

THIRRILI NEWSLETTER

February 2022



THIRRILI



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INDIGENOUS SUICIDE POSTVENTION SERVICE

CALL 1800 805 801

24 HOURS, 7 DAYS A WEEK



MESSAGE FROM CHIEF EXECUTIVE OFFICER, ANNETTE VICKERY



February was a time of great challenge as well as opportunity for Thirrili staff. After the success of the NSW roadshow in partnership with StandBy, both organisations agreed we should be planning community visits together where possible, and our regional staff will start meeting monthly to ensure we share in our planning activities, to support our partnership to continue to develop and thrive. Both organisations available at community meetings, Aboriginal community members will be able to choose the supports that best suit their individual, family and community needs.

Sadly, February was also a time of great sorrow for many families. Thirrili staff were asked to support families through suicide, near-suicide and other unexpected fatal events, such as car accidents. We were able to provide support by linking people to services and supports, and providing material support ourselves. The loss of any community member is profound, and has reverberations throughout our communities, for generations. We were pleased to meet with researchers from the South Australian Health and Medical Research Institute (SAHMRI), who are building the first national roadmap for Aboriginal and Torres Strait Islander Youth Health. A key part of developing the roadmap is hearing from young people on what they need to be physically, mentally and spiritually healthy. Our hope is the roadmap will identify opportunities to ensure our future generations of young people are healthy and resilient.

Youth is a recurring theme in our conversations with stakeholders, and conversations with the National Health and Medical Research Council, SAHMRI, Melbourne University and the South Australian Aboriginal & Torres Strait Islander Mental Health & Suicide Prevention Committee all focused on young people impacted by suicide and gave us a clear commonality of purpose to participate in identifying solutions and prevent future suicide.

I honour my ancestors, pay respect to my country, and elders, past and present. I rely on my ancestors to guide the work I do. I am fortunate to work in an organization that has an absolute commitment to Aboriginal spirituality, cultural practice and Aboriginal communities. Thirrili focusses on restoration of resilience in communities, supporting community self-determination to identify solutions which will ensure future generations are resilient, and the impacts of intergenerational trauma are reduced.

Our staff are committed to being there for our mob in times of need

If your organisation wants to know more about our service, we are more than happy to visit your organisation in-person anywhere around the country.
It's just a phone call away.

**Ring 1800 805 801 to organise
for an advocate to come
and have a yarn**



**Delivering the Indigenous Suicide Postvention Service
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URGENT UPDATE

Postponement of the Indigenous Suicide Prevention Forum

For those that were attending the upcoming Indigenous Suicide Prevention Forum, due to the severe flooding in South-east Queensland, the Indigenous Suicide Prevention Forum will be postponed. This is a difficult decision that has to be made to ensure everyone's safety.

The Australian Indigenous Psychologist's Association (AIPA) Forum Committee will be meeting later this week to decide new dates, and we will update everyone in due course.

If you have any questions, please contact Geordie Crawford Conference Producer +61 401 650 925 or at geordie.crawford@aventedge.com



Nothing about us without us!

SAHMRI is developing the very first **National Roadmap for Aboriginal and Torres Strait Islander Adolescent Health**. We strongly believe that young people must be central to any effort to improve young people's health. That is why we are looking for **young mob (16-24 years)** from Tasmania, Western Australia and the Torres Strait to join a national Governance group!

The Governance group will work with other young people from around the country and the Adolescent Health team at SAHMRI to identify the health priorities of Aboriginal and Torres Strait Islander young people, along with ways to address these wants and needs.

Members of the group will receive financial reimbursement for their time while also having access to professional development opportunities.

If you, or a young person you know, may be interested in this opportunity please contact our Governance lead Mr. Seth Westhead at seth.westhead@sahmri.com

And for more information on the Roadmap and other Adolescent health work at SAHMRI follow:

<https://sahmri.org.au/research/themes/aboriginal-health/programs/adolescent-health-wellbeing/our-research>





WORK WITH US

Thirrili is expanding as an organisation and have many exciting and fulfilling position available!

Thirrili Limited is recruiting for several opportunities around Australia, as we are a growing organisation, and we would love to see your application!

Working with Thirrili has many benefits including

- Extensive salary packaging opportunities for all employees.
- We support our Aboriginal & Torres Strait Islander staff with Cultural and Ceremonial Leave, as well as annual leave and personal leave
- We support our staff with a comprehensive social and emotional wellbeing framework to maintain positive mental and physical health
- Exciting opportunities to travel around Australia

Regional Coordinator -QLD/ NT (Identified people only)

The Regional Coordinator role is an exciting leadership opportunity in Thirrili leading strategic regional and local level community, and in partnership between Community, governments, and service providers at a regional and local level.

