

## **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 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*. A Mental Health Treatment Plan **is not** required.
- Family and friends –Self-referrals can be done via our website or email *mentalhealth@healthwise.org.au*. Or 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 Zoom.

### **Locations**

The program is currently being offered in locations across the New England North West including Tamworth, Walcha, Inverell, Moree, Gwydir, Armidale, Uralla, Glen Innes, Guyra, Tenterfield, Narrabri, Gunnedah, Liverpool plains and Quirindi.