



# Tasmanian LIFE Awards 2021

## Guidelines

Nominations close Friday 25<sup>th</sup> June 2021.

SUPPORTED BY



You are invited to nominate a person, service, organisation or business for the Tasmanian LIFE Awards 2021. The Awards recognise life affirming work in suicide prevention. In 2021 the Awards will be judged in four categories.

## Outstanding Contribution LIFE Award

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***Do you know someone who truly makes a difference to the lives of people and communities impacted by suicide? Then nominate them for the Outstanding Contribution LIFE Award.***

The people who work to help reduce the rate and impact of suicide in Tasmania have tremendous heart along with skills and experience. Whether they are volunteers or working in paid positions, it is through their efforts, insight and initiative that our communities become stronger and more resilient. They are the ones that work tirelessly to make sure that those who are thinking that life is not worth living are given the right tools at the right time to get them back on track. They support those individuals and communities who are bereaved and have more questions than answers and stand up for better services and supports in suicide prevention, intervention and postvention. This award acknowledges the important contribution of Tasmanians who often underestimate the value of the work that they do.

***In 2020 the Outstanding Contribution LIFE Award was awarded to Tommy Windsor***

Tom Windsor has been working to raise awareness about mental health and suicide prevention for over 13 years. After losing his father to suicide when he was 23, Tom turned a family tragedy into a commitment to help other men. He founded the Mobart Mo Bros as a way for his friends to show support after the loss of his father and has grown every year to become Australia's top Movember fundraising team for the past four years raising over \$750,000 at the time of his nomination to put back into men's mental health programs.

Tom raises awareness of mental health and suicide prevention through his leadership of the team and his many events, media and public appearances. Tom's work has received significant attention and he plans to continue to grow the team to stop so many men from dying too young.

# Communities in Action for Suicide Prevention LiFE Award

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***Are you part of or do you know a community that is working to prevent and or reduce the impact of suicide? Then nominate them for the Communities in Action for Suicide Prevention LiFE Award.***

The Communities in Action for Suicide Prevention LiFE Award recognises the critical role that communities play in identifying and taking action in suicide prevention. This action may involve the development of a local plan for mental wellbeing and suicide prevention, or an activity that brings the community together to talk about mental health and suicide prevention. This award acknowledges that communities working together are at the heart of any suicide prevention strategy. A 'community' can include people from the same town/city, a sports club, an interest group or any group who work together to reduce the likelihood of suicide in their community.

***In 2020 the Communities in Action for Suicide Prevention LiFE Award was awarded to The East Devonport Child and Family Centre***

The East Devonport Child and Family Centre provides early childhood development programs and services for families with children up to the age of 5 and have become an unsung East Devonport Community Champion for suicide prevention.

The East Devonport Child and Family Centre is a connection hub and often the first place where young families/young parents feel comfortable to turn to in times of need, high stress, family and/or personal crisis. Often the Centre's staff are the familiar face and 'listening ear' for local families, and the Centre is viewed within the East Devonport community as a 'safe place' for parents 'doing it tough' or in distress where they know they'll be helped with information and support, and be connected to a service provider who can help.

After a successful Community Grant application the Blokes Group was established to come together to organise the 'Lunch with Barnesy' event and raise awareness of the importance of men's mental health. The Blokes Group have now worked together with the oversight of the East Devonport Child and Family Centre to plan, organize and implement 3 events for men which continue to normalise discussions encouraging help-seeking in difficult times, enabling the sharing of stories of how other men have experienced and coped with challenging times in their lives, and enabling the continued sharing of the message 'to watch out for a mate'.

# Best Practice in Suicide Prevention in a Workplace LiFE Award

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***Do you know, or have you had experience of a workplace that really makes a difference to its employees in its prevention and response to suicide? Nominations are encouraged from peers, members of the community and organisations.***

This award recognises a workplace demonstrating an outstanding commitment to preventing suicide amongst its employees. Every day, there are businesses and organisations that provide significant support to their employees, assisting the health and sustainability of their workforce. This award is a chance to recognise the good work that is done by workplaces that help their employees by providing structures and supports that prevent suicide, or assist them if they have been impacted by suicide. The workplace you nominate will reflect best practice, and can be held up as an example of excellence and innovation.

***In 2020 the Best Practice in Suicide Prevention in the Workplace LiFE Award was awarded to Monks & Co.***

Monks and Co Barbers have been actively championing mental health and suicide prevention in Tasmania for several years. They have recognised that a multifaceted approach is required to address mental health concerns and suicide prevention within the shop and have adopted an approach that meets this need. Their key focuses are:

- Promotion: Promoting positive mental health within the shop and community
- Protection: Addressing risks & protective factors in the shop
- Support: Supporting employees with their mental health at work

They are focusing their efforts to support staff members within the workplace, the clients they see day to day and also the broader Hobart community.

