

National Suicide Prevention Outcomes Framework

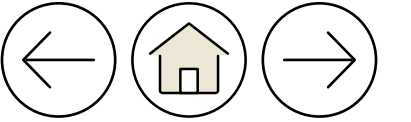
Outcomes and Indicators

Suicide Prevention Goals and Outcomes



Goals	More people experience protective wellbeing	Fewer people experience suicidal distress	Fewer people attempt suicide	Fewer people lose their lives to suicide	Fewer people are impacted by suicide					
Domains	Prevention of suicidal distress					Support for people experiencing suicidal thoughts and behaviours and people who care for them				
Domain aims	People are protected from experiencing suicidal distress					People who experience suicidal distress are supported effectively				
Key objectives	1. Safety and security	2. Good health	3. Economic security	4. Social inclusion	5. Navigating life transitions	6. Culture of Compassion	7. Accessibility	8. System-level coordination	9. Holistic approaches	10. Increased connection
Outcomes	People are safe and have a sense of security and stability in their lives	People experience good health enabling them to live their life with choice, purpose, meaning and satisfaction	People have the financial and economic security to participate in activities that are meaningful to them	People are respected and valued for who they are and have a sense of belonging from their connections with other people	People can navigate life transitions with agency and hope for their future	People are supported with compassion and respect and experience support networks that partner with them in making decisions	People can access appropriate supports when and how they need to	People experience support networks that work together seamlessly to keep them well	People experience supports that work with them to address the reasons for their distress	People are supported to connect with people who matter to them and who are integral to their wellbeing
	Communities have the capacity to address the social determinants of suicide and protect against suicide					Families, carers and kin experience supports that address their needs and empower them to care for people experiencing suicidal distress				
Domains	Critical enablers for a whole of governments suicide prevention approach									
Domain aims	Everyone works together to prevent suicide									
Key objectives	11. Improved governance		12. Embedded lived experience		13. Available and translated evidence			14. Capable and integrated workforce		
Outcomes	Governments fulfil their responsibilities in preventing suicide and demonstrate accountability and collaboration		People with lived and living experience of suicide are included as an integral part of the suicide prevention system and involved in shared decision making		An evidence-based learning culture operates to continually improve the effectiveness of suicide prevention efforts			The suicide prevention workforce has the capability and capacity to prevent and respond to suicide		

Suicide Prevention Goals



More people experience protective wellbeing



Fewer people experience suicidal distress



Fewer people attempt suicide



Fewer people lose their lives to suicide



Fewer people are impacted by suicide



Suicide Prevention Goals and Indicators



Goal	More people experience protective wellbeing
Description	This goal is about increasing the number of people who are protected against suicide through increasing the rate of wellbeing in the population. It recognises that an effective suicide prevention system aligned to the National Suicide Prevention Strategy should focus on increasing wellbeing as a protective factor. Building wellbeing includes addressing the social determinants of suicide in the Prevention Domain and the positive outcomes of a more effective support system such as agency and hope. People told us it was critical that suicide prevention in Australia evolves to recognise that prevention starts with building protective factors and intervening before people become distressed and think about suicide. Measurement of this goal looks at whether more people are protected against suicide through enhanced wellbeing, especially for groups who are disproportionately impacted by suicide.
Indicators	• Increased wellbeing, especially for groups that are disproportionately impacted by suicide • Increased hope, especially for groups that are disproportionately impacted by suicide

Suicide Prevention Goals and Indicators



Goal	Fewer people experience suicidal distress
Description	This goal is about reducing the rate of suicidal distress and thoughts in the Australian population. It recognises that a more effective suicide prevention system aligned with the National Suicide Prevention Strategy will ultimately result in fewer people experiencing suicidal distress. People told us it was critical to look at suicidal distress, thoughts and planning, to improve understanding about drivers and facilitate opportunities for the suicide prevention system to intervene earlier. Measurement of this goal looks at whether fewer people experience suicidal distress, especially for groups who are disproportionately impacted by suicide.
Indicator	• Reduced rates of suicidal distress, thoughts of suicide and suicide planning, especially for groups that are disproportionately impacted by suicide

