

funded by the Department of Health and Ageing and the Department of Health. Partners in the development included Mental Health Services, Divisions of General Practice, DASSA, Emergency Services, Community Health and Hospitals



# square

- Suicide is a major health issue
- More people take their lives through suicide than die in motor vehicle accidents
- Populations at risk include the 25 – 44 year old age group and older people
- People who suicide usually send out warnings that can be detected
- They have often seen a health practitioner within the preceding weeks
- Those who do not die will often try again, years later, using more lethal means
- The system of support is fragmented and it is difficult to coordinate a response

## The Model

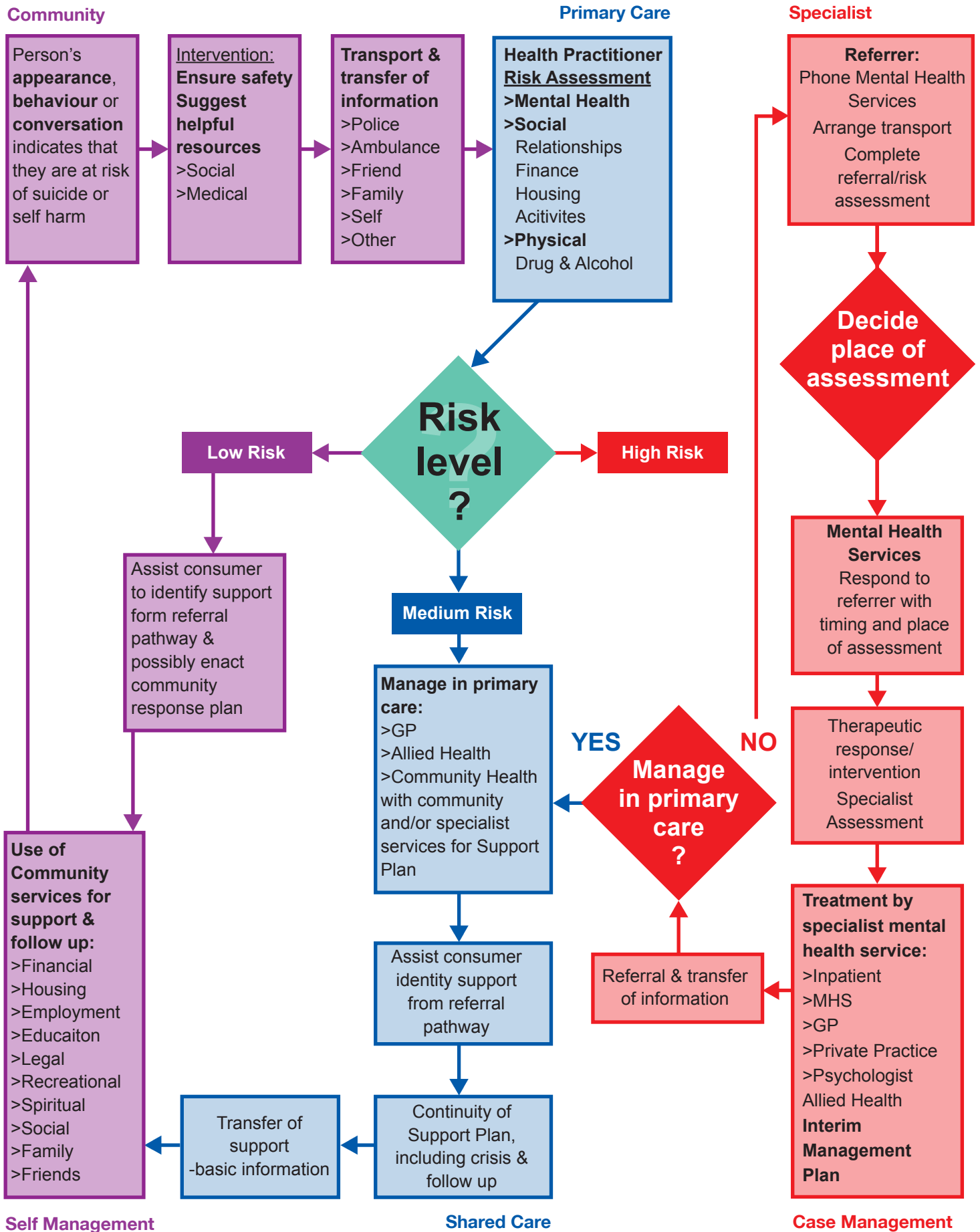
- Best response and support occurs locally with people having knowledge that enables them to recognise mental health problems and when and where to seek assistance
- A risk assessment assists in identifying the issues and the timing, location and level of response. A form can provide a basis for a common language and formal communication that reduces the risk of people being lost between services
- A management plan identifies the support that can be engaged at a local level and responsibility for ensuring the follow up
- 2 forms are enclosed. They are not intended to be prescriptive - the key is the concept of collaborative sharing of information and support

