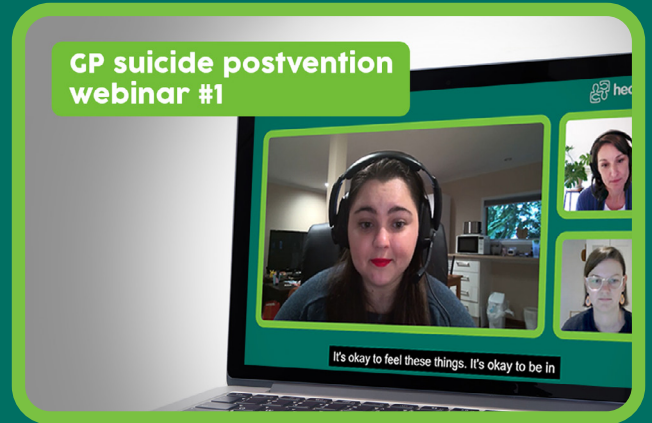# suicide postvention for community GPs

resources

module 1
responding to bereavement by suicide

Module 1: Part 1
Understanding Grief and Loss

Experiences of young people and family

Suicide response. (2022). Be You. https://beyou.edu.au/resources/suicide-prevention-and-response/suicide-response

Grief resources. (n.d.). Headspace. https://headspace.org.au/search/SearchForm?Search=grief

Resources and fact sheets regarding confidentiality in young people:

Clinical Tips: Addressing Confidentiality Issues. (2020). headspace. https://headspace.org.au/assets/download-cards/CT-Addressing-Confidentiality-Issues.pdf

Confidentiality and healthcare law. (2014). ReachOut. https://au.reachout.com/articles/confidentiality-and-healthcare

Additional impact of bereavement by suicide on young people

Australian Institute for Suicide Research and Prevention & Postvention Australia. (2017). Postvention Australia Guidelines: A resource for organisations and individuals providing services to people bereaved by suicide. https://www.griffith.edu.au/__data/assets/pdf_file/0038/359696/Postvention_WEB.pdf

Andriessen, K., Krysinska, K., Kõlves, K., & Reavley, N. (2019). Suicide postvention service models and guidelines 2014-2019: A systematic review. Frontiers in Psychology, 10, 2677. https://doi.org/10.3389/fpsyg.2019.02677

Suicide response: Responding to a suicide. (2022). Be You. https://beyou.edu.au/resources/suicide-prevention-and-response/suicide-response

Webinar - Suicide Bereavement Counselling - Session one. Loss, grief and the impact of suicide. (2022). Murray PHN. https://www.youtube.com/watch?v=bpC35YF97p8

Webinar - Suicide bereavement counselling and support for people bereaved by suicide - Part 2. (2022). Murray PHN. https://www.youtube.com/watch?v=MlwYVX82E2g

Deaths by suicide among young people. (2023). Australian Institute of Health and Welfare. https://www.aihw.gov.au/suicide-self-harm-monitoring/data/populations-age-groups/suicide-among-young-people

Impacts on First Nations peoples

New integrated systems approach to Aboriginal and Torres Strait Islander suicide prevention announced. (2021). Black Dog Institute. https://www.blackdoginstitute.org.au/media-releases/new-integrated-systems-approach-to-aboriginal-and-torres-strait-islander-suicide-prevention-announced/

Westerman, T., & Sheridan, L. (2020). Whole of community suicide prevention forums for Aboriginal Australians. Australian Psychologist, 55(4), 363–374. https://indigenouspsychservices.com.au/wp-content/uploads/2020/07/Whole-of-Community-Suicide-Prevention-1.pdf

A GPs approach to a young person including confidentiality

Clinical Toolkit Clinical Tips: engaging a Young Person. (2020). headspace. https://headspace.org.au/assets/download-cards/CT-Engaging-a-Young-Person2.pdf

