, Kwinana, Pinjarra and Waroona.
- Specifically focusing on young people.
- To find the most effective approaches to suicide prevention for at-risk populations.



2018: SPTS implementation activities begin

- Informed by the European Alliance Against Depression four – pillar Framework
- Guided by the Peel and Rockingham Kwinana Community Response Steering Group (PaRK CRSG)



Integration is key.

Shire of Murray – Completing the Circle

- Public Health – 2019 Local Government Awards (winner)
- 2019 WAAMH Award – Innovation for Change (finalist)
- 2019 WAMH Award – Diversity (finalist)



Mooditj Wirrin Back to Country Camp



Amazing Race Pinjarra



Community Hub



Drug and alcohol video



Bindjareb Boodja Massacre Commemoration

Shire of Waroona - Baldja Program

- Cultural Camps
- Youth Mental Health First Aid
- Clontarf Workshops and Mentorships
- Monthly Engagement Activities



World Suicide Prevention Day



Waroona Youth
Leadership
Development



zero2hero
Sports Camp



Waroona AAD
Community Meeting



Camp Hero

2019: AAD as a sustainable solution

- Ongoing commitment to community around mental health, community wellbeing and healing.
- AAD is not about bringing in new but a structured way of organising and improving what you are already doing
- LGA's are the connectors



Community Readiness

Globally, over 100 regional network partners are using the **European Alliance Against Depression**

Before you get started here are 4 things to think consider:

1. Work out who your community is or where your place is.
2. Think about the mental health concerns your community or place is facing.
3. Think about what is already happening to keep your community or place mentally healthy.
4. Take the time to talk to your friends, family or colleagues about all of this.



Stakeholder Mapping

General Practitioners
Psychiatrists
Psychologists
Mental Health Nurses
Aboriginal Health Workers
Occupational Therapists

Person/s with lived experience of self-harm or suicide
Peer-support/ self-help groups
Community members who have lost a loved one, friend or colleague to suicide
Crisis intervention centres



Media representatives
Community journalists
Volunteer groups
Community Organisations e.g. Rotary and Lions Club, Men's Sheds, CWA
LGBTI community representatives
Culturally and Linguistically Diverse (CALD) community members
Business leaders
Military personnel
Charities
Faith based organisations
Medical and Mental Health Assoc.

Pharmacists
Police, DFES, St John WA, RFDS
Teachers
Hospitals
Religious leaders
Sports Coaches
Community Development staff
Social Workers and carers
Local mental health support agencies
Community leaders
Traditional healers or community elders

AAD branded resources - part of a global network

Local resources

Community Postvention Response template

AAD Handbook and Toolkit



Mental health is everyone's business
Depression can affect anyone
Depression can be treated

WESTERN AUSTRALIAN ALLIANCE AGAINST DEPRESSION

General
Lifeline 13 11 14
Suicide Call Back Service 1300 659 467
Crisis Care 1800 199 008
Samaritans 24/7 Crisis Line 135 247
Mental Health Emergency Response Line 24/7 Crisis Support
1300 555 788 (Metro) 1800 676 822 (Peel)
Ruralink 1800 552 002
Open Arms (Veterans and families) 1800 011 046
Mensline Australia 1300 789 978
Beyond Blue 1300 224 636
QLife (3pm to midnight) 1800 184 527

Need help now?
If you or someone you know is in immediate danger, please call 000 or visit your nearest hospital emergency

Youth
Crisis Support Lines
Kids Helpline 1800 551 800
Support Services
Youth Beyond Blue 1300 224 636
headspace 1800 650 890
ReachOut aureachout.com
Samaritans Youthline WA 1800 198 313

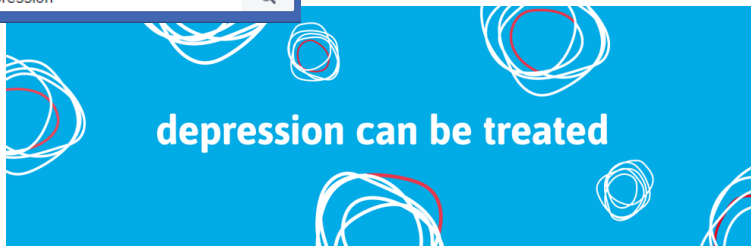


kwinana alliance against DEPRESSION

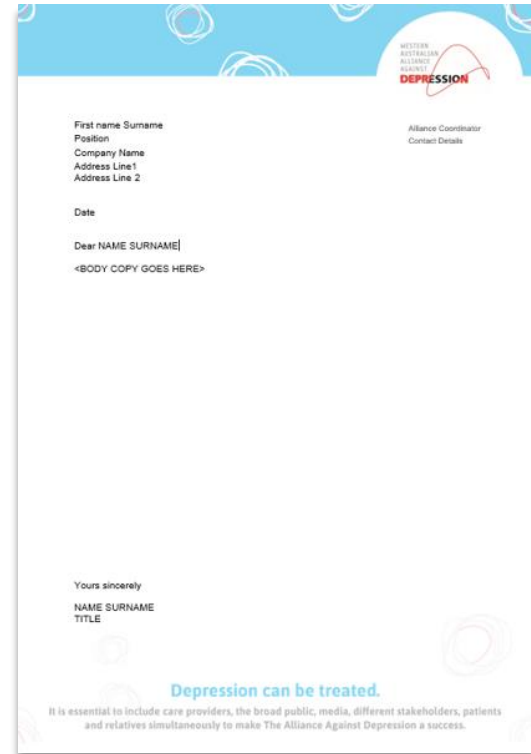
kwinanaaad@gmail.com



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depression can be treated



WESTERN AUSTRALIAN ALLIANCE AGAINST DEPRESSION

First name Surname
Position
Company Name
Address Line 1
Address Line 2

Date

Dear NAME SURNAME
<BODY COPY GOES HERE>

Yours sincerely
NAME SURNAME
TITLE

Depression can be treated.

It is essential to include care providers, the broad public, media, different stakeholders, patients and relatives simultaneously to make The Alliance Against Depression a success.

AAD Coordination Centre at WA Primary Health Alliance

T: (08) 6278 7948

E: alliance@wapha.org.au

W: phexchange.wapha.org.au/AAD

We are here to help!

- Access to an evidence based model
- Materials and resources
- Networking
- Coordination support