

Start a suicide prevention group (SPG).

Here are some actions you can take to build a strong group of people committed to helping prevent suicide in farmers.

It starts with you

You have nominated yourself, or you have already organised a few of you.

Build momentum

Phone some local people and invite them in.

With those of you who have said yes to starting a SPG, meet together and decide what the purpose and goals of the SPG might be.

Call a community meeting

Once clear on this agenda, get the message out and hold a community meeting. Also strategically consider people with diverse skills who might have particular insights to farmer's wellbeing, such as the publican, doctors and nurses, people with communication/media skills, and approach them directly.

Notify your intention of setting up a suicide prevention group for farmers by using these channels of communication:

- A poster to put up at the pub, agriculture stores, or community notice boards.
- An ad or article in council email newsletters or the local newspaper.
- Facebook community page shout-outs.
- Word-of-mouth, as regions are well connected.

Community meeting agenda

Talk about why the group is important and what you hope to do.

Establish a group of committed people. Establish a group of committed people. According to other established SPG's, they say the more people the merrier.

Set up a governance structure and constitutional plan. Consider talking to established SPGs on how to create these and compare different approaches to find the one that best suits your community.

Financial support

Once the SPG has been established, a constitutional plan in place, and the goals are documented, financial support may be sought. Each region has different grants, funds and foundations available, so do your research.

These organisations might be a good start:

- Your council.
- Your state government's health or agricultural departments.
- NFPs; for example Uniting Care Wesley.