Suicide Prevention Goals and Indicators



Goal	Fewer people attempt suicide
Description	This goal is about reducing the rate of suicide attempts and self-harm in the Australian population. It recognises that a more effective suicide prevention system aligned with the National Suicide Prevention Strategy will ultimately result in fewer people attempting suicide and self-harming. People told us it was critical to look at suicide attempts and self-harm to improve understanding and facilitate opportunities for the suicide prevention system to intervene earlier. Measurement of this goal looks at whether fewer people attempt suicide, especially for groups who are disproportionately impacted by suicide.
Indicator	• Reduced rates of self-harm and suicide attempts, especially for groups that are disproportionately impacted by suicide

Suicide Prevention Goals and Indicators



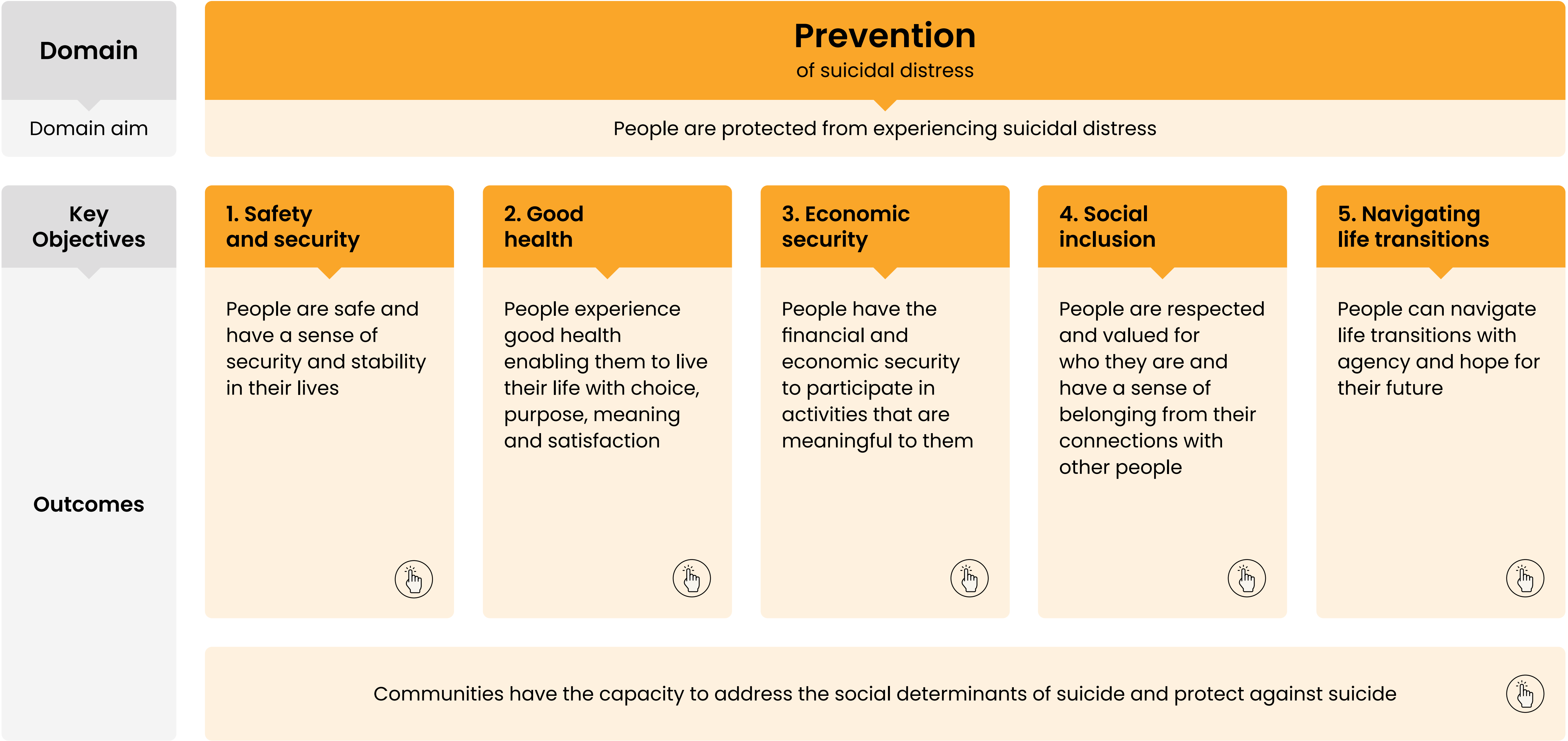
Goal	Fewer people lose their lives to suicide
Description	This goal is about reducing the rate of suicide in the Australian population. It recognises that a more effective suicide prevention system aligned with the National Suicide Prevention Strategy will ultimately result in fewer people losing their lives to suicide. People told us that it was critical to continue to look at rates of death by suicide, as ultimately this was what suicide prevention is all about. People also said that death by suicide needs to be considered along with other suicidal behaviours. Measurement of this goal looks at whether fewer people lose their lives to suicide, especially for groups who are disproportionately impacted by suicide.
Indicator	• Reduced rates of self-harm and suicide attempts, especially for groups that are disproportionately impacted by suicide