Trauma-informed care in mental health services across NSW A framework for change. (2022). NSW Agency for Clinical Innovation. https://aci.health.nsw.gov.au/__data/assets/pdf_file/0006/719871/ACI-Trauma-informed-care-and-practice-in-mental-health-services-across-NSW-Framework.pdf

General Practice Mental Health Standards Collaboration (GPMHSC). (2016). Suicide prevention and first aid: A resource for GPs. 9. https://gpmhsc.org.au/guidelinessection/index/fd093e3b-ceff-4e0d-81c0-b04dfba936d1/suicide-prevention-and-first-aid

Module 1: Part 2
Understanding the Individual/Context

GP information gathering and assessment

Balaratnasingam S. (2011). Mental health risk assessment: A guide for GPs. Australian Family Physician, 40(6). https://www.racgp.org.au/download/documents/AFP/2011/June/201106balaratnasingham.pdf

General Practice Mental Health Standards Collaboration (GPMHSC). (2016). Suicide prevention and first aid: A resource for GPs. https://www.racgp.org.au/FSDEDEV/media/documents/Education/GPs/GPMHSC/Suicide-prevention-and-first-aid-a-resource-for-GPs.pdf

Gordon, M., & Melvin, G. (2014). Risk assessment and initial management of suicidal adolescents. Australian Family Physician, 43(6). https://www.racgp.org.au/afp/2014/june/suicidal-adolescents/

Suicide treatment guidelines. (n.d.). headspace. https://headspace.org.au/professionals-and-educators/health-professionals/resources/treatment-guidelines/suicide-2/

National suicide prevention office. (n.d.). Available from: https://www.mentalhealthcommission.gov.au/national-suicide-prevention-office

Suicide response: Responding to a suicide. (2022). Be You. https://beyou.edu.au/resources/suicide-prevention-and-response/suicide-response

Osborne, D., De Boer, K., Meyer, D., & Nedeljkovic, M. (2023). Raising suicide in medical appointments-barriers and facilitators experienced by young adults and GPs: A mixed-methods systematic review. International Journal of Environmental Research and Public Health, 20(1), 822. https://doi.org/10.3390/ijerph20010822

What may help young people and families in the early stages of grief and loss

Suicide Response Resources Suicide in schools: information for families. (2018). Be You. https://beyou.edu.au/-/media/resources/suicide-prevention-and-response/suicide_response_fact-sheet_suicide_in_schools_information_for_families_pdf_287kb.pdf?la=en&hash=658CD9E4EBA3C6B153AF7FC3A11AFF-C264D05170

Understanding a young person's culture or background

Mental health support for multicultural young people. (2022). headspace. https://headspace.org.au/explore-topics/for-young-people/multicultural-mental-health-support/

Gee, G., Dudgeon, P., Schultz, C., Hart, A., & Kelly, K. (2014). Aboriginal and Torres Strait Islander Social and Emotional Wellbeing. In P. Dudgeon, H. Milroy, & R. Walker (Eds.), Working Together: Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice (2nd ed.). Commonwealth Government of Australia. https://www.telethonkids.org.au/globalassets/media/documents/aboriginal-health/working-together-second-edition/wt-part-1-chapt-4-final.pdf

Trauma-informed and culturally inclusive strategies

Menschner, C., & Maul, A. (2016). Key ingredients for successful trauma-informed care implementation. https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf

Trauma-informed care in general practice. (2022). A Royal College of General Practitioners (RACGP). https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/abuse-and-violence/trauma-and-violence-informed-care/trauma-informed-care-in-general-practice

Module 1: Part 3
Management Planning

Management planning and First Nations young people

Purdie, N., Dudgeon, P., & Walker, R. (Eds.) (2010). Working Together: Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice. (1st ed.) Commonwealth of Australia. https://www.telethonkids.org.au/globalassets/media/documents/aboriginal-health/working-together-second-edition/working-together-aboriginal-and-wellbeing-2014.pdf

