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## Suicide Crisis Support in South Australia

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In an emergency dial '000'.

For police attendance dial '131 444'

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### **Mental Health Triage Service / Assessment and Crisis Intervention Service – 13 14 65**

The SA Health Mental Health Triage Service operates 24 hours a day, 7 days a week. This service:

- is the main point of access into mental health services
- can provide advice and information in a mental health emergency or crisis situation
- is staffed by mental health clinicians
- will triage and refer to Assessment and Crisis Intervention Service (ACIS) teams where appropriate.

The website (below) outlines mental health services provided by SA Health (government), in SA and provides contact telephone numbers for all services.

**Telephone:** 13 14 65

**Website:**

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/mental+health/contact+information+mental+health+triage+crisis+intervention+services>

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### **Child and Adolescent Mental Health Service (CAMHS) (for young people under 18 years)**

**Telephone:**

Eastern Region (Paradise) : 8207 8999

Western Region (Port Adelaide): 8341 1222

Northern Region (Elizabeth): 8252 0133

Southern Region (Flinders Service, Bedford Park) : 8204 5412

Souther Region (Marion, Oaklands Park): 87425 8600

Onkaparinga Regional Service (Morphett Vale): 8326 1234

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### **South Australian Mental Health Services (general enquiries number for people over 18 years)**

**Telephone:** 8303 1111

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## Telephone Help Lines

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### **Kids Help Line 1800 55 1800** [National]

Kids Helpline is Australia's only free, private and confidential, telephone and online 24 hour counselling service specifically for young people aged between 5 and 25.

**Telephone:** 1800 55 1800

**Website:** [www.kidshelp.com.au/](http://www.kidshelp.com.au/)

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### **Lifeline 13 11 14** [National]

Lifeline provides a nation-wide 24-hour phone counselling service for the cost of local call, face-to-face counselling services, and information and referral services (call 1300 13 11 14 for cost of local call) for people with mental health difficulties and their friends, relatives, or carers.

**Telephone:** 13 11 14

**Website:** [www.lifeline.org.au/](http://www.lifeline.org.au/)

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### **Suicide Call Back Service 1300 659 467** [National]

The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone counselling to people 18 years and over who fit one of the following categories:

- People who are suicidal
- People caring for someone who is suicidal
- People bereaved by suicide

**Telephone:** 1300 659 467

**Website:** <http://www.suicidecallbackservice.org.au/>

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### **Samaritans Crisis Line 08 9381 5555** [National]

**Telephone:**

24/7 CRISIS LINE

08 9381 5555

24/7 YOUTH LINE

08 9388 2500

COUNTRY TOLL FREE

1800 198 313

**Website:** <http://www.samaritanscrisisline.org.au/>

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### **Crisis Care 13 16 11 [SA] (non-24 hour)**

Families SA's Crisis Care telephone service operates after hours and is a statewide service to help people when things go wrong and they need urgent help (including suicidal behaviour).

**Hours:** 4 pm to 9 pm and 24 hours on weekends and public holidays.

**Telephone:** 13 16 11

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### **Useful Websites**

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#### **Directory of Mental Health Services (South Australia)**

The University of Adelaide Library maintains a directory of government mental health services in South Australia. Government mental health units in South Australia are organised under regional or specialty services.

**Website:** <http://www.adelaide.edu.au/library/guide/med/menthealth/mentadd.html>

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#### **SA Health Directory of Services (South Australia)**

An online searchable directory of government health services in South Australia.

**Website:** <http://www.hsfinder.sa.gov.au/Pages/Search/SearchPage.aspx>

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## **Suicide Websites**

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### **square – Suicide Prevention [Australia]**

Suicide Questions Answers and Resources: Building blocks for suicide prevention consist of a range of learning materials for use by educators within primary health settings.

This webpage provides a number of websites, from mostly Australian government and non-government organisations. Also included in the Resources section is a list of professional and community support services.

**Telephone:** 08 8245 8100

**Email:** [square@rasa.org.au](mailto:square@rasa.org.au)

**Website:** <http://www.square.org.au>

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### **Mindframe: A resource on the portrayal of suicide and mental illness [Australia]**

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This is the companion website to the Australian Government's Mindframe National Media Initiative in Australia. The sections of this website have been created to provide access to accurate information about suicide and mental illness and the portrayal of these issues in the news media and on stage and screen in Australia.

Resources are intended for: media professionals; the mental health and suicide prevention sectors; stage and screen; police; and courts.

**Website:** <http://www.mindframe-media.info/>

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### **HealthInsite: Suicide Prevention Research and Statistics [Australia]**

HealthInsite is an Australian Government initiative, funded by the Department of Health and Ageing. It aims to improve the health of Australians by providing easy access to quality information about human health.

The suicide site provides links to 8 resources based on research and statistics of suicide in Australia and New Zealand.

