

**ABS research report-Psychosocial risk factors as they relate to coroner-referred deaths in Australia, 2017****17 July 2019****Please cascade to all appropriate staff**

The Australian Bureau of Statistics (ABS) has today released a research report titled '*Psychosocial risk factors as they relate to coroner-referred deaths in Australia, 2017*,' which includes information relating to suicide and accidental deaths.

This report is based on a pilot study undertaken by the ABS, which looks into deaths referred to a coroner in 2017. *Mindframe* has prepared an overview of the findings related to suicide deaths with one or more associated psychosocial factors. The summary is available at:

<https://mindframe.org.au/suicide/data-statistics>.

*Mindframe* reminds media and communications professionals communicating about this report to be responsible and accurate when reporting on statistics. When exploring suicide data it is important to remember that behind the numbers are people, families and communities impacted by suicide in Australia. The reasons people take their own life are often complex and there is no single reason why a person attempts or dies by suicide.

Please see the below statement from **Everymind** Director, Jaelea Skehan:

*"The data released today, confirms what we have known from past research in suicide prevention; that suicide is a highly complex issue which occurs because of the interplay between biological, psychological and social risk factors,"* Ms Skehan said.

*"It is important to have accurate and up-to-date information about suicide to inform planning, policy and practice. It is also important to use all available data to get a better sense of the associated risk factors across age groups and across settings so we can best target our suicide prevention efforts."*

For more information on reporting guidelines can be found on the *Mindframe* [website](#).

Please note this data is the result of a pilot study intended to enhance the national Causes of Death 2017 data released by the ABS in September 2018 (cat. no. 3303.0). For further context, please see *Mindframe's* full summary of the ABS Causes of Death data for 2017 [here](#).

**The *Mindframe* project team****Tel:** 02 4924 6900**Email:** [mindframe@hnehealth.nsw.gov.au](mailto:mindframe@hnehealth.nsw.gov.au)**Twitter:** @MindframeMedia**Everymind media enquiries contact**Jessica Weiland, Senior Communications Officer **Everymind****Tel:** 0468969041**Email:** [jessica.weiland@health.nsw.gov.au](mailto:jessica.weiland@health.nsw.gov.au)

## Help-seeking information

Individuals are more likely to seek help and support when appropriate services are included in stories. Adding help-seeking information to stories (online, print and broadcast) can provide somewhere for people who may be adversely impacted by the coverage to find professional support.



## Support services

### Adult

**Lifeline:** 13 11 14  
lifeline.org.au  
**Suicide Call Back Service:** 1300 659 467  
suicidecallbackservice.org.au  
**beyondblue:** 1300 24 636  
beyondblue.org.au  
**MensLine Australia:** 1300 789 987  
mensline.org.au

### Youth

**Kids Helpline:** 1800 551 800  
kidshelpline.com.au  
**headspace:** 1800 650 890  
headspace.org.au  
**ReachOut:** au.reachout.com

### Other resources

**Head to Health:** mental health portal  
headtohealth.gov.au  
**Life in Mind:** suicide prevention portal  
lifeinmindaustralia.com.au  
**SANE:** online forums sane.org

healthinonet.ecu.edu.au - **Aboriginal and Torres Strait Islander**  
1800 184 527 qlife.org.au - **Lesbian, gay, bisexual, trans, and/or intersex**  
mhima.org.au - **Culturally and linguistically diverse**

### To help support help seeking behaviour:

- Include at least two (2) help-seeking lines
- Include both phone and website contact details
- Align media story/communication with appropriate services

### Key national 24/7 crisis support services include:

- Lifeline 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- Suicide Call Back Service 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- MensLine Australia 1300 789 978 [www.mensline.org.au](http://www.mensline.org.au)
- Beyond Blue 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Key national YOUTH support services include:

- Kids Helpline 1800 55 1800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- headspace 1800 650 890 [www.headspace.org.au](http://www.headspace.org.au)
- ReachOut [www.reachout.com](http://www.reachout.com)
- *Research shows that youth and young adults prefer online access of help-seeking due to anonymity and allows access to resources and further information.*

### Key national MALE helplines

- MensLine Australia 1300 789 978 [www.mensline.org.au](http://www.mensline.org.au)
- Lifeline 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- Suicide Call Back Service 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- Beyond Blue 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Key national Aboriginal and Torres Strait Island support services include:**

- Social and Emotional Wellbeing and Mental Health Services in Aboriginal Australia [www.sewbmh.org.au](http://www.sewbmh.org.au) – to locate local services around all states and territories
- National Aboriginal Community Controlled Health Organisation [www.naccho.org.au](http://www.naccho.org.au)
- [www.health.infonet.ecu.edu.au](http://www.health.infonet.ecu.edu.au)

