

## What are the benefits for your school?

- All students participating in the program will be given safeTALK training free-of-charge (normally \$1500 per training session).
- Students who experience suicidal thoughts will be identified and referred to appropriate support (if not previously known to the school wellbeing team).
- A proportion of at-risk students will be given access to Reframe IT, an online program specifically developed for young people with suicidal thoughts.
- Participating schools will be provided with free ASIST training for school staff (normally \$350 per person).
- Schools will also be provided with an anonymised aggregate report on the mental health of the year ten cohort, based on the data collected via research questionnaires.

## What will your school's role be?

The project will be coordinated by staff members from Orygen, who will take all possible steps to minimise any potential burden on school staff. We appreciate that schools are busy places, and will aim to be as flexible as we can in delivering the program.

Participating schools will be asked to:

- support the recruitment of students to the study (e.g. assist with distribution of information and consent forms to students and parents);
- assist with the organisation of the safeTALK workshop(s) for students (i.e. identify a suitable date and space for the workshop(s) to take place);
- assist the research team in distributing questionnaires to participating students; and
- follow-up with students who are identified as being at risk of suicide, including supporting the administration of Reframe IT to selected students.



## Contact

To learn more about this project please contact: [mapssproject@orygen.org.au](mailto:mapssproject@orygen.org.au)

IF YOU'D LIKE MORE INFORMATION ABOUT ORYGEN, PLEASE CALL (03) 9966 9100 OR SEND AN EMAIL TO [INFO@ORYGEN.ORG.AU](mailto:INFO@ORYGEN.ORG.AU)  
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Version 1.0



## MULTIMODAL APPROACH TO PREVENTING SUICIDE IN SCHOOLS (MAPSS)

A regionally-based trial of safeTALK and Reframe IT among secondary school students

This project represents a partnership between Orygen, Lifeline Australia, and the Victorian Department of Education and Training.



REVOLUTION  
IN MIND *orygen*

## Why are we doing this project?

Suicide is the leading cause of death among young Australians. It accounts for around one in three deaths in this age group, and rates are increasing. Suicidal thoughts and behaviour (including self-harm and suicide attempts) are even more common and are risk factors for future suicidal behaviour. Therefore, it is important that young people are taught how to recognise and respond if they, or someone they know, experiences suicidal thoughts. As the majority of young people in Australia attend school, schools have been widely cited in both national and state/territory suicide prevention strategies as priority settings for suicide prevention activities.

## What does the project involve?

This project aims to reduce suicide risk and increase help-seeking among young people, via an integrated program delivered to year 10 students in school across north-west Melbourne.

The program combines three different suicide prevention approaches:

- safeTALK educational workshops, a 3.5-hour program delivered by qualified facilitators from Lifeline Australia, that teaches students to recognise and respond to the warning signs of suicide in themselves and others;
- Screening to identify students at risk of suicide, embedded into the questionnaires used to evaluate the safeTALK program; and
- Reframe IT online cognitive behavioural therapy (CBT), an 8-module internet-based intervention developed specifically for young Australians at risk of suicide.

All year 10 students at participating schools will be invited to complete safeTALK.



At-risk students will be identified through screening.



These students will be invited to participate in the evaluation of Reframe IT.

Staff at participating schools will also be offered complimentary suicide intervention skills training (ASIST).

## What is the evidence for this project?

The safeTALK training materials and Reframe IT website were developed in consultation with young people to ensure their relevance and suitability. Each component of the program has been pilot tested by the study team, and shown to be effective and safe to implement. The screening component of the program has led to the identification of students at risk of suicide who were then referred on for appropriate support. Finally, both school students and staff have provided positive feedback about the program components.

## Who is conducting this project?

The MAPSS project is led by Associate Professor Jo Robinson, who leads the suicide prevention research unit at Orygen. Other team members on this project are experienced researchers who have worked previously in schools and with young people who experience suicidal thoughts.

## What is different about this project?

Although there are many mental health related programs being delivered in schools, the MAPSS project uniquely takes a wrap-around approach to meet students' different needs. Education is provided to all participating students, while targeted support is provided to those at risk.

safeTALK is distinct from other educational workshops as it is specifically focused on suicide prevention. Additionally, the Reframe IT platform is one of the world's first online therapeutic programs purposefully designed to support school students at risk of suicide. The platform has been developed as a tool to assist school wellbeing staff in supporting students.