**Website:** [http://www.healthinsite.gov.au/topics/Suicide\\_Prevention\\_Research\\_and\\_Statistics](http://www.healthinsite.gov.au/topics/Suicide_Prevention_Research_and_Statistics)

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### **Living Is For Everyone (LIFE) [Australia]**

The Commonwealth government's Living Is For Everyone (LIFE) website is a world-class suicide and self-harm prevention resource. Dedicated to providing the best available evidence and resources to guide activities aimed at reducing the rate at which people take their lives in Australia, the LIFE website is designed for people across the community who are involved in suicide and self-harm prevention activities.

**Website:** [www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)

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### **Multicultural Mental Health Australia (MMHA) [Australia]**

MMHA provides national leadership in mental health and suicide prevention for Australians from culturally and linguistically diverse (CALD) backgrounds. MMHA links a wide range of state and territory mental health specialists and services, advocacy groups and tertiary institutions to promote the mental health and well being of Australia's diverse communities.

**Website:** <http://www.dhi.gov.au/Multicultural-Mental-Health-Australia/home/default.aspx>

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### **Papyrus: prevention of young suicide [UK]**

Papyrus, a UK based charity that provides support for young people at risk of suicide, advocates for further research into suicide prevention. The website features self-help content and how to best

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provide support for a suicidal young person by their parents, friends, teachers and health professionals. Publications can be ordered online.

**Website:** <http://www.papyrus.org.uk/>

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### **Lifeline [Australia]**

Lifeline provides access to crisis support, suicide prevention and mental health support services. Lifeline runs a 24 hour crisis support service for individuals, friends and family on many things including anxiety, depression, loneliness, abuse, trauma, stress, and suicidal thoughts and threats.

**Website:** <http://www.lifeline.org.au/Home/default.aspx>

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### **Befrienders Worldwide**

**Note:** A Global Suicide Helpline Search is on the webpage.

This website is the international service for Samaritans (UK) that provides a international suicide helpline search feature that will find Befriender Member Helplines and some non-member helplines.

**Website:** <http://www.befrienders.org/>

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<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=298&id=2061>

## **Suicide Bereavement Services**

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### **Coroner's Court Support Services (Free Service)**

PH: (08)8204 0600

Counselling, information and support services provided by experienced social workers, either by phone or in person

### **Bereaved Through Suicide Support Group Inc (BTS)**

PH: (08)8332 8240

BTS offers counselling and support to those who have been bereaved through suicide, and also provided public education and awareness

### **Relationships Australia, South Australia (RASA)**

PH (08)8223 4566

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RASA offer a range of counselling services to individuals, couples and families

### **MOSH Australia** [Thebarton SA]

MOSH Australia (Minimisation of Suicide Harm) is a not for profit organisation founded by Jill Chapman and Sandra Lockwood to honour the lives and memories of their sons Michael Chapman and Mark Quick. MOSH aims to cater for the needs of those at risk of self-harm and suicide and those bereaved through suicide.

Their website includes links to suicide prevention, suicide bereavement, general bereavement, mental health resources, and mental health resources for young people.

**Address:** 86 George St, Thebarton SA 5031

**Email:** admin@moshaustralia.org.au

**Website:** <http://www.moshaustralia.org.au>

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### **S.O.S. Survivors of Suicide Bereavement Support Association Inc.**

SOSBSA is a non-profit and charitable self help association formed for and by people bereaved by suicide and offers: friendship and support; bereavement and support groups; a grief and loss helpline; awareness and education; and a Crisis Intervention Helpline (24/7) -**1300 767 022**.

Their website contains a substantial number of links to Australia and international websites and articles. It contains information about Queensland and other Australian support groups for the bereaved.

**Crisis Intervention Helpline (24/7):** 1300 767 022

**Website:** <http://www.sosbsa.org.au/>

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### **Support after a loss by suicide**

#### *Lifeline*

Lifeline Centres across Australia run a variety of services designed to support people affected or bereaved by suicide. This webpage includes: details about Lifeline's Suicide Bereavement, Grief and Loss programs; a downloadable pdf booklet; and further links to other resources and websites.

**Website:** <http://www.lifeline.org.au/Find-Help/Preventing-suicide/Support-after-a-loss-by-suicide/Support-after-a-loss-by-suicide/default.aspx>

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### **The care and support pack for families and friends bereaved by suicide**

*NSW Department of Health*

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Title page and contents: [http://www.health.nsw.gov.au/pubs/2007/care\\_support\\_pack.html](http://www.health.nsw.gov.au/pubs/2007/care_support_pack.html)

After a suicide death: information for families and friends:

[http://www.health.nsw.gov.au/pubs/2007/pdf/980025\\_after\\_suicide.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/980025_after_suicide.pdf)

At this time: when someone you know has died by suicide:

[http://www.health.nsw.gov.au/pubs/2007/pdf/980024\\_at\\_this\\_time.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/980024_at_this_time.pdf)

