

Providing non-clinical care and practical support to individuals following a suicide attempt or suicidal crisis.

On average, 65,000 people attempt suicide in Australia each year¹, and eight per day will die².

Those who have previously attempted are among the most at-risk of attempting again. These are the people The Way Back NSW supports.

After a person has been referred to the service by clinical staff, they're contacted by a Support Coordinator within one working day of receiving the referral. The Support Coordinator then guides them through safety planning and a personalised aftercare program for up to three months.

This includes engaging them with services addressing some of the issues leading to their distress. This can mean anything from financial advice, to connecting them with community groups, or helping them attend health care appointments.








A recent Australian study found coordinated assertive aftercare is among the most effective strategies for reducing suicide reattempts, providing a potential reduction of up to 19.8 per cent³.

Encourage. Support. Connect.

The Way Back NSW aims to prevent further suicide attempts by providing proactive, non-clinical support and coordinating access to community services.

Support Coordinators:

-  Maintain contact and provide encouragement and support
-  Facilitate access to a range of community support services (e.g. community housing, social and sports clubs, community transport, emergency relief services, etc)
-  Encourage uptake of hospital discharge plans and safety plan utilisation
-  Support attendance at medical and allied health appointments
-  Assist clients to connect with support networks (including specialist support groups for men, women, alcohol or drug dependency, young people and family members impacted by suicide, sporting clubs, local church groups).

Who is eligible?

Individuals admitted to the hospital emergency department or Community Mental Health service across the Northern Sydney Region following a suicide attempt or suicidal crisis, and residing within the Northern Sydney Region will be eligible for the service. The Way Back NSW Support Coordinators will work with hospital and community mental health staff to engage with clients while they are in hospital and arrange for follow-up contact following discharge. The Way Back staff will also work with General Practitioners and other clinicians working in primary care (including psychologists) to support service access. Please contact our team to enquire further.

Referrals

The Way Back NSW operates Monday - Friday, 9.00am-5.00pm. Online referrals are encouraged at any time, including weekends.

Presentations to hospital on weekends or after hours will be followed up via phone call during the next business day.

Crisis intervention is redirected to existing clinical pathways including Ambulance, Police or the NSW Mental Health Line. Clients are routinely provided with information on emergency mental health contacts and are encouraged to use 24/7 crisis helpline services if they feel suicidal or are concerned about someone else's safety.

[1] Slade, T., Johnston, A., Teesson, M., Whiteford, H., Burgess, P., Pirkis, J., Saw, S. (2009) The Mental Health of Australians 2. Report on the 2007 National Survey of Mental Health and Wellbeing. Department of Health and Ageing, Canberra

[2] Causes of Death, Australia, 3303.0, Australian Bureau of Statistics, September 2018

[3] Krysinaka K, Batterham PJ, Tye M, et al. Best strategies for reducing the suicide rate in Australia. Australian and New Zealand Journal of Psychiatry. 2016;50(2):115-118.



How are clients linked in?

The referral pathway is integrated within the hospital emergency departments and Community Mental Health teams in the Northern Sydney Region. All presentations to hospital emergency department or Community Mental Health services across the Northern Sydney Region, following a suicide attempt or suicidal crisis will have the opportunity to be part of the service. This is not a clinical service and will be offered free of charge, in addition to any existing services.

Support for partners, family and friends

The Way Back NSW provides a range of services including education and advice to help family members, partners and friends supporting someone who is on their journey to recovery.

Need urgent assistance?

Dial 000 or go to a hospital emergency department

**Suicide call back service (24 hours)
1300 659 467**

**Lifeline (24 hours)
13 11 14**

Further information

You are welcome to contact Proveda to find out more, or make a referral during business hours on 1300 000 125
Always feel free to email us at thewayback@proveda.com.au

Or for a quick and easy referral process at any time go to <https://proveda.com.au/our-services/mental-health/referral-form/>