Suicide Prevention Goals and Indicators



Goal	Fewer people are impacted by suicide This goal is about reducing the impact of suicide on the Australian population. It recognises that a more effective suicide prevention system aligned with the National Suicide Prevention Strategy will ultimately result in fewer people being impacted by suicide. People told us that being impacted by suicide, through individual or community exposure or bereavement, can lead them to feel distressed and suicidal themselves. Therefore, reducing the impact of suicide on people will contribute to reduction in rates of suicidal distress, thoughts, attempts and deaths. Measurement of this goal looks at whether fewer people are impacted by suicide. • Reduced rates of exposure to and impact of suicide • Reduced rates of and impact from suicide bereavement
Description	
Indicators	

Prevention Outcomes



Prevention Outcomes



Domain	Prevention of suicidal distress			
Domain aim	People are protected from experiencing suicidal distress			
Key Objective	Outcome	Description		Indicators
1. Safety and security	People are safe and have a sense of security and stability in their lives	This outcome is about people being safe in their relationships, homes, online environments, communities and workplaces and free from threats to their safety. It recognises that feeling safe and secure will help to build wellbeing and protect against suicide. People told us that with increased safety, they feel more in control of their lives, more hopeful about their future, and able to genuinely connect with others in meaningful and supportive relationships. Measurement of this outcome looks at whether more people are safe and fewer people have been impacted by violence and/or childhood adversity. It explores how these factors relate to people's experiences of suicidal distress.		• Increase in actual and perceived physical and psychological safety • Increase in safety in the workplace • Increase in online safety • Decrease in family, domestic and sexual violence • Decrease in adverse childhood experiences • Decrease in community and societal violence

Prevention Outcomes



Domain	Prevention of suicidal distress			
	People are protected from experiencing suicidal distress			
Key Objective	Outcome	Description	Indicators	
2. Good health	People experience good health enabling them to live their life with choice, purpose, meaning and satisfaction	This outcome is about people achieving their optimal physical and mental health and wellbeing. It recognises that when people experience positive health outcomes, whether from improved health or reduced injury or illnesses, and there is a reduction in the harms associated with gambling, alcohol and other drugs, this contributes to wellbeing and protects against suicide. People told us that with good physical and mental health (relative to their lived experience and circumstances), they can make more choices about how they live their lives and engage in activities that give them greater meaning and satisfaction. Measurement of this outcome looks at whether more people are healthy and fewer people are impacted by factors known to be harmful to health. It explores how these factors relate to people's experiences of suicidal distress.	• Increase in quality of life and life satisfaction • Increase in positive physical and mental health • Decrease in the harms associated with alcohol and other drugs • Decrease in the harms associated with gambling	

Prevention Outcomes



Domain	Prevention of suicidal distress			
Domain aim	People are protected from experiencing suicidal distress			
Key Objective	Outcome	Description		Indicators
3. Economic security	People have the financial and economic security to participate in activities that are meaningful to them	This outcome is about people being financially and economically secure. It recognises that this is not simply about people having more money. Rather, it is about providing people with better opportunities in education, employability and income support. This leads to increased security around income and housing, builds wellbeing and protects against suicide. This is especially true for people experiencing acute income and housing insecurity and chronic economic disadvantage. People told us that when they have increased economic security, they have greater choice and more opportunities to enrol in education, have meaningful employment, experience stability in how and where they live, and feel they are providing stability to their loved ones and contributing to their communities. Measurement of this outcome looks at whether more people are financially and economically secure and explores how this relates to people's experiences of suicidal distress.		• Increase in economic security • Increase in stable, secure, safe and affordable housing • Increase in engagement in meaningful education, employment and activities • Increase in financial literacy and resilience

