



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Creating and telling digital stories to reduce suicide stigma and support emotional wellbeing in rural farming communities

Dr Alison Kennedy

Digital storytelling to communicate personal stories

- What is a digital story?
- Why do we tell them?
 - Creating & sharing knowledge
 - Captures defining moments & turning points in life
- What does a DST workshop involve?



Benefits for the storyteller

- Personal reflection
- Identify coping strategies
- Peer learning
- Increased social connectedness
- Personal achievement and self-confidence

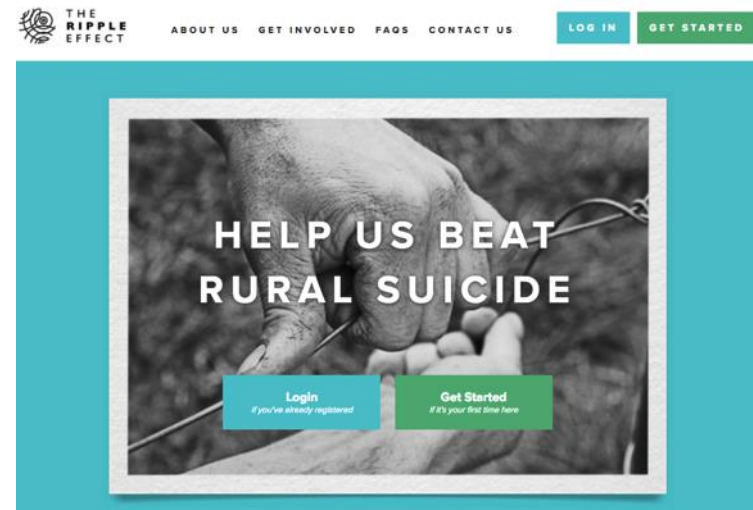


“The workshop was very rewarding. I came away with a feeling (that my husband’s) suicide wasn’t my fault—something I have struggled with for quite some time. I am very proud of the outcome. Several people have watched it and have given back so much positive feedback [...] I feel I am getting stronger all the time.”

2015 participant in NCFH Ripple Effect DST

Benefits for the viewer

- Fostering understanding
- Promoting reflection and empathy
- Provide inspiration & education
- ‘Most helpful’ element of www.therippleeffect.com



The Ripple Effect

- 1 Digital Storytelling Workshop
- 10 stories
- Focus: Lived experience of suicide & stigma reduction



Bill's story

From Inside the Farm Gate

- 2 Digital Storytelling Workshops
- 16 stories
- Focus: Rural women managing tough times



Karrinjeet's story

Young rural adults

- 1 Digital Storytelling Workshop
- 7 stories
- Focus: Young rural adults managing tough times



Brigid's Story

The Road
To
Happiness

Brigid Kenna

How do we use the stories?

Share stories to raise awareness, knowledge & action

- Women on Farms Gathering
- CWA Vic state conference
- www.farmerhealth.org.au
- Social media
- Education programs
 - Community & postgrad
- Research
 - The Ripple Effect
 - All workshops evaluated (process & outcome)

Thank you to our supporting partners



**VICTORIAN
WOMEN'S TRUST**

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THE
**WILLIAM
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ABC Consultancy



**Geelong Gentleman's
Lunch**





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Thank you

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