

HNE and Central Coast Suicidal Ideation and Intent HPs and Mental Health Referral Pages

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Hunter New England

Central Coast NSW

HealthPathways

- <https://hne.communityhealthpathways.org/>
- Username: hnehealth
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Suicide Ideation and Intent

HealthPathways

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Suicide Ideation and Intent

Red flags

- ▶ A plan with or without preparations or a recent attempt
- ▶ Inability to identify supports
- ▶ Recent bereavement, particularly from suicide
- ▶ Recent hospital admission for mental health treatment
- ▶ Substance use and/or in process of withdrawal

Background

About suicidal ideation and intent

Assessment

Practice point

Limitations of suicide risk assessment

It is not possible to predict who will act on their suicidal thoughts and who will not. Provide specific personal care and support to address the patient's immediate safety needs and modifiable suicide risk factors.

1. Ensure access to [Interpreter Services](#) or the [Multicultural Health Liaison Service](#) if required.
2. Establish [rapport and trust](#) and [explain the limits of confidentiality](#).
3. Understand the [limitations of suicide risk assessment](#).
4. Consider asking about suicide in [these patients](#).
5. Ask [questions](#) to establish presence of suicidal ideation.
6. Follow up with more detailed questions to help determine degree of suicide risk, identify the patient's immediate safety needs, and develop a treatment and support plan. Ask about:
 - [current circumstances and acute stressors](#).

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Suicidal Ideation and Intent



Indicates specific advice about Aboriginal and Torres Strait Islander people.



Indicates information specific to people from culturally and linguistically diverse communities.



About suicidal ideation and intent

Red flags

- ▶ Suicide plan
- ▶ Previous suicide attempt
- ▶ Recent bereavement
- ▶ Substance abuse and/or withdrawal

Assessment

1. Establish [rapport and trust](#). [Explain the limits of confidentiality](#).
2. Check for [risk factors for suicide](#) in the following groups. Consider exploring possible [warning signs](#) in these groups.
3. Consider using these [screening questions](#) in your risk assessment conversation to establish if any suicidal thoughts are present. Asking directly about suicidal thoughts does not create or increase risk.
4. If thoughts are present, assess the [intensity of ideation and presence of a suicide plan](#) by considering these questions.
5. Ask about [previous attempts](#), and assess severity.
6. Ask about the presence of [protective factors](#).
7. Review [past psychiatric history](#), and [psychosocial stressors](#).
8. Review [current substance use](#) as it can increase impulsivity and alter risk assessment.
9. [Corroborate history](#) from family or close friends.
10. [Assess level of risk](#) to determine the most appropriate course of management.
 - [Higher risk](#) (indicating likely need for intensive support)
 - [Lower risk](#) (indicating likely need for moderate level support)
 - Chronic risk (indicating likely need for ongoing support) – More common in patients with an ongoing mental health disorder.
11. The [Crisis Triage Rating Tool](#) can assist in determining urgency of response required.
 - It is difficult to make an accurate prediction of suicide risk despite the various assessment tools.
 - Document clearly the reasons why the risk assessment conclusion was reached.



Public services

Community Mental Health Services

- Hunter New England Local Health District provides assessment, management and treatment for people with mental illness.
- Phone **1800 011 511** or visit hnehealth.nsw.gov.au

headspace

- Mental health services for 12 to 25-year-olds. Visit headspace.org.au
- **headspace Newcastle:** phone **4929 4201**
- **headspace Maitland:** phone **4931 1000**
- If there's no headspace centre nearby, or if you don't feel ready to visit one, eheadspace provides confidential online and phone support seven days a week, 9am to 1am. Visit ehheadspace.org.au or phone **1800 650 890**.

Primary Mental Health Care

- Provides short term care where other services are unavailable or the cost of those services makes it difficult to access care. Talk to your GP as a referral is required.
- **Hunter Primary Care:** phone **4926 0529**

Youth Counselling

- **Port Stephens Family and Neighbourhood Services:** phone **4987 4674**
Karuah and Tilligerry Peninsula

Personal and Relationship Counselling

- **Lifeline:** phone **4940 2000**
Karuah

Complete Suicide Prevention Service

- Supports those at risk of suicide and self-harm, their family and friends
- **Lifeline:** phone **4940 2000**

Aboriginal and Torres Strait Islander Mental Health Service

- Care coordination for people with severe and complex mental illnesses in the community who would benefit from support from a Mental Health Coordinator
- **Hunter Primary Care:** phone **4935 3071**
- Group programs for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness
- Peer Navigation for people who are at risk of developing mental illness or people with mild to moderate symptoms of mental illness who would benefit from help to access treatment and social support

Mental Health Referral Pages

HNE

Mental Health Advice

Child and Adolescent Mental Health Assessment

Bush Fire Support Services

Drought Support Services

Eating Disorders Treatment Adult Referrals

Eating Disorders Treatment for Children and Adolescents Referrals

Eating Disorders Advice

Eating Disorder Support

Electronic Mental Health Services - Online Treatment Programs

Mental Health Dietitians Referrals

Non-clinical Community Mental Health Support

Patient Mental Health Hotlines and Telephone Counselling

Problem Gambling Counselling

In This Section

Adult Psychology, Social Work, and Counselling Referrals

Paediatric Psychology, Social Work, and Counselling Referrals

Central Coast

Mental Health Referrals

Urgent Mental Health Assessment

Non-urgent Mental Health Referrals

- Adult Mental Health Assessment

- Child and Youth Mental Health Assessment

- Older Person's Mental Health Assessment

- Eating Disorder Referrals

- Perinatal Mental Health Assessment

- Psychiatrist Assessment

Mental Health Advice

- Eating Disorders Advice

Access to Funded Psychological Services

Mental Health Psychosocial Support

- Adult Psychology and Counselling

- Bush Fire Support Services

- Child and Youth Psychology and Counselling

- Community Mental Health Support

- Mental Health Helplines

- Mental Health Nurse Incentive Program (MHNI)

- Online Mental Health Therapy for Adults

- Problem Gambling Counselling

- Scheduling a Patient