



**CANNING  
DIVISION**  
OF GENERAL PRACTICE LTD

# **Suicide Intervention Program GP KIT**

# CDGP Suicide Intervention Program

## About the CDGP Suicide Intervention Program

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This is a pilot project funded by the Department of Health and Aging and is an additional component to the Canning Divisions Infocus Counselling Program. Psychologists in the team are available to provide immediate treatment (contact within 24-72 hours following referral) and short term support for patients who are at risk of suicide, or self harm.

- Eligible patients can access this program over a period of up to **2** months
- Intervention can take the form of both face-to-face sessions and phone contact
- It is **free** of charge to patients
- GPs remain the case manager

# CDGP Suicide Intervention Program

## Patient Eligibility

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The target group for this program are patients **over the age of 16** who:

- Have been discharged into the care of their GPs from Armadale Hospitals and Royal Perth Hospitals, from either the Emergency Department or from a medical ward following an overnight admission after a suicide attempt.
- Have presented to GPs within Canning Division boundaries after an incident of self-harm.
- Have presented to GPs within Canning Division boundaries expressing suicidal ideation.

## Exclusion Criteria

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This program will not accept referrals where the patient:

- Has had a recent mental health assessment from a state government mental health service (except when in A&E or hospital ward),
- Is being managed by a state government mental health services following discharge.

Patients with a long history of suicidal ideation and/or self harm associated with an enduring mental illness are likely to be best treated by the patient's local mental health service, and are **not** the focus of this program.

This program is **not** a crisis service, therefore patients in need of immediate emergency response to serious suicidal ideation or self harm should be referred to existing Emergency or Mental Health Services.

# CDGP Suicide Intervention Program

## Levels of Response

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When referring to the program, GPs are required to indicate their perceived level of urgency of response. These are:

### **Moderate Risk – Rapid Response**

- Is a situation in need of **rapid** response (within 24 hours) because, while there is no immediate risk, there is a moderate level of distress, greatly decreased level of functioning, and benefits of early intervention to prevent crisis.
- Rapid response interventions can not be nominated after 12pm Friday, Weekends or Public Holidays. Patients requiring a rapid response intervention on these days should be referred to existing Emergency and Mental Health services for further assessment.

### **Low Risk – Timely Response**

- Is a situation in need of **timely** response (within 48-72 hours) because, while there is no immediate risk, there are several identified suicide risk factors and some level of distress that may put the patient at risk of suicide, and would benefit from early intervention to prevent an increase in distress.