Prevention Outcomes



Domain	Prevention of suicidal distress			
Domain aim	People are protected from experiencing suicidal distress			
Key Objective	Outcome	Description		Indicators
4. Social inclusion	People are respected and valued for who they are and have a sense of belonging from their connections with other people	This outcome is about people being valued by and connected with other people. It recognises that with greater social capital and connections, people are valued and recognised in their communities, and their sense of self-worth increases through these community connections. It also recognises that people need meaningful and genuine connections with other people to feel valued, accepted and included. Being valued and connected builds wellbeing and protects against suicide. People told us that when they meaningfully connect with other people, have their role and contributions recognised, and can participate in community and culture without judgement or stigma, they have a stronger identity, feel more self-worth and are more likely to know how to live without distress. Measurement of this outcome looks at whether more people are connected to other people and fewer people are excluded or lonely. It explores how these factors relate to people's experiences of suicidal distress.		• Increase in people's experience of social inclusion and community connection • Decrease in experiences of discrimination, stigma and exclusion • Decrease in people experiencing loneliness

Prevention Outcomes



Domain	Prevention of suicidal distress			
Domain aim	People are protected from experiencing suicidal distress			
Key Objective	Outcome	Description		Indicators
5. Navigating life transitions	People can navigate life transitions with agency and hope for their future	This outcome is about people experiencing less distress during life transitions such as leaving school, moving communities and homes, changing relationships, losing loved ones, coming out, changing faith, transitioning from the Australian Defence Force, losing or retiring from employment, or moving to Australia as a refugee or migrant. It also includes the distress people and communities can experience from disasters and emergencies. It recognises that life changes can disrupt a person's sense of purpose, identity, support networks and safety, especially when combined with other stressors. It also recognises that taking action before, during and after transitions helps people stay connected, supported and less at risk of suicidal distress. People told us that when they are more knowledgeable and supported to deal with transitions, they feel safer, less distressed about the transition, more in control of their lives, and more hopeful and confident about their future. Measurement of this outcome looks at whether more people are confident to navigate life transitions and fewer people experience suicidal distress because of these transitions. It explores how these factors relate to people's experiences of suicidal distress.		• Increase in resilience, agency and self-confidence to navigate challenging life transitions • Decrease in suicidal distress from life stressors associated with life transitions • Decrease in loss of and disruption to existing support networks

Prevention Outcomes



Domain	Prevention of suicidal distress		
Domain aim	People are protected from experiencing suicidal distress		
Outcome	Description	Indicators	
Communities have the capacity to address the social determinants of suicide and protect against suicide 	This outcome is about communities having the capacity to address the social determinants of suicide such as community violence, racism, stigma and discrimination, while building protective factors against suicide such as inclusivity, cohesion and connection. It recognises that community violence, stigma and discrimination lead to people feeling unsafe and marginalised, which can lead to suicidal distress, particularly when combined with other stressors. It also recognises that strong, inclusive communities help people to thrive. Communities, particularly marginalised ones, benefit from being able to take targeted action to address social determinants and strengthen their protective capability against suicide. People told us that the communities they belong to strongly shape how they see themselves, which can be both helpful and unhelpful when experiencing suicidal distress. People said that the strongest communities are those that are diverse, where people feel included and listened to, and everyone is supported to participate fully. Collaboration between government, services and business helps build these environments and promote safety and connection. Measurement of this outcome looks at whether communities have the capacity to address the social determinants of suicide and build protection against suicide. It explores how these factors relate to people’s experiences of suicidal distress.	• Increase in communities’ capacity to address the social determinants of suicide • Increase in community inclusivity and cohesiveness, especially for groups disproportionately impacted by suicide • Decrease in community violence, stigma and discrimination, especially for groups disproportionately impacted by suicide	

