

Webinar series for GPs: Managing the shadow effects of the pandemic

www.emphn.org.au/news-events/news/webinar-series-for-gps

Webinar four resources: Suicide prevention at a time of heightened risk

The resources outlined below supports the strategies discussed during the webinar.

The Eastern Melbourne PHN (EMPHN) Mental Health Referral and Access Team can provide intake for all EMPHN commissioned mental health services or you can contact the services directly. The Team can also assist with identifying other support options that may be appropriate. [Visit the website.](#)

- Stepped Care mental health services. [More information.](#)
- Psychiatric Advice & Consultation Service, free of charge, specialist psychiatric advice for GPs. [View the flyer.](#)
- Victorian HeadtoHelp mental health service [factsheet](#) and clinic locations. [Visit the website.](#)

Safety Planning

- Beyond Now: Safety planning tool from Beyond Blue. [View the tool.](#)
- Making a Safety Plan: Video with psychiatrist and client. [View the video.](#)

Neami National's LifeConnect program provides suicide prevention training and counselling support to families, friends and colleagues who have been bereaved by suicide. [Visit the website.](#)

The Interpersonal-Psychological Theory of Suicidal Behaviour. [Read more.](#)

HealthPathways Melbourne: [Suicide Prevention](#)

If you are a health professional in Melbourne's north western or eastern region, you can access the site by requesting the username and password from the HealthPathways Melbourne team – email Info@healthpathwaysmelbourne.org.au

Not in Melbourne?

Gippsland

gippsland.healthpathways.org.au

Murray

murray.healthpathways.org.au

Western Victoria

westvic.healthpathways.org.au

HealthPathways Melbourne

Suicide Prevention

Red Flags

- A plan, with or without preparations, or a recent attempt
- Uncontrolled alcohol or substance abuse
- Lack of good social support
- Recent bereavement, particularly from suicide
- Sudden calm feeling or presentation in patient with depression

Background

- [About suicide prevention](#)

Assessment

1. When assessing for suicide risk, be aware that:
 - asking directly about suicidality does not increase or create a risk.
 - it is not possible to predict with certainty which patients will ultimately commit suicide.
2. Consider asking [at risk patients](#) about suicide.
3. Discuss [confidentiality and its limits](#).
4. Ask [key questions](#).
5. Follow-up with more detailed questions to help determine the degree of suicide risk:
 - [Current circumstances](#)
 - [Previous attempts](#)
 - [Current plan](#)
 - [Other risk factors](#)
 - [Protective factors](#)
6. Assess risk to others:
 - Ask "Have you ever thought about harming someone else?"
 - Consider if any dependent children are at risk, e.g.
 - child custody issues or intervention orders in place.
 - major financial stress.
 - evidence of postnatal depression.
7. If consent is given, check with the main support person to corroborate the patient's symptoms and to establish their supports
8. Decide on severity of suicide risk. If there is time, consider using this [detailed risk assessment guide](#). Otherwise, consider it only – base decision on clinical judgement:
 - [High risk](#)
 - [Moderate risk](#)
 - [Low risk](#)