Best Practice Model

Strategies to improve your school’s capacity to respond to a death by suicide

School Suicide Response Plan
- The school has a detailed Suicide Response Plan with contact phone numbers, key roles and responsibilities outlined.
- The plan is aligned with system protocols and emergency management guidelines.
- The plan is reviewed annually.

Professional learning
- School staff have opportunities to build capacity via professional learning in suicide prevention, self harm, grief and loss, mood disorders, social media, and other broader mental health issues.
- Teachers and wellbeing teams meet regularly to share learning and practice.
- Access the Be You Professional Learning.

Family Engagement
- Families are provided with relevant and evidence-based information via a range of mediums including website, newsletters, fact sheets and family forums.
- Families have access to contact details of local support services and available resources.
- Families are involved in the school community and have a voice.

Partnerships with local services and agencies
- The wellbeing team has regular contact with services and agencies including tertiary mental health.
- Schools access local services to support professional learning.
- Schools promote information to young people and families regarding local services and agencies.
- Schools have clear referral processes with agencies.

Partner with other schools
- The school connects with other schools in the area to share resources in suicide response and recovery.
- Schools locally work together to maximise professional learning opportunities.
- Wellbeing teams work collaboratively with other schools.

Intervention strategies for at risk young people
- The school has clear referral pathways internally and to external support agencies and services.
- Teachers are clear about identifying risk and school referral processes.
- The school holds support group meetings for young people and uses return to school support plans.
- The school holds case management meetings with external agencies present.

Whole school approach to mental health
- The school has a comprehensive approach to mental health with mental health literacy incorporated into the curriculum.
- The school strategically plans for prevention, early intervention, and intervention strategies and approaches.
- Student voice is used to inform policy and program development.

Visit the Be You website for more information on suicide support and assistance.

beyou.edu.au

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