Support Outcomes



Domain

Domain aim

Support

for people experiencing suicidal thoughts and behaviours and people who care for them

People who experience suicidal distress are supported effectively

Key Objectives

Outcomes

6. Culture of Compassion

People are supported with compassion and respect and experience supports that partner with them in making decisions



7. Accessibility

People can access appropriate supports where, when and how they need to



8. System-level coordination

People experience support networks that work together seamlessly to keep them well



9. Holistic approaches

People experience supports that work with them to address the reasons for their distress



10. Increased connection

People are supported to connect with people who matter to them and who are integral to their wellbeing



Families, carers and kin experience supports that address their needs and empower them to care for people experiencing suicidal distress



Support Outcomes



Domain	Support			
	for people experiencing suicidal thoughts and behaviours and people who care for them			
Domain aim	People who experience suicidal distress are supported effectively			
Key Objective	Outcome	Description	Indicators	
6. Culture of compassion	People are supported with compassion and respect and experience supports that partner with them in making decisions	This outcome is about suicide prevention supports that respond to people with compassion and respect. It reflects the importance of recognising a person's unique context and lived experience, and the need for people to feel understood, valued and heard when seeking support. It recognises that if supports do this, people would have more positive experiences and outcomes and would be more likely to seek support again. People told us they would seek out supports they trust to treat them with respect and genuine care and work with them to shape care around their specific needs. Measurement of this outcome looks at whether people feel more understood and empowered by supports and explores how this relates to people's experiences of suicide.	• Increase in experiences where supports respond with compassionate care • Decrease in experiences of stigma associated with suicide and suicidal distress	

Support Outcomes



Domain	Support for people experiencing suicidal thoughts and behaviours and people who care for them			
Domain aim	People who experience suicidal distress are supported effectively			
Key Objective	Outcome	Description	Indicators	
7. Accessibility	People can access appropriate supports where, when and how they need to	This outcome is about suicide prevention supports being readily accessible when and where they are needed, as well as being inclusive, culturally safe and appropriate for those that need them. It recognises that for supports to be effective, there is a need to address general barriers to access such as cost, location and wait times, as well as to meet the specific needs of groups who are disproportionately impacted by suicide. People told us that if they could trust that supports were accessible and appropriate, they would have greater choice about where, when and how they seek support and would engage with them more. Measurement of this outcome looks at whether people can access timely and appropriate supports and explores how this relates to people’s experiences of suicide.	• Increase in experiences where supports are culturally safe, identity-affirming, and inclusive for all communities • Increase in experiences of supports that are timely, affordable and geographically accessible for all communities • Increase in community awareness and understanding of available suicide prevention supports • Decrease in experiences of barriers to accessing the supports people needed	

Support Outcomes



Domain	Support for people experiencing suicidal thoughts and behaviours and people who care for them			
Domain aim	People who experience suicidal distress are supported effectively			
Key Objective	Outcome	Description		Indicators
8. System-level coordination	People experience support networks that work together seamlessly to keep them well	This outcome is about suicide prevention supports working together to improve how people experience care from multiple providers. It recognises that for supports to be effective, there is a need to reduce the burden people experience when navigating between and coordinating care from multiple providers, as well as to ensure those providers work together to deliver comprehensive, coordinated and continuous care. People told us that if they could trust their supports to work together proactively for their benefit, it would reduce their distress, increase their engagement and make sure there were fewer gaps for them to fall through. Measurement of this outcome looks at whether people experience seamless care and explores how this relates to people's experiences of suicide.		• Increase in experiences where supports help people to navigate between multiple providers • Increase in experiences of coordinated and continuous care across multiple providers

Support Outcomes



Domain		Support		
Domain aim		for people experiencing suicidal thoughts and behaviours and people who care for them		
People who experience suicidal distress are supported effectively				
Key Objective	Outcome	Description	Indicators	
9. Holistic approaches	People experience supports that work with them to address the reasons for their distress	This outcome is about suicide prevention supports responding to people’s needs to reduce their immediate distress, as well as address the underlying reasons for it. It recognises that people’s experience of suicide is unique, and supports must address the specific needs and reasons for each person’s distress. It further recognises that people’s distress is more likely to be reduced by addressing the underlying reasons for it rather than just managing their symptoms of distress. People told us that they would trust supports that see them as a whole person instead of as someone who was suicidal and work with them to form a broader and longer-term tailored approach to their safety. Measurement of this outcome looks at whether people feel more confident that supports address all their needs and underlying reasons for their distress. It explores how this relates to people’s experiences of suicide.	• Increase in experiences where supports holistically address the issues contributing to suicidal distress • Increase in inclusion of supports across the service sectors	

