

# Lifeline Tasmania's Impact 2018/19



# Thank you

### Funders:

- Department of Health and Human Services
- Department of Health
- Lifeline Australia
- Primary Health Tasmania
- Albie House
- Foundation for Regional and Rural Renewal
- United Synergies

Sincere thanks to our generous and committed 400 plus volunteers, donors, shoppers and funders. Without your support Lifeline Tasmania would simply not exist.

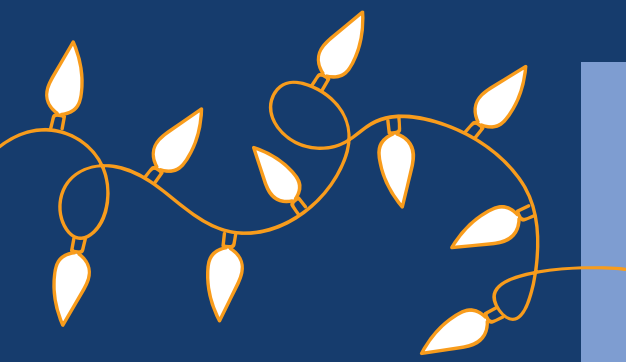
2019 Mary Parsissons Outstanding Volunteer of the Year Award Tasmanian Finalist



# People & Community

## 1000

Over 1000 people **Walked Out of the Shadows** and **In to the Light** on World Suicide Prevention Day across Tasmania.



Our **volunteers** contributed over **1,000,000** hours across Tasmania.

We are governed by the generosity of our **skilled volunteer Board**.

## Lifeline Tasmania Life members:

- Julie Britton
- Robin Errey
- Graham Flower
- Jocelyn Freedman
- David Hayden
- Gordon McKeown
- Mary Parsissons
- Judy Peck
- John Pyrke
- Jeff Read
- Alastair Ross
- John Sargent
- Leon Stemler

## Lifeline Tasmania Board members:

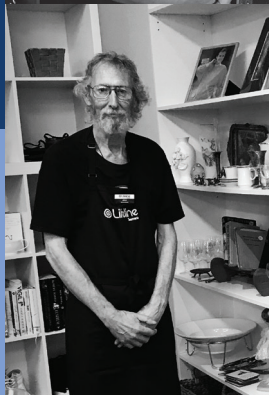
- Chair:** James Pirie
- 1st Vice President:** Eleanor James
- 2nd President:** Christine Mucha
- Treasurer:** Carolyn Pillans
- Members:**
  - Mike Sylvester
  - Annette McLean-Aherne
  - Maria Bond
  - Rod Scott
  - John Colpo
  - Evelyn Williams

# Lifeline shop



Funds from our **Lifeline shops** go directly to local Lifeline Tasmania programs to help people in need.

In October 2018 we opened our **10th Tasmanian retail outlet** in Sorell.





# Our Vision

A Tasmania free of suicide

# Our Mission

Leading, developing and delivering programs and services that equip individuals and communities to be suicide safe.

Lifeline Tasmania's Impact 2018/19



13 11 14  
Lifeline Tasmania



8505 people were supported in a crisis.

3760 volunteer hours



In 2018/19 there were 25 new volunteers recruited.

One call is made to Lifeline on 13 11 14 about every 30 seconds.

Our longest serving 13 11 14 volunteer has supported Lifeline for more than 43 years.

Support After Suicide  
StandBy  
& Bereavement Groups

38% of all people supported by our after suicide support service lived in regional and remote areas of Tasmania.



People who were supported by StandBy:

- Had a **reduced risk** of suicide
- Had **fewer** mental health concerns
- Maintained **social** connectedness.

(a recent independent survey by the Science of Knowing – University of QLD)

Albie House, Primary Health Tasmania and Black Dog Ride supported the expansion of Suicide Bereavement Groups in Tasmania.



Reducing social isolation in older Tasmanians



180

isolated older Tasmanians found friends and groups and are now connected.

Over 1,000 hours spent visiting older persons in residential care facilities.

34.5% of older Tasmanians reported an increase in wellbeing as a result of their increased social connection.



Raising awareness & enhancing skills

450

frontline workers are now able to recognise, respond and refer in family violence situations.

Over 70 members of the community can apply Suicide Intervention Skills.

25% of Mental Health First Aid training was delivered in regional and remote areas of Tasmania.

