



**STOP
MALE
SUICIDE.
IN OLDER MEN**



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Taking action for older men

One in five men who die of suicide in Australia are aged 60 and over, with men aged 85 and over having a higher rate of suicide than any other age group.

The Stop Male Suicide in Older Men project aims to give local people in the Hunter, New England and Central Coast region, the tools they need to start conversations that could save older men's lives.

Glen Poole of Stop Male Suicide said: "Suicide kills 9 people in a day on average and 7 of these suicides will be male. Men over 65 can be at increased risk for a number of reasons, which include declining physical health, social isolation, bereavement, financial hardship, loss of purpose and mental health issues."

"We want to hear from people who come into contact with older men in their workplaces and communities and find ways we can help them to take action to prevent suicide in older men."

Anyone who wants to find out more or get involved in the Stop Male Suicide in Older Men project can email: stop@stopmalesuicide.com.

Health workers invited to a conference on older male suicide

People who work with men over 65 are being invited to take part in a free online conference focusing on preventing suicide in older men.

The event, which takes place on Friday 23 April, will cover a range of topics covering the latest research on suicide in older men, clinical approaches to working with older men at risk of suicide and community-led approaches to preventing suicide in older men.

The conference is aimed at health and social care professionals and is funded by Hunter, New England and Central Coast Primary Health Network.

Anyone interested in registering to attend the event should visit www.oldermalesuicide.com for more information.

Tell us what you think about older male suicide

We want to know what people living in the Hunter, New England and Central Coast region think about suicide in older men.

You don't have to be a mental health professional or an expert in suicide prevention to take part in our online survey on how we can Stop Male Suicide in older men.

Your opinion matters so make your voice heard today by visiting the www.oldermalesuicide.com website and letting us know what you think.

Your answers will help us develop our work to help people take action to prevent suicide in men aged 65 and over.

Get trained to help save older men's lives

Do you want to take action to prevent suicide in older men but aren't sure where to begin? In April 2021, the Stop Male Suicide in Older Men project we will be hosting a series of male suicide prevention workshops focused on preventing suicide in men over 65.

These workshops are designed to help you look out for older men in your community who may be at risk and are designed for professionals, volunteers and community members in the Hunter, New England and Central Coast region.

The training is free with a choice of attending an event in person or online. You can register to attend one of our training sessions at:
www.oldermalesuicide.com.

Speak up if you know a lot about older men

Do you know a lot about the challenges facing older men in the Hunter, New England and Central Coast region?

Perhaps you work or volunteer with older men? Maybe you come into regular contact with older men in your business, your community or in a social setting? Or are you a man over 65 with personal experience of the challenges that men like you face?

Whatever your experience, if you have something to say about being an older man in the Hunter, New England and Central Coast region, we want to hear from you. The Stop Male Suicide in Older Men project is hosting a series of round table discussions on older male suicide in March 2021.

To find out more and get involved visit:

www.oldermalesuicide.com.

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IN OLDER MEN.**