Tailored management planning framework

Balaratnasingam S. (2011). Mental health risk assessment: A guide for GPs. Australian Family Physician, 40(6). https://www.racgp.org.au/download/documents/AFP/2011/June/201106balaratnasingham.pdf

General Practice Mental Health Standards Collaboration (GPMHSC). (2016). Suicide prevention and first aid: A resource for GPs. 10. https://www.racgp.org.au/FSDEDEV/media/documents/Education/GPs/GPMHSC/Suicide-prevention-and-first-aid-a-resource-for-GPs.pdf

Refugee and migrant service referrals and access

Cultural identity and mental health. (2003). headspace. https://headspace.org.au/our-impact/campaigns/cultural-identity/

How can family and carers support young people

Family Inclusive Practice in Clinical Support for Young People. (2020). headspace. (Internal document)

Things to try: Suicide prevention. (2016). ReachOut. https://parents.au.reachout.com/common-concerns/mental-health/things-to-try-suicide-prevention

Additional headspace Resources:

For GPs

Suicide treatment guidelines. (n.d.). headspace. https://headspace.org.au/professionals-and-educators/health-professionals/resources/treatment-guidelines/suicide-2/

Online training for GPs. (n.d.). headspace. https://headspace.org.au/professionals-and-educators/health-professionals/online-training/gp/

For Young People

Understanding and dealing with suicide. (2019). headspace. https://headspace.org.au/explore-topics/for-young-people/suicide/

For Family and Friends supporting a young person

7 ways to support a young person's healthy headspace. (2020). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/7-ways-to-support-a-healthy-headspace/

How to start the conversation about mental health. (2020). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/how-to-start-the-conversation-about-mental-health/

How to support a family member. (n.d.). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/how-to-support-a-family-member/

An overview of mental health for family and friends. (2022). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/overview-of-mental-health/

Understanding depression - for family & friends. (2021). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/depression/

Understanding self harm for families. (n.d.). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/self-harm/
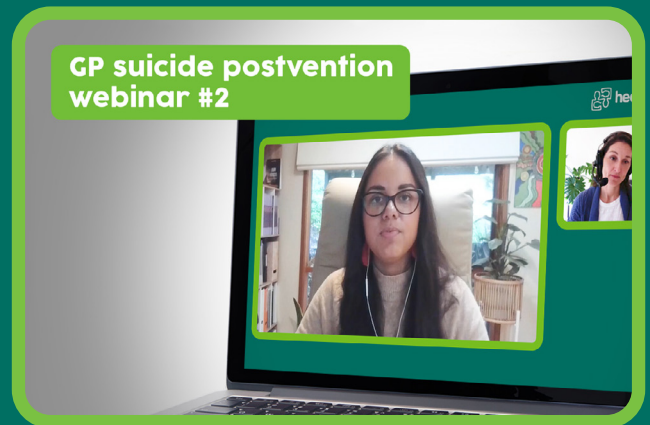
Additional Resources:

Youth support and services. (n.d.). Beyond Blue. https://www.beyondblue.org.au/who-does-it-affect/young-people/support-and-services

module 2
a further death by suicide: GPs supporting family, young people, and the community over time

Module 2 Part 1 - community experience, coronial process, impact on schools

Responding to communities impacted by suicide

Hawton, K., Hill, N. T. M., Gould, M., John, A., Lascelles, K., & Robinson, J. (2020). Clustering of suicides in children and adolescents. The Lancet. Child & Adolescent Health, 4(1), 58–67. https://pubmed.ncbi.nlm.nih.gov/31606323/

Suicide contagion - headspace School support. (2015). headspace. https://www.headspace.org.au/assets/School-Support/Suicide-contagion-web.pdf

The declaration of a cluster and effective community response

Cerel, J., McIntosh, J. L., Neimeyer, R. A., Maple, M., & Marshall, D. (2014). The continuum of "survivorship": definitional issues in the aftermath of suicide. Suicide & Life-Threatening Behavior, 44(6), 591–600. https://nebula.wsimg.com/836d07e72199ac602ce445c3a1ee-5c5a?AccessKeyId=C005B8E40871028AF00A&disposition=0&al-loworigin=1

