

# Tailoring suicide prevention to men in farming occupations



NATIONAL  
ENTERPRISE  
FOR RURAL  
COMMUNITY  
WELLBEING

**A/Professor Lia Bryant & Dr Bridget Garnham**  
**National Enterprise for Rural Community Wellbeing**



University of  
South Australia



# Project rationale

- Research on farmer distress: Lived experiences - social, economic, political and cultural contexts and conditions for distress ([Bryant & Garnham, 2013,2014,2015, 2018](#));
- Suicide rate for men in farming occupations;
- Insufficient evidence-based suicide prevention strategies tailored to men in farming occupations:
  - Population risk factors
  - Rural communities
  - Cultures of farming
- Whole of community and place-based approaches to suicide prevention.

# Project aims

1. Examine how rural Suicide Prevention Networks establish, operate and respond to suicide prevention in agricultural communities;
2. Examine lived experiences of distress among men in farming occupations and their preferences for community-based intervention approaches to develop knowledge about current and potential strategies for suicide prevention;
3. Document pathways to place-based mental health and suicide prevention services and explore relationships between Suicide Prevention Networks and local stakeholders in suicide prevention;
4. Co-design and evaluate tailored, place-based suicide prevention strategies with rural Suicide Prevention Networks, men in farming occupations and local community stakeholders in suicide prevention.



# Research team

**A/Professor Lia Bryant & Dr Bridget Garnham**, National Enterprise for Rural Community Wellbeing, UniSA, SA

**Clinical A/Professor Susan Brumby & Dr Alison Kennedy**, National Centre for Farmer Health, Deakin, VIC

**Professor David Perkins & Dr Scott Fitzpatrick**, Centre for Rural & Remote Mental Health, University of Newcastle, NSW.

**Dr Kairi Kolves**, Australian Institute for Suicide Research and Prevention, QLD

# Partner Organisations



Australian Government  
National Mental Health Commission



Department of  
Primary Industries

PRIMARY  
INDUSTRIES  
& REGIONS SA  
PIRSA



Queensland  
Mental Health  
Commission

AGRICULTURE VICTORIA



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COUNTRY SA

An Australian Government Initiative



Government  
of South Australia

SA Health

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# Research design: Methodology

- Community-based participatory action research...

Collaboration with rural suicide prevention networks, men in farming occupations, local community stakeholders and Partner Organisations to co-design, trial and evaluate suicide prevention strategies tailored to men in farming occupations.

- Case studies

State	Region
SA	Yorke Peninsula
NSW	Riverina
VIC	Gippsland
QLD	Maranoa

# Research design: 3 stages

STAGE 1: Locally contextualised knowledge of farmer distress and suicide prevention services and supports.

STAGE 2: Tailored strategy design and implementation

STAGE 3: Evaluation

# Stage 1: Knowledge

<b>Participant group</b>	<b>Method</b>	<b>Focus</b>	<b>State</b>
<b>SUICIDE PREVENTION NETWORKS</b>	Focus group	Exploring how the SPN established, operates and responds to suicide prevention in agricultural communities	ALL
<b>LOCAL STAKEHOLDERS IN SUICIDE PREVENTION</b>	Focus group	Exploring issues and mapping services and supports for men in farming occupations	SA & NSW
<b>MEN IN FARMING OCCUPATIONS</b>	In-depth interviews	Local perspectives/ lived experiences in relation to farmer distress and mental health and/or suicide prevention support	SA & NSW



# Stage 2: Tailored strategy co-design

Participant group	Method	Focus
<b>SUICIDE PREVENTION NETWORKS</b>	Workshops x2	<ol style="list-style-type: none"><li>1. Presentation of Stage 1 findings Workshopping tailored strategies</li><li>2. Presentation of survey findings (see below) Workshopping strategies</li></ol>
<b>LOCAL STAKEHOLDERS IN SUICIDE PREVENTION</b>	Workshop	Presentation of Stage 1 findings Workshop identifying what stakeholder organisations can do to support rural SPN and build capacity and sustainability of farmer suicide prevention practice
<b>MEN IN FARMING OCCUPATIONS</b>	Online survey	Feedback on proposed tailored suicide prevention strategies

# Stage 3: Evaluation

Participant group	Method	Focus
<b>SUICIDE PREVENTION NETWORKS</b>	Workshop	Presentations by SPN members Critical reflection Co-design of resources
<b>LOCAL STAKEHOLDERS IN SUICIDE PREVENTION</b>	Focus group	Participant reports on engagement with farmer suicide prevention and discussion of shared learning and avenues for further development.
<b>MEN IN FARMING OCCUPATIONS</b>	In-depth interviews	Explore perspectives on how communities have been engaging men in farming occupations, impact of implemented strategies and feedback.



# Outputs

- Co-designed suicide prevention strategies tailored to men in farming occupations
- Co-designed resources to support SPNs in community-based suicide prevention tailored to men in farming occupations
- Online practice-based hub for national and international advances in suicide prevention tailored to men in farming occupations

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# Growing the research

- Funding shortfall for existing case study sites
  - SA, VIC and QLD
- Funding extension
  - WA and TAS

# Thank you!

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