

# Suicide Prevention Initiative



## AFTERCARE



### SUICIDE PREVENTION INITIATIVE - AFTERCARE (SPI)

#### What the program offers

The experience of suicide has lasting effects on individuals, their family and friends. The Aftercare program is a free program aimed at reducing the risk of suicide and these effects by providing person-centred, individual psychological support and strength-based strategies for people whose lives have been touched by suicide.

#### Who can access the program?

- Individuals who have been discharged in the past twelve months following an acute admission resulting from suicidal behaviour. This includes admissions to both general and private hospitals as well as mental health units.
- Family members/significant others of individuals who have attempted suicide or have lost a loved one by suicide in the past twelve months.
- High-risk clients remain under the care of Hunter New England Local Health District Mental Health Services - 1800 011 511.

#### How to access this program

- Individuals - require a GP referral letter and a copy of their recent discharge papers faxed to 1300 452 059 or emailed to [mentalhealth@healthwise.org.au](mailto:mentalhealth@healthwise.org.au). A Mental Health Treatment Plan **is not** required.
- Family and friends - **do not** require a referral. Self-referrals are accepted by calling 1800 931 540.
- GP's – for further information please review Hunter New England HealthPathways website <https://hne.healthpathways.org.au> or contact 1800 931 540.

#### Method of receiving support

Support can be accessed through face to face consultations, via the phone or Telehealth platforms including Skype.

#### Locations

The program is currently being offered in Armidale, Glen Innes, Gunnedah, Inverell, Moree, Narrabri, Quirindi, Tamworth, Manilla, Barraba and Walcha.

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