Understanding suicide, suicide attempts and self-harm in primary school aged children – Evidence Summary. (n.d.). headspace. https://headspace.org.au/assets/download-cards/02-HSP254-Suicide-in-Primary-Schools-Summary-FA-low-res2.pdf

Suicide intervention in schools: An evidence summary. (n.d.). headspace. https://headspace.org.au/assets/School-Support/Suicide-intervention-in-schools.pdf

Legal considerations following a suicide. (2021). Suicide Call Back Service. https://www.suicidecallbackservice.org.au/lost-someone-to-suicide/legal-considerations-following-a-suicide/

Sudden Loss Support Kit. (2015). Department of Health and Human Services, Tasmanian Government. https://www.health.tas.gov.au/publications/sudden-loss-kit

Other Coroners' Courts. (2019). ACT magistrate's court. https://www.courts.act.gov.au/magistrates/law-and-practice/coroners-court/helpful-links

Young people and families in an emerging community cluster

Suicide response: Responding to suicide. (2022). Be You. https://beyou.edu.au/resources/suicide-prevention-and-response/suicide-response

Grief resources. (n.d.). Headspace. https://headspace.org.au/search/SearchForm?Search=grief

Communicating about suicide. (n.d.). Mindframe. https://mindframe.org.au/suicide/communicating-about-suicide

Language: Certain language may be problematic when discussing suicide. (n.d.). Mindframe. https://mindframe.org.au/suicide/communicating-about-suicide/language

General Practice Mental Health Standards Collaboration (GPMHSC). (2016). After suicide: A resource for GPs. https://www.racgp.org.au/FSDEDEV/media/documents/Education/GPs/GPMHSC/After-suicide-A-resources-for-GPs.pdf

How to talk about suicide with young people - headspace School support. (n.d.). headspace. https://headspace.org.au/assets/School-Support/How-to-talk-about-suicide-with-young-people.pdf

MythBuster: Suicidal Ideation. (2009). headspace. https://headspace.org.au/assets/download-cards/suicidal-ideation-mythbusterv2.pdf

Self-harm and Suicide Prevention Competence Framework for work with children and young people with CBT map. (n.d.). Ucl.ac.uk. https://www.ucl.ac.uk/clinical-psychology/competency-maps/self-harm/young-people-self-harm-map.html

Module 2: Part 2
Parental concerns / family inclusive practice

Supporting parents when young people won't engage

Baker, D., Burgat, L. and Stavely, H. (2019) We're in this together: Family inclusive practice in mental health services for young people. Orygen. https://www.orygen.org.au/Orygen-Institute/Policy-Areas/Government-policy-service-delivery-and-workforce/Service-delivery/We-re-in-this-together/Orygen_We-re-all-in-this-together_2019

Barriers for migrant and refugee young people

Mental health support for multicultural young people. (2022). headspace. https://headspace.org.au/explore-topics/for-young-people/multicultural-mental-health-support/

Your local Primary Health Network. (2021). Department of Health and Aged Care. https://www.health.gov.au/our-work/phn/your-local-PHN?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation

Supporting families to support their young person

Supporting parents. (n.d.). headspace. https://headspace.org.au/parents/

Support for Family. (2019). Head to Health. https://www.headtohealth.gov.au/supporting-someone-else/supporting/family

Module 2: Part 3
Wrap-around care model and therapeutic intervention

Developing a care plan to assist families when young people don't engage

Assessing and responding to safety concerns. (n.d.). headspace. https://headspace.org.au/professionals-and-educators/health-professionals/resources/assessing-safety/

Self harm treatment guidelines. (n.d.). headspace. https://headspace.org.au/professionals-and-educators/health-professionals/resources/treatment-guidelines/self-harm-1%2Csuicide-2/

