

## SUICIDE PREVENTION INITIATIVE (SPI) – AFTERCARE

### 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 limiting 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 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.
- 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 (MHTP) **is not** required.
- Family and friends – Self-referrals can be done via our website [healthwise.org.au](http://healthwise.org.au) email [mentalhealth@healthwise.org.au](mailto:mentalhealth@healthwise.org.au) or call 1800 931 540.

### General Practitioners

- 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 Zoom.

### Locations

The program is currently being offered in locations across the New England North West including:

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|------------|--------------------|
| • Tamworth | • Armidale         |
| • Walcha   | • Uralla           |
| • Inverell | • Glen Innes       |
| • Moree    | • Guyra            |
| • Gwydir   | • Tenterfield      |
| • Narrabri | • Liverpool Plains |
| • Gunnedah | • Quirindi         |