Support Outcomes



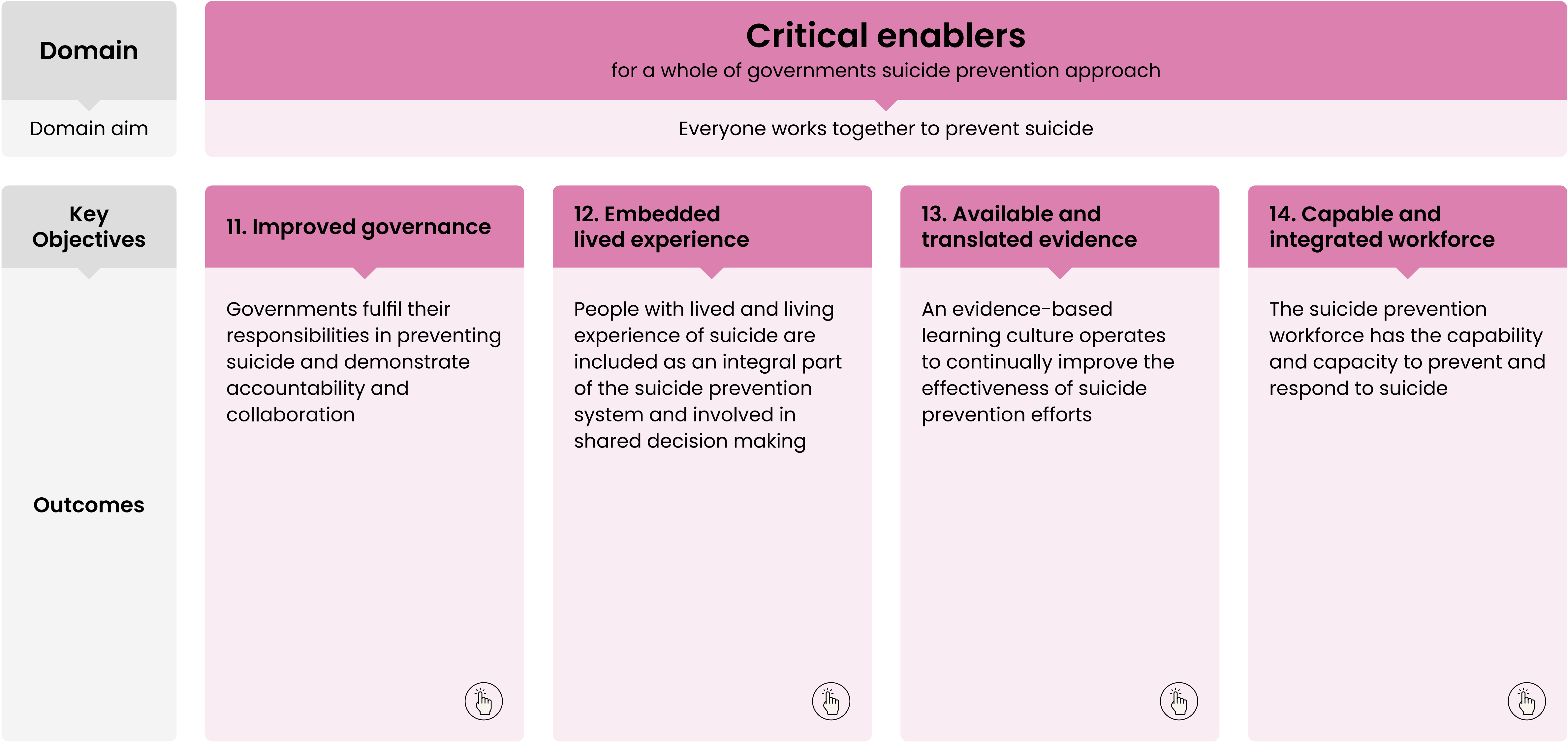
Support				
Domain		for people experiencing suicidal thoughts and behaviours and people who care for them		
Domain aim		People who experience suicidal distress are supported effectively		
Key Objective	Outcome	Description		Indicators
10. Increased connection	People are supported to connect with people who matter to them and who are integral to their wellbeing	This outcome is about suicide prevention supports that are inclusive of family, carers and kin, friends and supporters. This includes chosen family structures, community-based caregivers and social supports that connect people with their community, culture and social networks for both immediate and longer-term support. It recognises that people have loved ones and communities that care about them, and that re-connecting after experiencing suicidal distress can be difficult but rewarding. It also recognises that these connections contribute to wellbeing and protect against future suicidal distress. People told us that they would trust supports that help them reinforce longer-term relationships with desired community, ethnocultural groups and social networks, including family, carers and kin. This helps maintain their wellbeing and provides continued support after contact with formal services ends. Measurement of this outcome looks at whether people feel more connected to their support networks, communities and culture through their supports. It explores how this relates to people's experiences of suicide.		• Increase in the inclusion of families, carers and kin in people's support • Increase in connections with family, kin, support networks and community for people experiencing suicidal distress