## Training

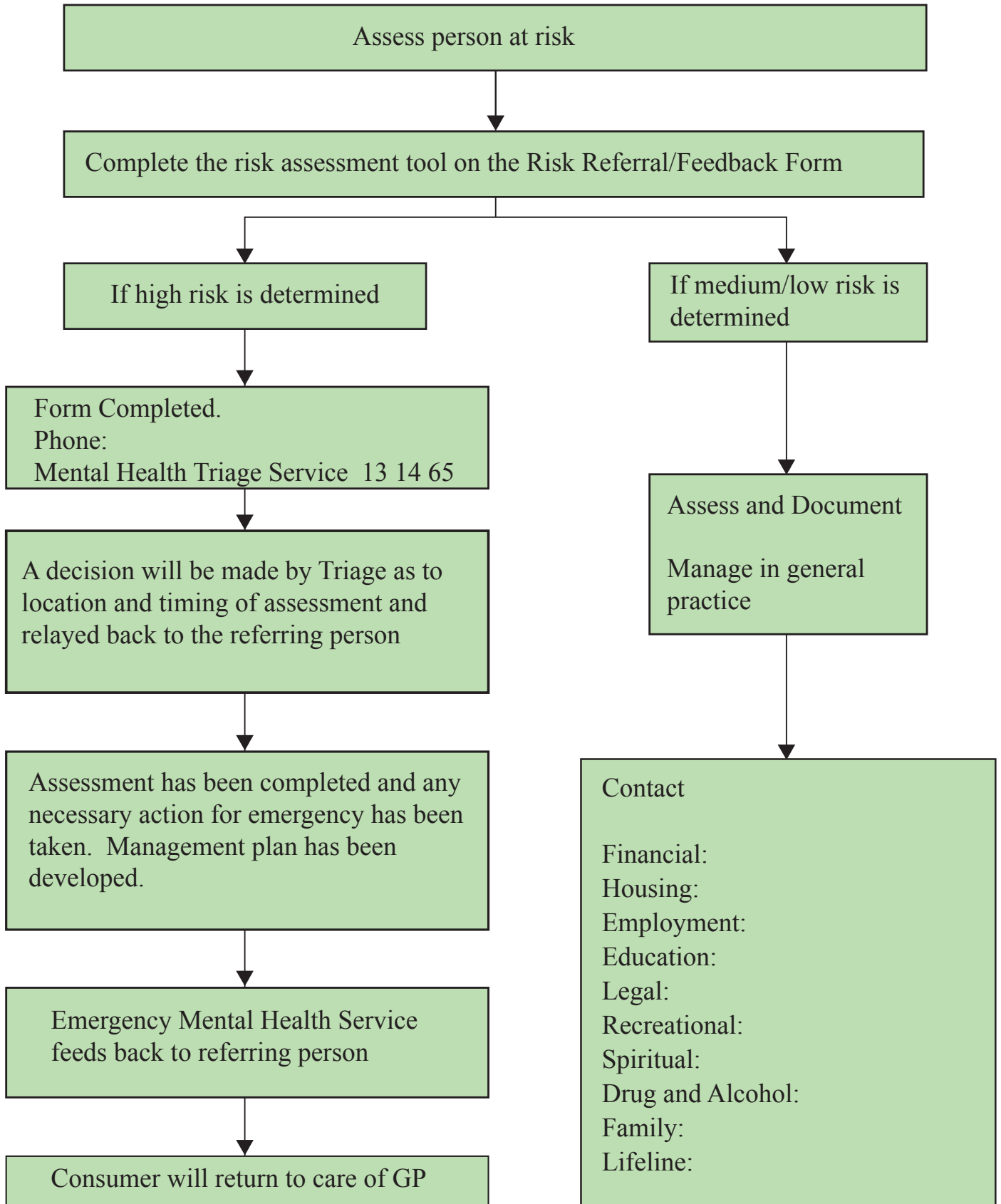
- A continuum of accredited programs in mental health and suicide prevention for community, primary care and mental health specialists are available
- A resource package called **square - suicide questions answers resources**, supports both the model and training

# Suicide and Self Harm

## Primary Health Care Model



# Referral Pathways



Comments and enquiries regarding  
this package of resources are welcome  
SA Divisions of General Practice  
Telephone (08) 8271 8988

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## Training

A continuum of training programs in mental health and suicide prevention is available.

They include:

- Mental Health First Aid (mental health literacy for community)
- 'square training' and
- Applied Suicide Intervention Skills training (gate keeper model)

Increasingly there is evidence to support the need for education and training to be accompanied by tools and processes that enable practical application of learning. The model and tools presented in this brochure aim to do this.

The **square** training modules include history and context of suicide, statistics, myths, key points for suicide prevention, engagement, risk assessment, management, referral and follow up.

## square resources

A range of resources is available to support consumers, community members and health care workers.

The information on resources can also be downloaded and printed.

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Resources include:

- Foundations for effective practice
- A desk top guide for health workers
- A CD-ROM Rom of information and video clips and
- A series of context specific booklets (eg General Practice, Emergency Departments, Mental Health Services, Community Health Services)