

Information

For clients

Psychological Strategies (formerly known as ATAPS) – Suicide Prevention Service

What is the Suicide Prevention Service?

Eastern Melbourne PHN's (EMPHN) Suicide Prevention Service (SPS) is a short-term service for people who are having thoughts about suicide and/or who are self-harming. Some examples of self-harming include cutting or burning yourself.

SPS offers:

- brief support (up to two months of unlimited sessions); and
- focused psychological strategies.

This service is provided free of charge.

Who is this service for?

To be eligible for referral to the SPS, you must meet the following criteria:

- be aged 12 or over; and
- experiencing suicidal ideation and or/self-harming.

How to access this service

- Book a long consultation with your GP to discuss your wellbeing concerns.
- Your GP will then complete EMPHN's Mental Health Services Referral Form and the Sheehan Suicidality Tracking Scale. Your GP will then send these to our secure fax number.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact you for an appointment time.

For more information

Contact EMPHN on 9800 1071 or visit

<https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>

Suicide Help Line – 1300 651 251	Monash Health – 1300 369 012
Suicide Call Back Service – 1800 445 511	St Vincent's – 1300 558 862
Lifeline – 131 114	Northern Health – 1300 874 243
Parentline – 132 289	Austin Health – 1300 859 789
Eastern Health Triage – 1300 721 927	Kids Help Line – 1800 551 800

Eastern Melbourne PHN gratefully acknowledges the financial and other support from the Australian Government Department of Health.

I consent to my/ my child's de-identified information being used by EMPHN for evaluation and reporting purposes to the Department of Health. I understand this data, which does not include my name, address or Medicare number, but will include information such as date of birth, gender and types of services I/ my child use, will be used for the purposes of improving health services in Australia. I understand that my/ my child's information will not be provided to the Department of Health if I indicate I do not consent.

www.emphn.org.au

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