Support Outcomes



Domain	Support for people experiencing suicidal thoughts and behaviours and people who care for them		
Domain aim	People who experience suicidal distress are supported effectively		
Outcome	Description	Indicators	
Families, carers and kin experience supports that address their needs and empower them to care for people experiencing suicidal distress	This outcome is about suicide prevention supports that are empowering for family, carers and kin, friends and supporters. This includes chosen family structures, community-based caregivers and non-biological support systems. It recognises that family, carers and kin need support to address negative impacts of their caring role, protect their wellbeing and enable them to effectively provide support to the people they care about. People told us that they would trust supports that ensure family, carers and kin are recognised and supported. Measurement of this outcome looks at whether family, carers and kin feel more able to care for people experiencing suicidal distress and explores how this relates to people’s experiences of suicide.	• Increase in capability and capacity of families, carers and kin to effectively support people experiencing suicidal distress • Increase in experiences of supports that address the needs of family, carers and kin who provide support to people experiencing suicidal distress	

Critical enablers Outcomes



Critical enablers Outcomes



Domain	Critical enablers			
Domain aim	for a whole of governments suicide prevention approach			
	Everyone works together to prevent suicide			
Key Objective	Outcome	Description	Indicators	
11. Improved governance	Governments fulfil their responsibilities in preventing suicide and demonstrate accountability and collaboration	This outcome is about strengthening suicide prevention through defined and agreed responsibilities and accountabilities across government portfolios and all levels of government. It recognises that governments are leaders in suicide prevention in Australia. This includes identifying how portfolios beyond health can expand prevention efforts into the social and economic determinants of suicide, and how all levels of government can work together to improve the reach and effectiveness of regional efforts. People told us that to achieve real and sustained change, governments need to take responsibility for suicide prevention, be transparent and accountable for their actions and lead the way for others to effectively contribute. People said they need to see a whole-of-government approach to suicide prevention to be confident that suicide prevention will improve. Measurement of this outcome looks at whether governments demonstrate how they are fulfilling their responsibilities and collaborating to deliver a whole-of-governments approach to suicide prevention.	• Evidence of the implementation of whole of governments approach to suicide prevention • Evidence that governments are taking evidence-based action and monitoring progress of suicide prevention goals • Evidence that governments are collaborating to increase effectiveness of suicide prevention efforts	