This role manages and leads a team of Advocates across multiple jurisdictions to ensure quality, coordinated services are provided to Aboriginal and/or Torres Strait Islander individuals, families and communities. For more information about this role click [here](#)

Indigenous Postvention Service Advocate Role (Identified people only)

The Indigenous Postvention Service Advocate Role has a deep connection within communities ensuring they deliver culturally responsive services to clients.

Advocates have strong understanding of community engagement and capacity building, working within a community capacity building approach to enhance stakeholder relationships and develop and maintaining connections with other relevant service providers and referral partners. For more information about this role click [here](#)



**Jill Abdullah & Regional Coordinator
Lesley Radloff**

Policy & Governance Coordinator

Reporting to the Chief Executive Officer, the Policy and Governance Coordinator role, oversees the Policy and Governance components of the organisation, including Board secretariat support and governance.

This position works closely with the Executive Assistant role to ensure the smooth running of the Chief Executive Officer’s office; and also works closely with the CEO and Chairperson to provide Board support administrative responsibilities that includes scheduling and preparing for meetings, taking minutes, composing and preparing correspondence. For more information about this role click [here](#)

LIKE & FOLLOW US



WORK WITH US

Policy & Research Officer

The Policy and Research Officer position reports to the Policy and Governance Coordinator. The research should focus on improving case practice. In addition, the Policy and Research Officer will develop draft submissions for Government and other inquiries (for example, Royal Commissions into Mental Health), but also prepare strategic discussion papers for the Board in collaboration with the Deputy and Chief Executive Officers and support advocacy for systemic change to address the contributing factors associated with the high rates of suicide amongst Aboriginal and Torres Strait Islander communities.

For more information about this role [click here](#)

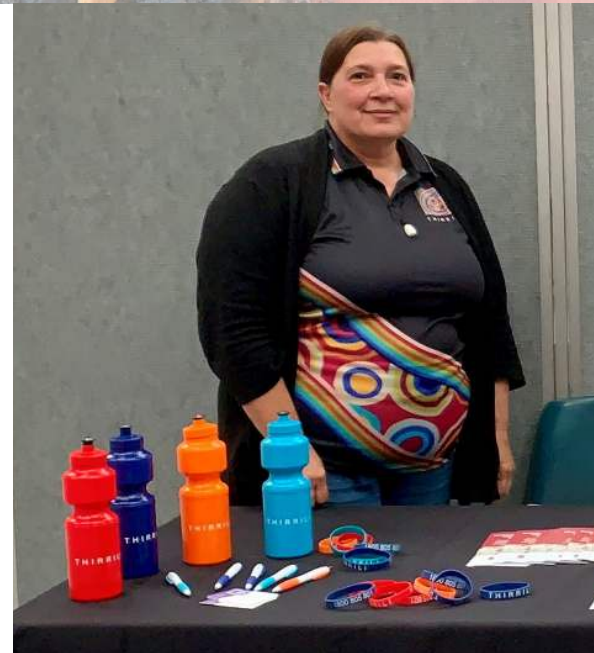
For more information about any of these roles



**HR Officer
Felicity Fleming**

If you have any questions please don't hesitate to contact me at jobs@Thirrili.com.au or call 0474 313 662.

For all job applications please include the Thirrili application coversheet (Provided by Felicity), a covering letter detailing your skills and experience as they relate to the position, and a copy of your Resume.



WA Advocate Vickey Hill

BECOME AN ORGANISATIONAL MEMBER OF THIRRILI

Thirrili welcomes applications for membership from Aboriginal Community Controlled Organisations (ACCO), Aboriginal Community Controlled Health Services (ACCHS) and Aboriginal Medical Services

Thirrili is a not-for-profit organisation focused on contributing to the broader social, cultural and emotional wellbeing of Aboriginal and Torres Strait Islander people through the delivery of a culturally safe and responsive service supporting individuals and families affected by a suicide, or other traumatic incident causing death.

Thirrili also builds on the capacity of local communities and service providers to care for, and respond to, the impacts of suicides and other fatal traumatic incidents in their community, by strengthening individual, family and community resilience and social wellbeing whilst contributing to and addressing the needs of Aboriginal and Torres Strait Islander families and communities.

