Suicide Prevention and Aftercare

If you think you might harm yourself, ask for help

**Do not wait
Call 000**

(Emergency services)

Crisis support lines 24/7

Mental Health Line 1800 011 511

Lifeline 13 11 14

Suicide Call Back Service 1300 659 467

Kids Helpline 1800 55 1800

MensLine Australia 1300 78 99 78

Clinical Suicide Prevention Service Lifeline Macarthur

are supported by
South Western Sydney PHN

phn
SOUTH WESTERN SYDNEY
An Australian Government Initiative

SWSPHN supports these services with funding from the Australian Government through the PHN Program. SWSPHN does not directly provide the healthcare services in this brochure. These services are provided by external health practitioners who are commissioned by SWSPHN.

Help is available

Suicide Prevention & Aftercare Services

South Western Sydney

Clinical Suicide Prevention Service

FREE care and treatment with a mental health professional for people having thoughts of suicide or who have attempted suicide

&

Lifeline Crisis Support Aftercare Program

FREE, non-clinical short-term telephone crisis support for people (aged 18+) in South Western Sydney who have attempted suicide

phn
SOUTH WESTERN SYDNEY
An Australian Government Initiative

What is the Clinical Suicide Prevention Service?

- This is a FREE service here to support you and provide treatment at a critical time in your life

- You will be allocated a **mental health professional to support you** for a period of **up to two months**

- Support will include helpful ways to think, relax and reduce stress

A GP is a good person to talk to if you are having thoughts of suicide

How can a GP help?

Your GP can talk with you about how you are feeling and together you can pinpoint the main problems and tackle them together. Your GP can also prescribe medication if needed.

If you think you might harm yourself, ask for help

Do not wait
Call 000

What help will I receive?

After we receive your referral (open Mon-Fri 8.30am-4.30pm) from your GP or Community Mental Health, **you will be contacted within 24 hours** and **offered an appointment** with a mental health professional **within three to five business days.**

You will also receive FREE intensive therapy for up to two months. After these two months, your GP can make a plan with you and refer you for further help if needed.

How can I access the Clinical Suicide Prevention Service?

Talk to a GP or community mental health to get a referral for the service

If you have questions - call 1300 797 746

Keeping safe

Ask for help straight away.

Try talking to a family member or friend or call the support lines listed on this brochure.

Avoid being alone, especially at night, and spend time with a loved one, family member, friend or key support.

Avoid drugs and alcohol. Alcohol and many other drugs affect your nervous system and can make you feel worse. They will not solve your problems and can change the way you behave, think and feel.

How can I access the Lifeline Crisis Support Suicide Aftercare Program?

Contact Lifeline Macarthur
E suicideprevention@lifelinemacarthur.org.au

www.lifelinemacarthur.org.au

Call
46 45 7215

What is Lifeline Crisis Support Suicide Aftercare Program?

- Aimed at people in South Western Sydney, experiencing a crisis in their lives, and are at heightened risk of suicide

- Free, non-clinical telephone support services

- If you are not currently linked in with a healthcare professional, we can help explore options and refer you to ongoing support

This program is suitable for:

- ✓ People recently discharged from hospital following a suicide attempt
- ✓ Assessed as able to benefit from short-term telephone support
- ✓ Aged 18+
- ✓ People fitting the above criteria who have limited accessible support and/or resources

This program is not suitable for:

- ✗ People likely to need emergency intervention due to heightened suicidal risk
- ✗ People experiencing psychiatric symptoms like psychosis or dissociation which could prevent constructive engagement in the program

If you are currently experiencing a crisis in your life and would like short-term support from a trained Telephone Crisis Supporter, **contact Lifeline Macarthur**