

PSYCHOLOGICAL & SPECIALIST SERVICES

**Theory in the field: practice guidance for supporting  
young people experiencing suicidal distress and their  
carers**

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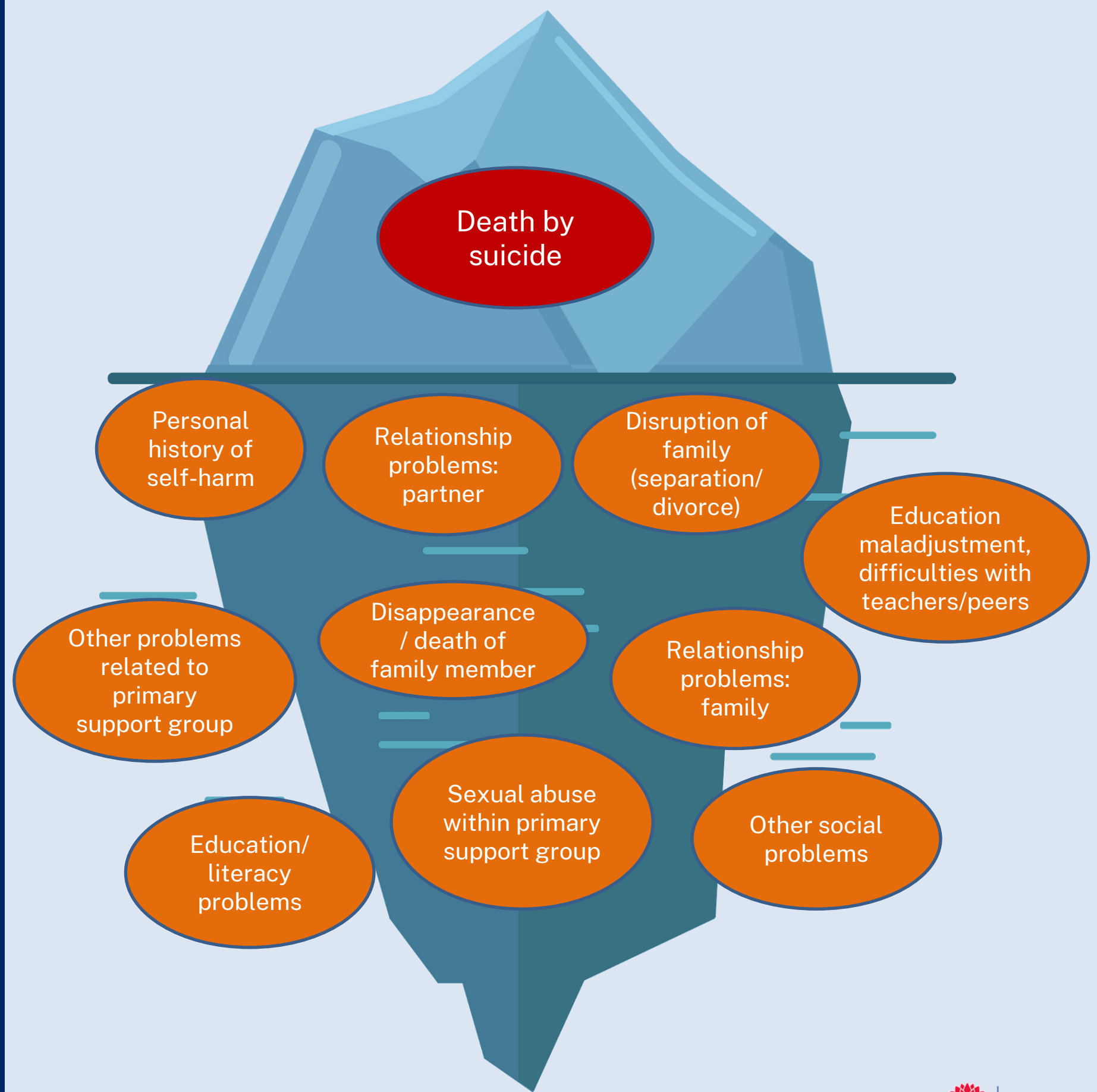
# Acknowledgements

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# Common misconceptions

Common beliefs	Facts
Only people who have depression die by suicide	Depression is a risk factor, however 'psychosocial risk factors' is the most commonly reported risk factor category in deaths by suicide
Suicidal thoughts are rare	22-38% of youth report having experienced suicidal thoughts
People who self-harm are attention seeking	A personal history of self harm is one of three most frequently occurring risk factors associated with death by suicide
All self-harming behaviour is suicidal behaviour	Self-harming behaviour can occur with or without the presence of suicidal thoughts/intention

# Psychosocial factors linked with suicide



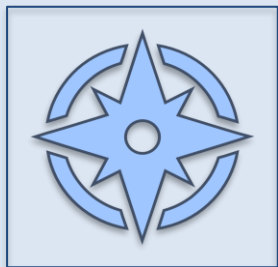
# Further opportunity



# Survive then Thrive



# Survive



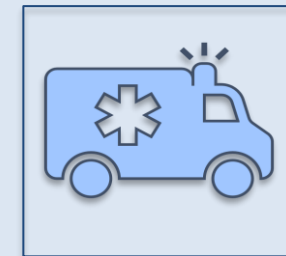
## Assess

Intent, plans and access to means  
Personal factors, context



## Act

Reduce access to means  
Increase psychosocial support  
Monitor



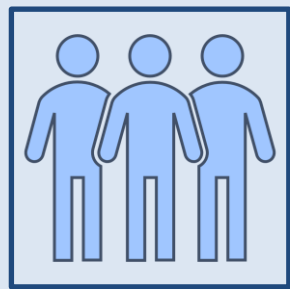
## Acute supports

Emergency Services (000)  
Hospital presentation  
NSW Mental Health Line (1800 011 511)  
Lifeline (13 11 14)

# Survive



**Conversations  
count**



**Collaborate**



**Language  
matters**



**Repair**



# Thrive



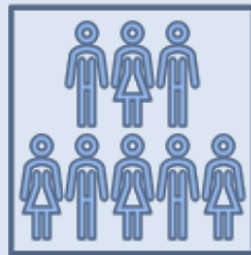
## Education

- Education maladjustment, difficulties with teachers /peers
- Education/literacy problems



## Culture

- Disruption of family
- Relationship problems: family
- Disappearance/death of family member
- Other problems (primary support group)



## Social supports

- Disruption of family
- Disappearance/death of family member
- Relationship problems: family, partner
- Difficulties with teachers/peers
- Other social problems



## Counselling/therapeutic supports

- Personal history of self harm
- History of sexual abuse



## Check in

- Longitudinal stressors

# Further supports/information

- **Lifeline**

- For individuals: <https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/>
- For carers: <https://www.lifeline.org.au/get-help/i-m-worried-about-someone/>
- 13 11 14

- **Beyond Blue**

- For individuals: <https://www.beyondblue.org.au/mental-health/suicide-prevention/worried-about-someone-suicidal>
- For carers: <https://www.beyondblue.org.au/mental-health/suicide-prevention/worried-about-someone-suicidal>
- Various support options: [www.beyondblue.org.au](http://www.beyondblue.org.au)
- App (safety planning)

- **GP, Headspace**

- **Mental Health First Aid**

- Google search for services in your area

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