### **Emergency Response – Not available within this program**

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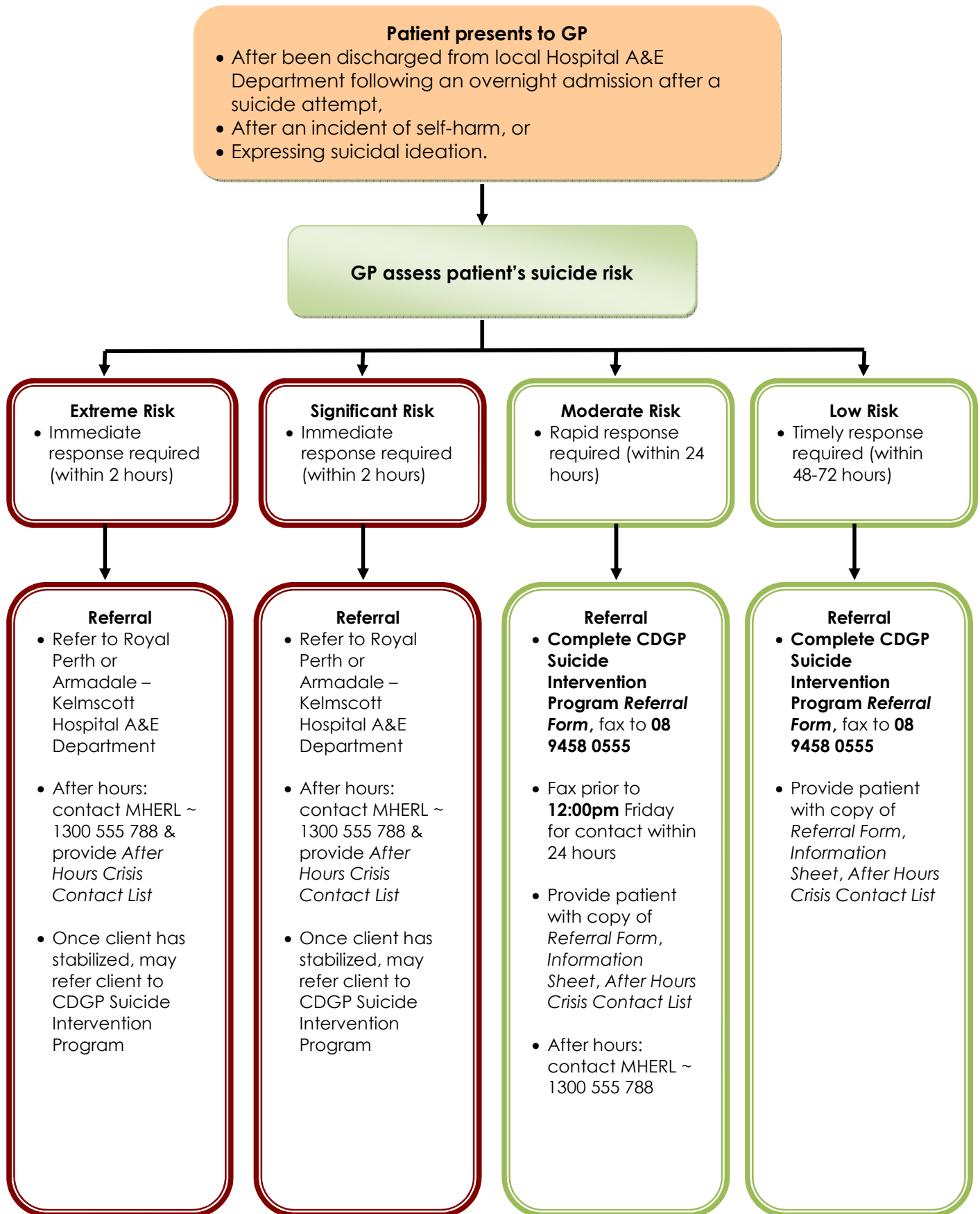
If the patient is at **significant** or **extreme** suicide risk, and are in need of an immediate response because of serious risk to self or others it is imperative that the client is referred to existing Emergency or Mental Health Services, such as:

- Armadale-Kelmscott Hospital A&E Department
- Royal Perth Hospital A&E Department
- Bentley Mental Health Service (Mills Street Centre)
- Armadale Mental Health Service (Mead Centre, Eudoria Street)

These patients are not suitable for referral to this program until they are properly assessed by a Mental Health service and/or the urgency of their suicide subsides.

Mental Health Emergency Response Line or MHERL (1300 555 788) is a 24 hour service that provides assessment and support in mental health emergencies. They can also assist with the management of acute situations.

# CDGP Suicide Intervention Program



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## Referral Requirements

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Suicidal or self harming patients must be referred to the program through their GPs.

'Provisional' referrals may be received directly from the Armadale-Kelmscott Hospital and Royal Perth Hospital Emergency Departments or medical wards. Patients referred through this route will be required to visit their GP within **1** week of initial referral to the suicide program. If the patient does not have a GP, then we will endeavor to find them one.

GPs referring to the Suicide Intervention Program must:

1. Complete a **Suicide Intervention Program Referral Form** fax to **08 9458 0555** (confidential fax)
2. Provide the patient with a copy of the completed referral forms and **Patient Information Sheet**
3. Provide the patient with **After Hours Crisis Contact List**

If you required help or assistance, please call Belle Glaskin - Psychologist at Canning Division on 08 9458 0505, or 0437 780 089.

## Program Hours and Locations

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The Suicide Intervention Program operates out of several service locations in the Canning Division area. The operation hours are Monday to Friday 8:30am – 4:30pm.

