

CENTRE FOR MENTAL HEALTH

PHD Confirmation Seminar

The University of Melbourne



MELBOURNE SCHOOL OF
POPULATION
& GLOBAL
HEALTH

Understanding Disclosure of Suicidality in Workplaces

Presenter: Martina McGrath

Supervisors:

**Prof. Jane Pirkis, Prof. Nicola Reavley
and Dr Karolina Kryszynska**

Tuesday 15 November 2022

9.00am—10.00am

Via Zoom

**[https://unimelb.zoom.us/j/81024613979?](https://unimelb.zoom.us/j/81024613979?pwd=Vkd5am1WLOFHT1VZKzg0TitYL2dpUT09)
[pwd=Vkd5am1WLOFHT1VZKzg0TitYL2dpUT09](https://unimelb.zoom.us/j/81024613979?pwd=Vkd5am1WLOFHT1VZKzg0TitYL2dpUT09)**

Password: 465656



Martina is a PhD student at the Centre for Mental Health. Prior to commencing her PhD, Martina worked extensively in the lived experience workforce primarily in strategic and leadership roles at both state and national levels.

In addition to completing her PhD, Martina is a founding Co-chair of the International Association for Suicide Prevention's LGBTQA+ Special Interest Group. Martina has also worked as a research assistant on a Centre for Mental Health Lifeways-led systematic review on suicide prevention training implementation. Currently, Martina is working as a lived experience consultant, primarily in the suicide prevention space.

Martina's research interests include social, economic and health equity for people with a lived experience of suicide and understanding how to leverage person-led, strengths-based, and protective factors as approaches to suicide prevention and postvention.

Data released by the Australian Bureau of Statistics (2020) showed that two in five (43.7%) Australians aged 16 - 85 had experienced a mental health condition and one in six (16.7%) had a lived experience of suicidal thoughts or suicide behaviours during their lifetime. Despite progress to address public stigma relating to mental ill-health and suicide, stigma in all its forms remains pervasive in Australian society, including in workplaces. Stigma and discrimination can act as barriers for people considering revealing a lived experience of suicide at work.

This research aims to better understand disclosure of a lived experience of suicidality in health sector workplaces and to develop best practice guidelines for how organisations can better support people with lived experiences of suicidal thoughts and behaviours. The research aims to also understand what, if any role stigma and discrimination play in affecting disclosure decisions at work. Three studies will address these aims. Study One, a systematic literature review that outlines current evidence on disclosure of mental health concerns in the workplace, is underway. Study Two will involve interviews with workers with lived experience of suicidality as well as employers and key informants working in the mental health and suicide prevention sectors, with the aim of better understanding experiences of disclosure and disclosure responses in workplaces. Study Three will consist of a Delphi expert consensus study to develop best practice guidelines about how workplaces can respond to and provide support for workers with a lived experience of suicidality.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908