Clinical Toolkit Clinical Tips: Engaging a Young Person. (2020). headspace. https://headspace.org.au/assets/download-cards/CT-Engaging-a-Young-Person2.pdf

Schools and postvention support

Your local Primary Health Network. (2021). Department of Health and Aged Care. https://www.health.gov.au/our-work/phn/your-local-PHN?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation

Connecting refugee and migrant young people with supports

Support for Culturally and Linguistically Diverse People. (2020). Head to Health. https://www.headtohealth.gov.au/supporting-yourself/support-for-culturally-and-linguistically-diverse-people

Embrace Multicultural Mental Health support. https://www.embracementalhealth.org.au/

Other options for young people to engage supports

Standby: Support After suicide. https://standbysupport.com.au/

Suicide Call Back Service. https://www.suicidecallbackservice.org.au/

Lifeline. https://www.lifeline.org.au/

Beyond Blue. https://www.beyondblue.org.au/

The importance and value of this work

The GP Support Program. (n.d.). The Royal Australian College of General Practitioners (RACGP). https://www.racgp.org.au/racgp-membership/member-offers/the-gp-support-program

Employee Assistance Program (EAP). http://eap.org.au/

Suicide Prevention Australia. https://www.suicidepreventionaust.org/

Standby: Support After suicide. https://standbysupport.com.au/

Additional headspace Resources:

Young People

Understanding and dealing with suicide. (2019). headspace. https://headspace.org.au/explore-topics/for-young-people/suicide/

Family and Friends supporting a young person

7 ways to support a young person's healthy headspace. (2020). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/7-ways-to-support-a-healthy-headspace/
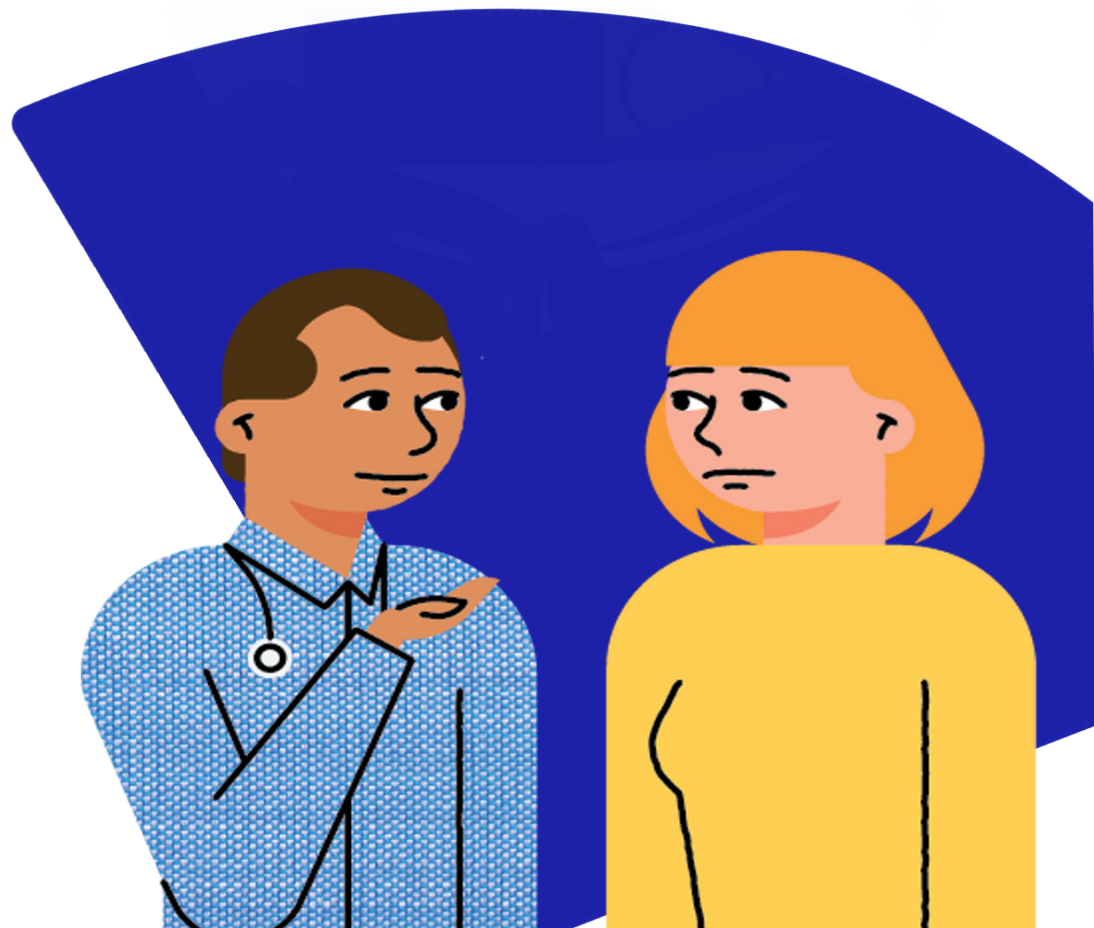
How to start the conversation about mental health. (2020). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/how-to-start-the-conversation-about-mental-health/

