

MENTAL HEALTH SERVICES

SPI- Suicide Prevention Initiative (Aftercare)

Program: Community-based Suicide Prevention Services – New England North West

Scope: The SPI (Aftercare) program is aimed at reducing the risk of suicide and limiting these affects by providing person-centred, individual psychological support and strength-based strategies for people whose lives have been touched by suicide. The program also aims to:

- Contribute to reducing number of suicides, attempted suicides or suicide crisis in NSW
- Increase number of aftercare services to expand current services including those funded through “Towards Zero Suicides” and Commonwealth Government funded activities. Increase access to quality, evidence-based / informed suicide prevention services.

Eligibility:

- Individuals who have been discharged following an acute admission due to suicidal ideation or attempts
- Individuals who have experienced historical suicide attempts and are at a mild to moderate risk of suicide
- Family members/ significant others of individuals who have attempted suicide or have lost someone due to a death by suicide resulting from the nature of their involvement e.g. first on scene

Exclusions: High-risk clients

Workforce:

- Mental Health Clinicians – support people who have attempted suicide. Consists of a multidisciplinary workforce consisting of qualified AHPRA and AASW (Social Workers) registered staff
- Lived Experience Workers – support people who have been affected by suicide. Qualified and experience staff with lived experience of suicide.

Locations: NENW

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

Outcome measures: K1, K5

Session/time limits: Based on individual client needs.

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