Coping with grief after a suicide death:

[http://www.health.nsw.gov.au/pubs/2007/pdf/980023\\_coping\\_with.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/980023_coping_with.pdf)

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## **Bereavement support**

*Suicide Prevention Australia*

Suicide Prevention Australia (SPA) is a non-profit, community organisation working as a public health advocate in suicide and self harm prevention. This webpage contains links to:

- Crisis and counselling telephone lines
- Organisations which offer specific suicide bereavement support
- Suicide - Bereavement Support Groups in your state

Information packs available on the internet

**Website:** <http://suicidepreventionaust.org/GettingHelp/BereavmentSupport.aspx>

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## **LIFE: Suicide prevention in Australia**

LIFE Communications is a National Suicide Prevention Strategy project managed by Crisis Support Services on behalf of the Department of Health and Ageing. The project aims to improve access to suicide and self-harm prevention activities in Australia through the promotion of the LIFE resources and website. Website includes a comprehensive listing of bereavement projects (support services and information resources) funded under the National Suicide Prevention Strategy.

**Website:** <http://www.livingisforeveryone.com.au/ProjectDetails.aspx?pfilter=cat&catID=130>

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## **Living Beyond Suicide [SA]**

*Anglicare (SA)*

Living Beyond Suicide provides support in the days and hours after a suicide. Phone 1300 76 11 93 (call costs 27.5 cents) between 10am–10pm any day.

Living Beyond Suicide offers survivor-sensitive early support for families bereaved through suicide. They help families navigate service systems and get the assistance they need.

**Website:** <http://www.anglicare-sa.org.au/living-beyond-suicide/>

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## **GriefLink [SA]**

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GriefLink is a South Australian website providing information and resources for people affected by death-related grief. The website includes SA specific information about grief topics, helping the bereaved, coping with grief and where to find support.

**Pamphlet:** [http://grieflink.org.au/grieflink\\_images/grieflink\\_pamphlet\\_rev\\_tb\\_25\\_12\\_10.pdf](http://grieflink.org.au/grieflink_images/grieflink_pamphlet_rev_tb_25_12_10.pdf)

**Website:** <http://www.grieflink.asn.au/>

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### **StandBy Response Service**

*United Synergies*

The StandBy Response Service is a national suicide bereavement and postvention response service that provides a 24 hour coordinated community crisis response to families, friends and associates who have been bereaved through suicide. The StandBy Response Service is not yet offered in SA, but is available in most parts of Queensland, Tasmania and Western Australia.

**Website:**

[http://www.unitedsynergies.com.au/index.php?option=com\\_content&view=article&id=39&Itemid=23](http://www.unitedsynergies.com.au/index.php?option=com_content&view=article&id=39&Itemid=23)

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### **Head High: Living beyond suicide [youth]**

'Head High - Young People Living Beyond Suicide' aims to avert youth suicide through supporting young people bereaved by suicide.

In 2003 a group of young people who had lost loved ones to suicide established a support group in Maroochydore on the Sunshine Coast, Queensland, specifically for young people bereaved by suicide. The founding members are now young adults and wish to share what they have learned with other young people and groups.

**Website:** <http://www.headhigh.org.au/>

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### **Star Bear Camps for Children**

PH (08) 8301 4200

The Star Bear program is offered through Anglicare SA Loss and Grief Centre. It provides weekend residential camps for children experiencing grief and loss.

### **Winston's wish: the charity for bereaved children [UK]**

Winston's Wish, the charity for bereaved children, helps young people re-adjust to life after the death of a parent or sibling. By providing professional assistance before, during and after



bereavement they help them to better understand the nature of loss and offer the practical support and guidance that many need in order to cope throughout the grieving process.

**Website:** <http://www.winstonswish.org.uk/>

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### **The Compassionate Friends, South Australia [SA]**

The Compassionate Friends (SA) Inc. is part of a world-wide organisation offering friendship and understanding to families following the death of a son or daughter, brother or sister. TCF offers support in the grief and trauma which follows the death of a child at any age and from any cause.

**Website:** <http://www.compassionatefriendssa.org.au/>

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### **Bereaved By Suicide [International]**

Bereaved by Suicide is a global resource devoted to connecting bereaved people, and those who want to help them. Content includes personal stories, information about postvention programs around the world, and current postvention research. Also includes a blog available at:

<http://bereavedbysuicide.wordpress.com/>

**Website:** <http://www.bereavedbysuicide.com>

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### **Australia - New Zealand Suicide Grief Support Internet Community**

The mission of AUNZ-POS and AUNZ-FFOS is to offer understanding, support, encouragement, information, connections and hope to anyone in Australia and New Zealand bereaved by suicide. Parents, friends and families bereaved through suicide can join an online email support internet community.

**Website:** <http://aunz-pos-ffos.com/>

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