Critical enablers Outcomes



Domain	Critical enablers for a whole of governments suicide prevention approach			
Domain aim	Everyone works together to prevent suicide			
Key Objective	Outcome	Description		Indicators
12. Embedded lived experience	People with lived and living experience of suicide are included as an integral part of the suicide prevention system and involved in shared decision making	This outcome is about strengthening suicide prevention by placing the voice of people with lived and living experience of suicide and groups that are disproportionately impacted by suicide at its centre through valued and meaningful engagement, consultation and shared decision making. It recognises that people who use suicide prevention supports and their family, carers and kin are best placed to know what is working, what is not and opportunities for improvement. The insights provided by people with lived and living experience of suicide are critical to the effective prevention of suicide. To be guided by these insights in a meaningful way, there needs to be a systematic approach to building capability of everyone involved and ensuring organisational structures and culture support shared decision making. People told us that they would trust a suicide prevention system that values lived experience insights, hears diverse voices, addresses power imbalances, and ultimately makes sure people and communities have a say in what happens to them. People said that they need to see governments meaningfully and safely consulting with diverse groups and people with lived and living experience of suicide about what is needed and what is working or not working, to be confident that suicide prevention will be more effective. Measurement of this outcome looks at whether governments demonstrate they are meaningfully involving people with lived and living experience of suicide in the design and delivery of high-quality, effective suicide prevention.		• Evidence that governments are embedding lived experience insights in suicide prevention • Evidence that people with lived and living experience of suicide meaningfully participate in the design, delivery, implementation and evaluation of suicide prevention activities • Evidence that people with lived and living experience of suicide are supported to participate safely and effectively • Evidence that lived experience is recognised as a valued source of evidence • Evidence that a diversity of lived experience perspectives contributes to the design, delivery, implementation and evaluation of suicide prevention activities

Critical enablers Outcomes



Domain	Critical enablers			
	for a whole of governments suicide prevention approach			
Domain aim	Everyone works together to prevent suicide			
Key Objective	Outcome	Description	Indicators	
13. Available and translated evidence	An evidence-based learning culture operates to continually improve the effectiveness of suicide prevention efforts	This outcome is about strengthening suicide prevention in Australia by developing a learning and evaluation culture that continually improves how suicide prevention is delivered. It recognises that for suicide prevention to be effective, regular evidence-based decisions are required about what is working, what is not working and how best to make improvements. It also recognises that research should consider community needs and people's lived and living experiences, and that suicide may present differently for groups who are disproportionately impacted by suicide. To do this, there needs to be a strategic and coordinated approach to learning, including greater access to high-quality, fit-for-purpose data, research and evaluation. It also requires embedded processes to support the timely translation of information into policy and practice. People told us that they would trust approaches to suicide prevention that focus on continual improvement, demonstrate the evidence for change, encourage research and innovation, and lead to practical and timely improvements. People said they needed to see governments fostering a learning culture in suicide prevention to be confident that suicide prevention will be more effective. Measurement of this outcome looks at whether governments demonstrate implementation of a learning culture that routinely uses fit-for-purpose evidence to guide the design and delivery of high-quality, effective suicide prevention.	• Evidence of regular and transparent public reporting on the effectiveness of suicide prevention • Evidence that a learning culture is operating and research, innovation and continuous improvement in suicide prevention is occurring • Evidence of increased availability and use of quality evidence to inform suicide prevention decision making	

Critical enablers Outcomes



Domain	Critical enablers			
	for a whole of governments suicide prevention approach			
Domain aim	Everyone works together to prevent suicide			
Key Objective	Outcome	Description	Indicators	
14. Capable and integrated workforce	The suicide prevention workforce has the capability and capacity to prevent and respond to suicide	This outcome is about strengthening suicide prevention through nationally coordinated workforce planning and development to achieve a capable and sustained workforce. It recognises that the suicide prevention workforce is diverse and spans across roles, disciplines and settings within and beyond health. This includes the peer workforce, comprising people who have lived and living experience of suicide with appropriate support in their roles. Consistent processes are needed to support and integrate the workforce to deliver effective suicide prevention. People told us that they would have greater trust in suicide prevention if there was a more organised approach to service funding and delivery, and if they were confident that there was an ongoing focus on recruiting, training and retaining people in the suicide prevention workforce. People said they needed to see governments taking action to build an integrated and competent suicide prevention workforce to be confident that suicide prevention will be more effective. Measurement of this outcome looks at whether governments demonstrate that suicide prevention is delivered by a capable, integrated and sustainable workforce.	• Evidence that governments are building an integrated, capable and sustainable suicide prevention workforce • Evidence that the people who work in suicide prevention are supported and equipped to be effective in their role • Evidence that the suicide prevention workforce can provide support when, where and how it is needed	