

About the Program

The primary objective is to provide treatment and support to individuals at low risk of suicide or self harm (but not in crisis) at a critical point in their lives. Being a preventative service, interventions are aimed at reducing risk of harm, increasing support and improving coping mechanisms, thinking and well-being.

Useful Phone Numbers

Emergency: 000

Rural & Remote Mental Health Service: 13 14 65

Mental Health Triage Service: 13 14 65

ATAPS after hours support: 1800 859 585

(for clients using the Suicide Prevention Service),

- Mon-Fri 5pm-9am, 24hrs on weekends and public holidays

Lifeline: 13 11 14 (toll free)

Suicide Call Back Service: 1300 659 467

10am-8:30pm EST/7days

Mensline Australia: 1300 789 978 (local call cost,

Consulting Locations

MOUNT BARKER

Summit Health Centre
85 Wellington Road,
Mount Barker

For more information or to make an appointment
please contact :

Phone: 8406 7715

Fax: 8406 7760



SUMMIT
HEALTH

Suicide Prevention Service

Summit Health gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health

phn
COUNTRY SA

An Australian Government Initiative

About the Suicide Prevention Service (SPS)

The service aims to better integrate care between acute and primary mental health care and provide referral pathways for GP's to better support their patients.

The services within this program are provided at **no cost** to the client. There is **no limit to the number of sessions** the client can access. However it is anticipated that the sessions would be conducted in a condensed time period (**1-2 months**) and will be based on individual client need.

The Mental Health Clinician will decide, in consultation with the client and their GP, when it is appropriate for the intensive suicide prevention treatment service to cease and will assist in facilitating access to any further required services (including transition to other CSAPHN services, Medicare based mental health services, specialised mental health services etc).

Getting Support

Referral Process

This service provides priority access to the Psychological Therapies Services initiative for people who have self harmed, attempted suicide or who have suicidal ideation.

People can access the service **by visiting their GP for a referral**. People may also be referred from the state or territory acute health support team, where that service has identified the individual is not at acute or immediate risk. It is *not* essential to have a mental health treatment plan to access this service.

When *not* to refer

This service is **not designed for people in acute crisis or at high risk of suicide** (in this case, emergency procedures need to be implemented including contacting Mental Health Triage Service on 131465 and the local emergency department). This service is also not suitable for people who are being managed by State Government mental health services.

Our Mental Health Clinicians

Summit Health employs a variety of Clinicians with varying backgrounds and qualifications.

Clinicians currently providing services include:

- Credentialed Mental Health Nurses
- Accredited Mental Health Social Workers
- Psychologists

Summit Health Clinicians have extensive counselling experience working with clients with various mental health concerns. They are trained in a variety of therapeutic interventions/approaches including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Relaxation Strategies, Psychoeducation, Narrative Therapy and Interpersonal Therapy.

