



LEGACY BRISBANE POLICY SUICIDE PREVENTION & POSTVENTION

Policy number: CS-G13

Effective date: 28/07/2025

Approving authority: Service Delivery Committee

Sponsor: Community Services Manager

Web address: www.legateeguide.org.au

Date for review: 28/07/2028

Version History

Date	Description of Change	Version
28.07.2025	Initial release	1

Purpose	Legacy Brisbane provides support and holistic care to the families of deceased or incapacitated veterans, and in doing so recognises the profound and growing impact of suicide within the veteran community and its ripple effects on our families and children. Legacy Brisbane also acknowledges the increased risk of suicide for suicide affected family members and in families with an incapacitated veteran, and we are committed to addressing this risk with compassion and structured support. Legacy Brisbane will actively engage in prevention, intervention, and postvention efforts, by employing an organisation wide approach to ensure that all client groups receive the support they need at the time required. The purpose of this policy is to establish a framework for Legacy Brisbane's proactive approach to suicide prevention, intervention, and postvention within the Legacy family.
Policy Statement	Legacy Brisbane is committed to creating a community where the devastating effects of suicide are minimised and the wellbeing of our beneficiaries is prioritized, through education, advocacy, and collaboration. In partnership with our families and other relevant organisations, Legacy Brisbane commits to: • raising awareness and provide training on the critical impact of suicide on veterans' families. • implementing evidence-based strategies for preventing suicide in individuals at increased risk and focusing on protective factors • recognising and responding to the increased risk of suicide among families who have already been affected by suicide loss. • providing timely, compassionate postvention support to those affected by suicide loss. • fostering a culture of openness, empathy, and resilience within the organisation and families in relation to suicide • continuously evaluate and improve our efforts in suicide prevention, intervention, and postvention through data driven practises and stakeholder feedback.
Who should read this policy	Board of Directors, Service Delivery Committee, Group Chairs, Legatees, volunteers, and staff.
Scope	This policy applies to any employee whether permanent, fixed term, temporary, full-time, part-time, or casual. Any Legatees, clients, volunteers, students, contractors, or anyone who works in any other capacity for Legacy Brisbane.

Definition

Suicide is an action taken to deliberately end one's own life.

Suicidal ideation refers to a person having thought of ending their own life. These thoughts may vary in intensity and duration from fleeting thoughts to a complete preoccupation with wanting to die. Although not all suicidal thoughts lead a person to suicide or attempt suicide, suicidal ideation should always be taken seriously.

Suicide prevention aims to decrease the number of people who die by suicide or attempt suicide each year, focusing on reducing risk factors for suicide and enhancing protective factors that prevent suicide and suicidal behaviour.

Postvention refers to the intervention activities that are conducted after a suicide to help people cope with the loss and increase their resilience. These activities usually target family, friends, professionals, community members and others bereaved by the suicide, who may all be at an increased risk of suicide themselves.

Protective factors are characteristics, capacities, relationships, circumstances, or resources that can increase a person or community's health and wellbeing and decrease the likelihood of suicidal behaviour. These factors may be present at the individual or family level or at broader social, cultural, or institutional levels, although not all individuals or groups may be protected in the same ways or to the same extent.

Risk factors are characteristics, relationships, circumstances, or events that can increase the likelihood of suicidal behaviour. These factors may be present at the individual or family level or at broader social, cultural, or institutional levels, although not all individuals or groups may be affected in the same ways or to the same extent. Risk factors should not be confused with warning signs.

Self-harm refers to a person intentionally causing pain or damage to their own body. This behaviour may be motivated by suicidal intent or non-suicidal intent (for example, as a way of expressing or controlling distressing feelings or thoughts).

Voluntary Assisted Dying (VAD) means an eligible person can ask for medical help to end their life. Voluntary Assisted Dying and suicide are different. Asking for medical help to die under the VAD scheme is **not** suicide under the law in Queensland. Asking for medical help to die outside the VAD scheme is still illegal. More information can be found here: <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/voluntary-assisted-dying>

Related legislation

- Work Health and Safety Act 2011
- Managing psychosocial hazards at work Code of Practice 2022
- Privacy Act 1988
- Mental Health Act 2014
- Disability Discrimination Act 1992
- Voluntary Assisted Dying Act 2021 (Qld)

Principles

Legacy Brisbane acknowledges that the following values contribute to a positive suicide prevention approach and endeavour to integrate them into our organisational culture and service delivery:

- Foster hope and help people find meaning and purpose in life.
- preserve dignity and reduce stigma, shame, and discrimination.
- connect people to peer supports.
- promote community connectedness.
- engage and support family.
- respect and support cultural, ethnic, and/or spiritual beliefs and traditions.
- promote choice and collaboration in care provide timely access to care and support.
- promote wellbeing by addressing links to physical, social and financial influences on mental health and overall wellbeing.

Evaluation and review

Evaluation and review of this policy will be conducted by the policy sponsor every three years. Following review, recommendations for change will be forwarded to the approving authority.

Linkages

Legacy Brisbane Suicide Postvention Plan
Legacy Brisbane Responding to a Suicidal Person (on the telephone or in person) Procedure
Suicide Risk Screening Tool
Safety Plan Template
Legacy Brisbane Elder Abuse Procedure
Legacy Brisbane Code of Conduct Policy
Legacy Brisbane WHS Policy
Legacy Brisbane Grievance Policy
Legacy Brisbane Harassment, bullying and violence at work policy
Legacy Brisbane Privacy and Confidentiality Policy
Legacy Brisbane Voluntary Assisted Dying Policy
<https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/voluntary-assisted-dying>