Patients requiring **rapid** response level of intervention must be referred prior to Friday 12:00pm. Referral made after this time, weekends and public holidays are unlikely to be contacted within 24 hours and will require referral to existing Mental Health services.

There is provision of after hours services through MHERL and the ATAPS After Hours Suicide Support Service line (see contact numbers).

# CDGP Suicide Intervention Program

## GP Assessment of Patients Suicide Risk

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It is important that GPs assess the risk of their patients carefully. To help with this we have provided a checklist of risk factors. The severity of each risk factor can help determine whether the risk is low, moderate, significant or extreme.

Risk factors include:

- Thoughts and feelings about suicide
- Intention to die
- Poor problem solving skills, feeling of hopelessness
- Plans of suicide and access to means
- Self harming behaviours
- Previous suicide attempts
- Absence of thoughts or beliefs opposing suicide
- Lack of social support, or social isolation

The checklist of risk factors is included in the CDGP Suicide Intervention Program Referral Form. The checklist is not an assessment tool, but serves as a prompt for the types of questions GPs should ask their patients when assessing their risk. It is important to take other relevant information, the extent to which information is variable to you, and your own clinical judgment when making an assessment.

If you required help or assistance, please call Belle Glaskin - Psychologist at Canning Division on 08 9458 0505, or 0437 780 089.

# CDGP Suicide Intervention Program

## GP After Hours Assistance & Emergency Response

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This to help GPs respond to patients who indicate that they are at significant or extreme suicide risk and require an **immediate** emergency response, or patients who require after hours support. These are guidelines and the steps taken may differ from case to case.

- Phone the patients local area Mental Health service (Bentley Mental Health Service, Mead Centre, or Eudoria Street Clinic) and speak to the Triage/Duty Officer. They will assist you in formulating an immediate plan of action and admission information. The Triage/Duty Officer may require you to send your patient to the A&E Department.
- Phone Royal Perth Hospital on or Armadale-Kelmscott Hospital on and notify them of your patients situation and that they will be attending the A&E Department shortly. They will assist you with admission information. The Psychiatric Registrar will be able to provide information on how to best manage the situation.
- The Mental Health Emergency Response Line (MHERL) can also assist with the management of acute situations and are available 24 hours day/7 days per week.
- Provide patient with After Hours Crisis Contact List.
- Contact CDGP Suicide Intervention Program, or the patient's local area Mental Health service, the next working day to organize an appointment.

# CDGP Suicide Intervention Program

## Contact Numbers

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### **Emergency Phone Lines:**

#### **Mental Health Emergency Line (MHERL)**

Available 24 hours, 7 days

Phone: Metro callers 1300 555 788 (local call)

#### **Community Emergency Response Team (CERT)**

Available 4:00pm to 8:30am, 7 days

Phone: 08 9334 3666

#### **ATAPS After Hours Suicide Support Service**

Available 5:00pm to 9:00am Weekdays

Available 24 hours on Weekends and public holidays

Phone: 1800 859 585 (local call)

### **Hospital & Emergency Departments:**

#### **Royal Perth Hospital**

Wellington Street Campus, Perth

Phone: 08 9224 2244

#### **Armadale-Kelmscott District Memorial Hospital**

3056 Albany Highway, Mount Nassura

Phone: 08 9391 2175

### **Mental Health Services:**

#### **Armadale Mental Health Services**

Leschen Unit

Armadale-Kelmscott District Memorial Hospital

Phone: 08 9391 2300

Mead Centre

Monday to Friday 8:30am to 4:30pm

Tuesday Evenings 5:00pm to 8:00pm

3056 Albany Highway, Armadale

Phone: 08 9391 4200

Eudoria Street Clinic

Monday to Friday 8:30am to 4:30pm

88 Eudoria Street, Gosnells

Phone: 08 9398 6600

#### **Bentley Mental Health Services**

Mill Street Centre, Outpatient

8:30am to 4:30pm, 7 Days

Phone: 08 9334 3800

Mill Street Centre, Triage

Available 24 Hours, 7 days

Phone: 08 9334 3666