

Understanding and responding to childhood suicidal ideation



Arianne Coad
Emerging Minds
Family Partner, SA

Arianne is an experienced parent with six children between the ages of 8 and 22, one of whom has a diagnosed mental illness, another who identifies as transgender and there are a few other children with experiences of neurodivergence/autism in the mix as well. When supporting her child through coming out and transitioning, their social and family supports were significantly challenged. Arianne took on an active role in supporting her trans child in her journey and her other children in theirs as the whole family experienced a transition, had to deal with the loss of important social and family connections as well as the loss of their faith community.

She is passionate about supporting her children's mental health and has often found that mental health professionals have been her strongest allies in the process. She has children who have struggled with suicide ideation and suicide attempts. She is passionate about changing the stigma around parenting and suicide so that parents can get the support they need to help their struggling young people. Parents and caregivers are the first line of defence for young people, and when they reach out for help, it is vital that they are met with compassion and support so that their child can get the help that they need.



David Newman
Narrative Therapist, NSW

David Newman lives and works on Gadigal country, Sydney, Australia. He is a faculty member of The Dulwich Centre and an honorary clinical fellow at University of Melbourne School of Social Work. He has extensive experience teaching in Australia and other countries and in individual, couple and family therapy, primarily through his independent therapy practice Sydney Narrative Therapy. David currently works part-time as a family therapist in a alcohol and other drugs service.



Dr Lyn O'Grady
Community
Psychologist, Vic

Dr Lyn O'Grady is a Community Psychologist with a particular interest in the mental health and wellbeing of children and young people. She currently works in private practice in Melbourne with children, young people as well as adults. She is also a Psychology Board registered supervisor. She has worked in a range of roles in community, health and education over the last three decades, including parenting support, school psychologist and National Manager of the KidsMatter Project with the Australian Psychological Society.

She is the author of two books, Keeping our Kids Alive, Parenting a Suicidal Young Person and Keeping our Kids Hopeful: parenting children in times of uncertainty.



Facilitator:
Amanda Kemperman
Practice Development
Officer, Emerging
Minds, SA

Amanda Kemperman is a Social Worker with 20 years of experience working in various areas such as domestic violence, homelessness, and community services. Currently, she works with the workforce development team translating practitioner and family knowledge and experience into programs and resources.

Amanda has a particular interest in advocating for children's voices and promoting their mental health and wellbeing. Her approach is informed by narrative therapy ideas, and she is always inspired by the ways in which people overcome and rise above the challenges in their lives.

One of Amanda's joys is bringing people together and facilitating conversations that lead to collaborative change.