Monks recognise the gatekeeping role that they can play within the community and have been increasingly active within the suicide prevention and mental health advocacy space through training of staff in Mental Health First Aid & suicide prevention skills, development of a Community Action Plan (CAP), development of a Monks & Co. own local crisis support & mental health resource booklet. Monks continue to champion mental health in the workplace and within their community.

# Outstanding Contribution by a Young Person LiFE Award

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***Do you know someone aged 30 or below who truly makes a difference to the lives of people and communities impacted by suicide? Then nominate them for the Outstanding Contribution by a Young Person LiFE Award.***

The young people who work to help reduce the rate and impact of suicide in Tasmania have remarkable enthusiasm which is vital in ensuring the ongoing progress in suicide prevention. Whether they are volunteers or working in paid positions, it is through their efforts, insight and initiative that our communities become stronger and more resilient. They are the ones that work tirelessly to break down the stigma around mental health and create a generation of young people who know that it is okay to not be okay and where to go for help. They help to create resilient communities and stand up for better services and supports in suicide prevention, intervention and postvention. This award acknowledges the important contribution of young Tasmanians who often underestimate the value of the work that they do.

***In 2020 the Outstanding Contribution by a Young Person LiFE Award was awarded to Matt Etherington***

Since 2016, Matt has coached The Big Issue's Community Soccer Program, an all-abilities social inclusion initiative using the power of sport to change lives. Players present with many risk factors for suicide and many have given up on traditional services.

Matt has supported players showing immediate and serious risk factors for suicide through companionship, referral and ongoing conversational support. He's debriefed and supported players following the suicides of people close to them, which has included group discussions on risk and protective factors and how to discuss suicide.

Matt started a Mental Health First Aid training initiative at the University of Tasmania, in order to promote peer support and self-care. Since 2017, it has reached more than 600 students all around the state.

Both of these initiatives are highly effective at suicide prevention, building community resilience, establishing early intervention pathways, crisis preparedness, and postvention support.

Matt spreads messages of community connectedness, emphasising social supports and empowering young people to have agency over their lives, health and community.

# Nomination Guidelines

## Completing a Nomination

Nominations can be made by completing a Nomination Form, available on the TSPCN website [[http://suicidepreventiontas.org.au/life\\_awards/life\\_awards](http://suicidepreventiontas.org.au/life_awards/life_awards)].

Suicide Prevention Project Officers are available to assist throughout the nomination process. For further information or clarification please contact a Suicide Prevention Project Officer at Relationships Australia Tasmania by calling 1300 364 277 or emailing [tspcn@reltas.com.au](mailto:tspcn@reltas.com.au).

## Judging

The judging panel will be comprised of three independent judges; a representative with lived experience, an active network member and a representative from a governing body. The judging panel will assess entries against the following criteria:

- In what ways has the individual, service, organisation or business contributed to the promotion of life and the prevention of suicide?
- What has been the effect of this contribution?
- How has this contribution been measured?

It is recognised that not all nominees will fit all the judging criteria in which case nominations are still encouraged and will be considered by the judging panel as they deem appropriate.

Any supporting documentation should be limited to approximately 750 words, or two A4 sized pages.

**Completed nomination forms and supporting documentation must be received by close of business Friday 25<sup>th</sup> June 2021.**

Nominations can be submitted by email to [tspcn@reltas.com.au](mailto:tspcn@reltas.com.au) or by post to:

Suicide Prevention Project Officers  
Tasmanian LIFE Awards  
Relationships Australia  
20 Clare St  
New Town 7008

## Award Presentation

The Tasmanian LIFE Awards 2021 will be presented at an evening event in Launceston in early June 2021. Invitations will be distributed to nominees and those who prepare nominations, if the nominee is unable to attend, they may choose to arrange for a guest to attend on their behalf.

The LiFE Award event will be attended by members of the suicide prevention community, members of parliament, nominees and nominators. This will be a sit down dinner held in Launceston, and a professional photographer and media may be in attendance.

### **Award Recipients**

Thanks to the Award's sponsors each category winner will receive a framed certificate and a cash prize of \$1,000 to be used for suicide prevention, intervention or postvention education, research, activity or resources.

Suicide Prevention Project Officers are available to assist award recipients to access their prize money and identifying how they wish to spend it. Previous award winners have chosen to use the funds to best meet the needs of their community:

- To deliver Mental Health First Aid training to staff
- To engage a speaker to address their community and further increase awareness about mental health and suicide prevention
- To organise a community event recognising World Suicide Prevention Day
- To attend the National Suicide Prevention Australia Conference

Award recipients are nominated for a national LiFE Award in the following year. The national LiFE Awards are organised by Suicide Prevention Australia and finalists are recognised at the National Suicide Prevention Conference. Suicide Prevention Project Officers may contact both nominators and nominees to assist with this process.

**For further information or assistance with the nomination process Suicide Prevention Project Officers can be contacted on 1300 364 277 or via e-mail [tspcn@reltas.com.au](mailto:tspcn@reltas.com.au) .**