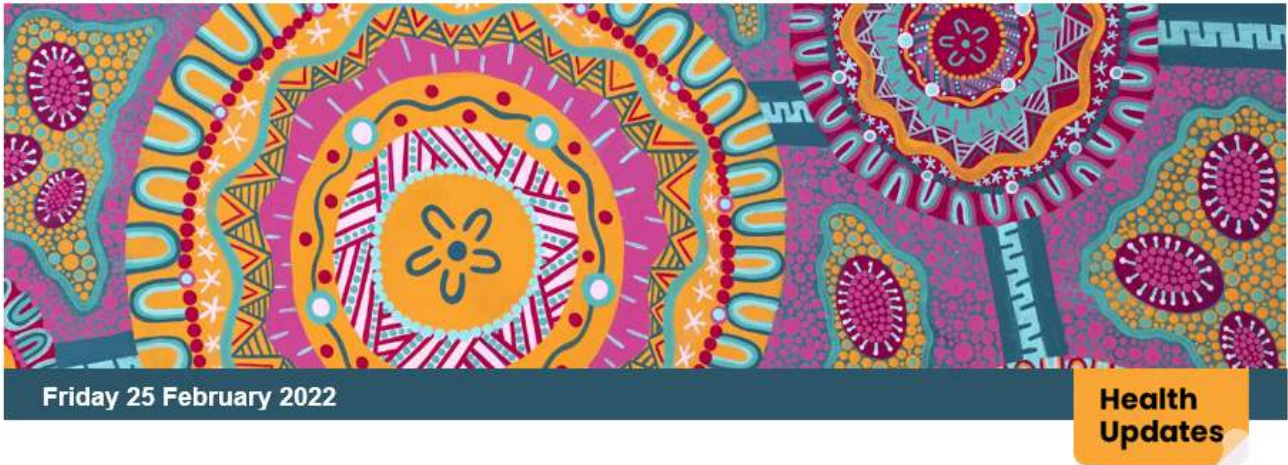
We do not want to duplicate the amazing work already being undertaken by our ACCOs and ACCHS, rather we want to partner with our Aboriginal Community Controlled organisations, to support each other in the crucial work we do. We want our communities to have a voice in the delivery of our services.

If your organisation would like to become a Member of Thirrili, please contact us via email communications@thirrili.com.au for additional information and a membership form.

"the voice of the community is a key component of ensuring we are working with the community and walking the path towards healing together"

Delivering the Indigenous Suicide Postvention Service

Call 1800 805 801, 24 hours, 7 days a week



Health updates to keep your mob safe.

Information for Aboriginal and Torres Strait Islander communities on COVID-19 vaccines, and other health updates.

Welcome to the latest update for Aboriginal and Torres Strait Islander households, communities and organisations. In this edition, read about the diabetes and COVID-19, Hearing Australia's program to help young Aboriginal and Torres Strait Islander children, new COVID-19 resources, and more!

Latest news

- Where can I get a rapid antigen test?
- [Diabetes and COVID-19](#)
- New and updated COVID-19 and COVID-19 vaccine resources available
- Make a great choice and quit smoking!



Where can I get a rapid antigen test?

Since the first case of COVID-19 in Australia 2 years ago, more than 2.7 million people in Australia have been infected with the virus. This includes more than 60,000 Aboriginal and Torres Strait Islander people.

COVID-19 spreads quickly in communities, so it's important to stay home if you're not feeling well and take a COVID-19 test as soon as you can. By staying home, you stop spreading it to other people in your community, doing your part to keep them safe.

Rapid antigen tests (RATs) are now more available in a lot of places around the country. If you've got a RAT, but have got some questions, check out this fact sheet on the [Department of Health website](#). If you're a healthcare worker, feel free to download it, and share it with your community. We also have some social content that you can download and share on your [social networks](#).

BE COVIDSAFE

WHERE CAN I GET A RAPID ANTIGEN TEST?

You can buy a RAT from pharmacies, major supermarkets, some petrol stations and online.

If you have a concession card, you can get up to 10 free RATs from participating pharmacies until 30 April 2022.

For more information call 1800 020 080.

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Diabetes and COVID-19



People with chronic health conditions or weakened immune systems are at greater risk of getting seriously sick from COVID-19. This includes people living with diabetes, like Nevaeh (pictured).

Read about Diabetes Australia's tips on how to *Be Healthy* on the [Department of Health's website](#).



