

TASTES SUCCESS



Shock suicide stats for our men

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and OLIVIA REED

SUICIDE is among the leading causes of death for males in the Geelong and Surf Coast regions, alarming new data reveals.

Between 2013 and 2017 it was the 10th most prominent cause of death for males in Greater Geelong, and 11th in the Surf Coast, data recently released by the Australian Institute of Health and Welfare shows.

Suicide did not feature in the top 20 causes of death for Surf Coast or Greater Geelong females.

Australian Psychological Society College of Clinical Psychologists national chair Dr Brendan Meagher, who is a Newcomb-based clinical psychologist, said male suicide rates had long been higher than rates among females.

Dr Meagher said males were less likely to present to a GP or psychologist about their mental health issues.

And when they did, it tended to be when things were more severe, Dr Meagher said.

"Women tend to be more proactive in seeking help," he said.

Dr Meagher said positive strides in suicide prevention had been made since the period the AIHW data captured, but clearly more still needed to be done.

The Federal Government held a National Suicide Pre-

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AUSTRALIAN PSYCHOLOGICAL SOCIETY COLLEGE OF CLINICAL PSYCHOLOGISTS NATIONAL CHAIR
DR BRENDAN MEAGHER

vention Summit late last year and announced additional funding for suicide prevention in its most recent budget.

And the State Government called a Royal Commission into Mental Health, which is currently holding hearings.

The concerning trend of higher suicide rates among males locally echoes national statistics.

Nationally, suicide was the ninth most common cause of death among males but did not feature in the top 20 for females.

Nationwide, across all persons, it was 12th most common cause of death.

In Greater Geelong, 113 males died by suicide between 2013 and 2017, and nine males died by suicide in the Surf Coast in the same period.

Across all persons in Greater Geelong suicide was ranked the 17th most common cause of death between 2013 and 2017, causing 141 deaths.

It was the 20th most common on the Surf Coast, claiming 11 lives.

If you are experiencing mental health difficulties, contact Lifeline on 13 11 14

everyone
laney said

ounced as
off champion
featuring
tini sharing
of The Pier

lay job is

working at the clothing business she shares with her husband, was crowned the winner among a field of entrants who made goodies including slices, cakes, biscuits and cupcakes.

The Tastes of Central Geelong festival runs until July 28.

The festival program can be found online at centralgeelong.com.au/tastes