



Using evidence-based treatment for suicidality

What do we know?

- Mental illness, including depression, and trauma are associated with a large portion of suicide attempts. Providing accessible and appropriate mental health care is essential to suicide prevention.
- Central to this is ensuring mental health professionals are aware of the latest evidence and best practice care and treatment options. Information sharing between care providers also needs to be enhanced.

What is happening?

- Delivering Advanced Training in Suicide Prevention to clinicians plus guidelines for effective treatments including phone and web-based supports.
- Improving information sharing between services, families and carers.
- Developing preferred provider lists and improving local networks to close the gaps between primary care, allied health, schools and the hospital system.

What can I do?

Psychologists

- Undertake Advanced Training in Suicide Prevention.
- Participate in local networks and professional development events.
- Encourage your colleagues to do the same by sharing information.
- Complete the workforce survey so we can track changes in local workforce capacity.

- Contact your local Primary Health Network (PHN) if you are interested in becoming a Champion and can help engage your peers in LifeSpan.
- Ensure families and carers are notified when someone is at immediate risk of suicide by adopting advice on consent and information sharing.

All local service providers

- Keep your PHN up-to-date on the mental health services your organisation provides and any population groups or subspecialties you have additional expertise in.

Contact us: Call the LifeSpan team at (02) 9382 4530, email us at suicideprevention@blackdog.org.au or visit our website at www.lifespan.org.au

To find out how you can support this initiative and help make a difference, please visit www.lifespan.org.au