**Key national LGBTI\* support services include:**

*\*Use of the acronym 'LGBTI' to refer to lesbian, gay, bisexual, trans, and intersex people and communities. Recognition is given to the important historical and legislative role that this acronym has to play. However, acknowledgment is given to the limitations of using 'LGBTI', and affirms that the diversity of human bodies, genders, sexualities, relationships, and identities is far broader than any acronym can encompass.*

- QLife 1800 184 527 (3pm – 12am) [www.qlife.org.au](http://www qlife.org.au)
- Lifeline 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- Suicide Call Back Service 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- MensLine Australia 1300 789 978 [www.mensline.org.au](http://www.mensline.org.au)
- Beyond Blue 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- For further information and resources - MindOUT! [www.lgbtihealth.org.au/mindout](http://www.lgbtihealth.org.au/mindout)

**Key national Culturally and Linguistically Diverse background support services include:**

- Mental Health in Multicultural Australia [www.mhima.org.au](http://www.mhima.org.au)
- Embrace [www.embracementalhealth.org.au/](http://www.embracementalhealth.org.au/)
- Translating and Interpreting Service (TIS National) 131 450 [www.tisnational.gov.au](http://www.tisnational.gov.au)
- Other recommended 24/7 Crisis Lines as required

**Key national Grief and Loss support services include:**

- Grief Line 1300 845 745 [www.griefline.org.au](http://www.griefline.org.au)
- Other recommended 24/7 Crisis Lines as required
- For more information on Grief or Loss: Australian Centre for Grief and Bereavement [www.grief.org.au](http://www.grief.org.au)

**Key national Financial support services include:**

- National Debt Helpline 1800 007 007 [www.ndh.org.au/](http://www.ndh.org.au/)
- Department of Human Services [www.humanservices.gov.au/individuals/subjects/crisis-and-special-help](http://www.humanservices.gov.au/individuals/subjects/crisis-and-special-help)

**Key national Domestic and Sexual Abuse support services include:**

- 1800RESPECT 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au) (24/7)
- Lifeline 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au) (24/7)
- MensLine Australia 1300 789 978 [www.mensline.org.au](http://www.mensline.org.au) (24/7)
- Kids Helpline 1800 55 1800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au) (24/7)
- Relationships Australia 1300 364 277 [www.relationships.org.au](http://www.relationships.org.au)
- A comprehensive list of services available to the community can also be found: <https://www.whiteribbon.org.au/find-help/domestic-violence-hotlines/>
- For research on family wellbeing and domestic violence:

- [www.aifs.gov.au](http://www.aifs.gov.au)
- [www.anrows.org.au](http://www.anrows.org.au)

**Key Victims of Crime support services include:**

- Victim Services NSW: [www.victimsservices.justice.nsw.gov.au/](http://www.victimsservices.justice.nsw.gov.au/)
- Victim Support Services SA: [www.victimsa.org/](http://www.victimsa.org/)
- Victim Support Services ACT: [www.victimsupport.act.gov.au/](http://www.victimsupport.act.gov.au/)
- Victims of Crime Queensland: [www.victimsofcrimeaustralia.com.au/](http://www.victimsofcrimeaustralia.com.au/)
- Victims of Crime WA: [www.victimsofcrime.wa.gov.au/](http://www.victimsofcrime.wa.gov.au/)
- Victims of Crime VIC: [www.victimsofcrime.vic.gov.au/](http://www.victimsofcrime.vic.gov.au/)
- Victim of Crime Service TAS: [www.justice.tas.gov.au/victims/services/victimsofcrime](http://www.justice.tas.gov.au/victims/services/victimsofcrime)
- Victims of Crime NT: [www.victimsofcrime.org.au/](http://www.victimsofcrime.org.au/)

**Key Parent and Carer support services include:**

- Parent Line NSW: 1300 130 052 [www.parentline.org.au/](http://www.parentline.org.au/)
- Parent Line VIC: 13 22 98 [www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx](http://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx)
- Parent Line QLD & NT: 1300 301 300 [www.parentline.com.au](http://www.parentline.com.au)
- Parent Line SA: 1300 364 100  
[www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/country+health+services/parenting+and+child+health+services](http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/country+health+services/parenting+and+child+health+services)
- Parent Line WA: 1800 111 546 [www.ngala.com.au/](http://www.ngala.com.au/)
- Parent Line TAS: 1300 808 178  
[www.dhhs.tas.gov.au/service\\_information/children\\_and\\_families/parentline](http://www.dhhs.tas.gov.au/service_information/children_and_families/parentline)
- Parent Line ACT: 02 6287 3833 [www.parentlineact.org.au/](http://www.parentlineact.org.au/)
- For research on family wellbeing and domestic violence:
  - [www.aifs.gov.au](http://www.aifs.gov.au)
  - [www.anrows.org.au](http://www.anrows.org.au)

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**Media self-care**

Reporting suicide and mental illness can also impact to the welfare of journalists. To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed journalism self-care resources for media professionals reporting suicide and mental illness. These resources can be found [here](#).