

Information

For general practitioners

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 death or suicide and/or who are self-harming.

SPS offers:

- brief support (up to two months of unlimited clinically appropriate 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, patients must meet the following criteria:

- be aged 12 or over; and
- be a mild to moderate risk of suicide and/or self-harming (this is not a crisis service).

How to access this service

Book a long consultation with your patient to discuss their wellbeing concerns.

Complete the following (available at <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>)

- EMPHN Mental Health Services Referral Form
- Sheehan Suicidality Tracking Scale (SSTS)
- For referrals after 3pm (Mon–Thur), or Fri and weekend/public holidays book a call back from the All Hours Suicide Support Line. Phone number: 1800 859 585
- Please provide your patient with an All Hours Suicide Support Line information sheet.
- Fax the referral form and SSTS to EMPHN's secure fax number on 8677 9510.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact your client for an appointment time.

What happens next?

After the conclusion of the service, you will be provided with a treatment review. This review will indicate if further counselling is required and outline the referral requirements for ongoing counselling.

For more information

Contact EMPHN on 9800 1071 or visit

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

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

www.emphn.org.au