

How can you help?

You can help AISRAP by:

Becoming a volunteer; helping to raise funds; making a bequest.

Should you wish to receive further information on how you can help, please tick the appropriate box(es) and fill in your details below, and post to the Australian Institute for Suicide Research and Prevention.

Name: _____

Address: _____

Postcode: _____ Telephone: _____

Email: _____

Please detach this coupon and post to:

Australian Institute for Suicide Research and Prevention
Griffith University, Mt Gravatt QLD 4122, Australia

Yes, I want to help suicide research and prevention, and am enclosing my tax deductible donation for:

(Please enter amount) _____

Or charge my:

Bankcard Mastercard Visa

American Express Diners Club

Card number:

□□□□ □□□□ □□□□ □□□□

Expiry date: □□ / □□

Signature: _____

If a receipt is NOT required, please tick

Cheques to be made payable to:

Australian Institute for Suicide Research and Prevention

Location

The Australian Institute for Suicide Research and Prevention is part of Griffith University's Health Group, and is located in the Psychology Building (M24) and Arts and Education Building (M09), Mt Gravatt campus, in the Brisbane metropolitan area.

Postgraduate Programs

Griffith University's Australian Institute for Suicide Research and Prevention (AISRAP) was the first tertiary institution in the world to develop - and the only university in Australia to award - Postgraduate Degree qualifications in Suicide Prevention and Suicidology (established 2001). The Graduate Certificate in Suicide Prevention Studies and the Master of Suicidology programs are fully available online to Australian and international students.

Life Promotion Clinic

AISRAP established the Life Promotion Clinic (an Australian first), a unique place of care and monitoring service for persons with suicidal ideation, where psychiatrists and psychologists cooperate in providing the highest possible standard of assistance. Today, it is also an official site of the Australian and New Zealand College of Psychiatrists for Basic and Advanced Training (Psychotherapy). The Clinic hosts a bi-monthly Seminar Series featuring presentations delivered by experts in topics of current interest to community and industry stakeholders.

Director of AISRAP

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Australian Institute for Suicide Research and Prevention



WHO Collaborating Centre

for Research and Training in Suicide Prevention

National Centre of Excellence in Suicide Prevention

The Australian Institute for Suicide Research and Prevention (AISRAP) was established in 1996 in recognition of the urgent need to address Australia's suicide problems. A research base was considered essential to identify priority issues in suicide prevention.

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Vision

AISRAP's aim is to provide high-quality research for the benefit of the entire community by representing an institute of excellence, both nationally and internationally. At AISRAP, we believe that only quality research may provide essential ground for effective suicide prevention.

A distinctive feature of AISRAP's work is the selection of research projects on the basis of their practical outcomes and potential capacity to influence governments, policy makers and community members.

How large is the problem?

Australian Bureau of Statistics data shows that more than 2000 Australians die by suicide each year. The number of people who attempt suicide or self-harm is disproportionately bigger. Non-fatal suicide behaviours are one of the most important causes of all hospital admissions.

Suicide is now the leading cause of death among young people under the age of 30. Men are four times more likely to die by suicide than women and usually adopt more violent means to end their own lives.

Because each individual is unique, there is no single reason why a person dies by suicide. However, there are several factors that may contribute to a person engaging in suicidal behaviour. These include, but are not limited to:

- A personal crisis often associated with interpersonal conflict and/or major life transition, which may leave individuals feeling overwhelmed, and unaware of alternative coping options.
- Alcohol and substance abuse can reduce self-control and result in impulsive suicidal behaviours.
- Psychiatric disorders often amplify and distort the distress.
- Depressive symptoms are a major contributor to suicidal thinking, found to occur in up to 80% of all suicides.

Role of AISRAP

- Conduct research on the extent and nature of suicide in Australia and elsewhere, in order to provide policy-relevant advice to governments and other interested parties.
- Provide information about trends in suicide mortality and morbidity.
- Provide advice on evidence-based practices in the management of suicide ideators and attempters.
- Provide assistance to interested parties with teaching packages, consultancy and training of relevant personnel.

Queensland Suicide Register (QSR)

The Institute maintains the Queensland Suicide Register – a comprehensive database of suicide mortality data. It includes information obtained from police reports, post-mortem and toxicology reports, and psychological autopsy questionnaires. Funded by Queensland Health, this database covers all suicides in Queensland from 1990 to present.

Main areas of research

- Definitional issues
- Quality of data on suicide mortality
- Examination of trends in fatal and non-fatal suicidal behaviour
- Methods of suicide
- Youth suicide
- Elderly suicide
- Indigenous suicide
- Trans-cultural aspects
- Intervention studies
- Evaluation of suicide prevention programs and strategies
- Treatment of suicide ideators, self-harmers and attempters

Collaboration with the World Health Organization

In 2005, AISRAP was officially designated as a World Health Organization Collaborating Centre for Research and Training in Suicide Prevention.

Terms of Reference:

- Collection and dissemination of information on suicide epidemiology and research findings on suicidal behaviour
- Standardisation of suicide terminology and nomenclature
- Participation in collaborative research under WHO's leadership, including planning, conduct, monitoring and evaluation of outcomes, and promotion of its results through conferences and publications
- Education and training, including research training and postgraduate programs, and provision of supervision for PhD candidates
- Coordination of activities carried out by several institutions on suicide-related topics
- Providing information and advice on scientific and policy-related issues in the field of suicide prevention.

International Collaborations

A Memorandum of Understanding exists between AISRAP and the following institutions:

- Centre for Suicide Research, Pecking University, China (2004)
- SNEHA and Voluntary Hospital Systems (VHS), Chennai, India (2006)
- National Public Health Institute, Oslo, Norway (2007)
- Estonian-Swedish Mental Health and Suicidology Institute (2008)
- Fondazione Zancan, Italy (2008)
- University of Padua, Italy (2010)
- Academia-Sinica, Taiwan (2010)

National Centre of Excellence in Suicide Prevention

In 2008 AISRAP was established as the National Centre of Excellence in Suicide Prevention, funded by the Australian Government Department of Health and Ageing. The Centre plays a key role in the Australian Government's National Suicide Prevention Strategy by providing advice, guidance and evaluation on initiatives and programs in suicide prevention.