New and updated COVID-19 and COVID-19 vaccine resources available

Some of our resources have been updated to include new information about who is eligible for booster doses, when you should get your booster dose, as well as information about rapid antigen tests (RAT):

- Rapid antigen testing – a factsheet about rapid antigen testing (RAT) for COVID-19. It includes information about where to get them, when to take the test, and advice on how to do so.
- Pregnancy poster – a poster to display in clinics about the importance of getting vaccinated when you're pregnant.
- COVID-19 boosters campaign resources – a 30 second television ad, a 30 second radio ad, as well as 7 Aboriginal and Torres Strait Islander translations of the radio ad.

Visit the Department of Health website for all our COVID-19 vaccine communication resources, including resources for vaccine providers working with Aboriginal and Torres Strait Islander people.



Make a great choice and quit smoking!

We all know that smoking isn't good for us. But did you know that tobacco smoking is the most preventable cause of ill health and early death among Aboriginal and Torres Strait Islander people? Smoking can lead to cancer, heart disease, strokes, and many other serious health conditions.

Saying 'No' to smoking not only benefits your personal health and wellbeing, but also benefits your family and community. Quitting smoking is one of the best choices you can make for your health, and the health of those around you.

For more information about why going smoke-free is a great choice, including resources you can download and share, visit the Deadly Choices website.

Have a yarn with your healthcare worker, or contact your nearest Aboriginal Medical Service, and ask about quit smoking programs.



Australian Government
Department of Health



OUR SERVICES

Your call will always be answered by an Aboriginal and/or Torres Strait Islander person

We support Aboriginal and/or Torres Strait Islander individuals, families and communities to deal with grief and trauma experienced as a result of:

- The suicide of an immediate family member; and/or
- The death of an immediate family member because of a fatal traumatic incident other than suicide

National Indigenous Suicide Postvention Service can be contacted
24 hours a day, 7 days a week on 1800 805 801

Proudly supported by the National Indigenous Australians Agency

WHO TO CONTACT - OTHER SERVICES?

If you, or someone you know, may be at risk of harm you can also contact any of the services listed below for help:

- [StandBy Support After Suicide](#) 1300 727 247
- [Lifeline](#) 13 11 14
- [Suicide Call Back Service](#) 1300 659 467 (cost of a local call)
- [Kids Helpline](#) 1800 55 1800
- [MensLine Australia](#) 1300 78 99 78
- [Beyond Blue](#) 1300 22 4636
- [Standby NT](#) 0418 575 680
- SA Virtual Mental Health Response 1800 841 313 (SA only)

CALLING CULTURAL & TRADITIONAL HEALERS

Join our register now!

Here at Thirrili, we work with Aboriginal and Torres Strait Islander individuals, families and communities to support their cultural, social and emotional wellbeing following a loss to suicide or other fatal traumatic incidents. As part of our work, many of our clients request support and access to cultural and traditional healing. As a national service, that means we need to know who is available in what locations to support our people.

If you, or your organisation or business, provides cultural and/or traditional healing (you might even be a Narrative Therapist) – either to be delivered individually, or to a community, and you would like to be on our Register Of Healers, please send the following information to communications@thirrili.com.au

1. Name (individual and organisation)
2. Region where you work or provide supports
3. Do you offer group healing or individual or both?
4. ABN number (if no ABN, please advise)
5. Your hourly rates (exclusive of GST)
6. Types of Services you provide

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STATISTICS – SUICIDE DATA UPDATE

Thirrili recognises that each number reported below represents an individual and wishes to acknowledge the devastating effects suicide and self-harm can have on people, their families, friends, and communities. This data is notification received to our service and consent given by families

The following tables shows a total of 19 Aboriginal and Torres Strait Islander completed suicides have been reported to Thirrili from 1 January to 28 February 2022, by jurisdiction, age and gender.

Jurisdiction	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Other	Total
Completed Suicide	3	2	5	0	7	0	1	0	1	19

Age	Under 18	18 - 24	25 - 34	35+	Not known at this stage	Total
Completed Suicide	0	4	5	5	4	19

Gender	Male	Female	Not known at this stage	Total
Completed Suicide	14	5	0	19

The following tables shows a total of 6 Aboriginal and Torres Strait Islander fatal incidents have been reported to Thirrili from 1 January to 28 February 2022, by jurisdiction, age and gender.

Jurisdiction	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Other	Total
Other Trauma involving a Death	1	1	1	0	1	0	2	0	0	6

Age	Under 18	18 - 24	25 - 34	35+	Not known at this stage	Total
Other Trauma involving a Death	2	2	0	0	2	6

Gender	Male	Female	Not known at this stage	Total
Other Trauma involving a Death	5	1	0	6