



Equipping primary care to identify and support people in distress

What do we know?

- Suicidal people often visit primary care providers in the weeks or days before suicide yet many do not mention their suicidal thoughts to their doctor or if they do, they often don't receive the care and support they need.
- There are many reasons for this including fear, stigma and time pressures. Many GPs are unaware of referral points and current best practice care and treatment. Encouraging evidence-based practice and greater integration with other services is critical.
- Capacity building and education for GPs is one of the most promising interventions for reducing suicide.

What is happening?

- Delivering Advanced Training in Suicide Prevention to GPs and practice staff and building better local care networks.
- Doctors can identify more patients in need using the StepCare program which:
 - Screens all patients for depression, anxiety and suicidality
 - Uses conversation starters to help GPs ask about suicide
 - Auto-generates treatment plans, referrals (face to face and online therapies) and ongoing monitoring
 - Integrates with existing programs such as Health Pathways.

What can I do?

General Community – Potential Service Users

- Ask your GP if they have completed Advanced Training in Suicide Prevention and will implement StepCare.
- If your GP Practice is using StepCare, participate in the screening program.
- Fill out the research surveys if invited, so that we know if the project is working (or not).

GPs and Practice Staff

- Undertake training.
- Complete the workforce survey so we can track changes in local workforce capacity.
- Participate in local multidisciplinary networks and professional development events and encourage your colleagues to do the same.
- Contact your local Primary Health Network (PHN) if you are interested in becoming a Champion and can help engage your professional colleagues in LifeSpan.

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

