

LifeConnect



Reach Out and Connect: The Suicide Conversation for Parents and Carer

Please see below helpful information for supporting yourself and young people.

<i>In an Emergency</i>		
Ring 000		
Attend Local Emergency Department		
<i>Accessing Support</i>		
Local GP Clinic	Arrange a double appointment if possible for a <i>Mental Health Care Plan</i>	https://www.healthdirect.gov.au/australian-health-services
Head to Help	A trained professional will answer your call and have a conversation, determine the level of help that is needed, and can connect you to the best service or support.	1800 595 212 8:30am – 5pm Mon – Friday https://headtohelp.org.au/
Headspace Knox	For young people aged 12-25; GPs are available here	https://headspace.org.au/headspace-centres/knox/ 9801 6088 Online chat available at eHeadspace . Call 1800 650 890
Mental Health Referral and Access Team	Eastern Region - Entry point for assisting people to identify, and then get, the service that best suits their needs.	9800 1071 Helps people understand the mental health, AOD services and an entry point into the service system
Crisis Assessment Treatment Teams	Provides assessments to people in psychiatric crisis and short term home treatment as an alternative to hospital.	North East - 1300 859 789 Central East - 1300 721 927 Northern - 1300 874 243 Outer East: 1300 721 927. Find your local area here: http://www.health.vic.gov.au/mentalhealthservices/
EACH Youth Clinic	Includes free, youth-friendly GPs	www.each.com.au (intake: 1300 003 224) https://www.each.com.au/service/youth-health-clinic/
ConnectUs	Search facility for local youth services in Knox, Maroondah and Yarra Ranges area	https://connectus.serviceseeker.com.au/



LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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Helplines	
Kids Help Line	1300 55 1800 Online chat and e-mail also available, for 5-25 year olds.
Lifeline	13 11 14 Text 0477 131 114 (6pm – midnight) Online chat available
Suicide Call Back Service	1300 659 467 / https://www.suicidecallbackservice.org.au/ Online chat available, and video chat for 30 minutes
SuicideLine	1300 651 251 / https://www.suiceline.org.au/ Supports people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide. Website also has information on responding to people in suicide crisis.
SANE Australia	1800 187 261 (10am – 10pm) Information about mental health issues
Beyond Blue	1300 22 4636 Online chat available 1pm-12am

Carer Supports		
Tandem Support and Referral Service Tandem Carer Advocate	Provides support for carers and advocates https://www.tandemcarers.org.au/support-referral-service.php	1800 314 325 8803 5501
Mental Health Carers Australia	http://mentalhealthcarersaustralia.org.au/	1300 554 660
Wellways	https://www.wellways.org/our-services/helpline-1300-111-500	1300 111 500
Carers VIC	https://www.carersvictoria.org.au/	1800 514 845



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Useful Resources



Videos: Hear from parents, and young people, about conversations around suicide

Supporting Parents of Suicidal Youth	Videos on communication, overview, safety at home, crisis action: https://www.youtube.com/playlist?list=PLitdsjShyptzVNYr1Tf86NQ_MqYPoIW5B
Supporting Parents of Suicidal Youth - Communication (English)	Communication tips for parents, from both parents and young people https://www.youtube.com/watch?v=zl8N431OCCo&list=PLitdsjShyptzVNYr1Tf86NQ_MqYPoIW5B&index=5
Preventing youth suicide (BeyondBlue)	Six young people tell parents about what to look out for and what to say if they are concerned about a young person. https://www.youtube.com/watch?v=q3bJaa-tO_U

Safety Planning

Safety Planning – Reach Out	Information on how to make a safety plan https://au.reachout.com/articles/how-to-make-a-safety-plan
Beyond Now Safety Planning App	Information about the <i>Beyond Now</i> safety planning app. https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning

LifeConnect provides no-cost bereavement counselling for individuals impacted by suicide. We also facilitate suicide prevention training to workplaces and community groups.

You can contact **LifeConnect** Neami National on 1300 842 769 or lifecconnect@neaminational.org.au

Learn more about our service at: <https://www.neaminational.org.au/our-services/suicide-prevention/lifecconnect/>



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