How to support a family member. (n.d.). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/how-to-support-a-family-member/

An overview of mental health for family and friends. (2022). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/overview-of-mental-health/

Understanding depression - for family & friends. (2021). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/depression/

Understanding self harm for families. (n.d.). headspace. https://headspace.org.au/explore-topics/supporting-a-young-person/self-harm/

module 3
responding to a formal suicide cluster in your community

GP suicide postvention webinar #3

Module 3: Part 1
Disaster management preparedness / ideal response

Response after a formal declaration of a suicide cluster

Postvention Australia Guidelines: A resource for organisations and individuals providing services to people bereaved by suicide. (2017). Australian Institute for Suicide Research and Prevention & Postvention Australia. https://www.griffith.edu.au/__data/assets/pdf_file/0038/359696/Postvention_WEB.pdf

National Suicide Prevention Strategy. (2014). Department of Health and Aged Care. https://www1.health.gov.au/internet/publications/publishing.nsf/Content/suicide-prevention-activities-evaluation~background~national-suicide-prevention-strategy

Bereavement needs for young people, families and carers

Hope Bereavement Care resources. https://www.bereavement.org.au/resources

Module 3: Part 2
Changes needed to support an ideal response

The role of GPs in response to a declared cluster

Clark, S., Smith, N., Griesbach, A., Rivers, D., & Kuliwaba, A. (2020). Supporting general practitioners and practice staff after a patient suicide: A proposal for the development of a guideline for general practice. Australian Journal of General Practice, 49(5), 261–268. https://www1.racgp.org.au/ajgp/2020/may/supporting-general-practitioners-and-practice-staf

Implementing an organisational approach at the clinical practice level

John A, Percy WA. Identifying and responding to suicide clusters. (2019). Public Health England. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/839621/PHE_Suicide_Cluster_Guide.pdf

Ridani, R., Torok, M., Shand, F., Holland, C., Murray, S., Borrowdale, K., Sheedy, M., Crowe, J., Cockayne, N., Christensen, H. (2016). An evidence-based systems approach to suicide prevention: guidance on planning, commissioning, and monitoring. Sydney: Black Dog Institute. https://www.health.gov.au/resources/publications/an-evidence-based-systems-approach-to-suicide-prevention-primary-health-networks-phns-guidance-on-planning-commissioning-and-monitoring?language=-en

Accessing bereavement support for young people and families

Supporting young people after a suicide death - A resource Map for professionals. (n.d.). Hope Bereavement. https://www.bereavement.org.au/wp-content/uploads/files/Supporting-young-people-after-a-suicide-death-A-resource-Map-for-professionals.pdf

The Australian Centre for Grief and Bereavement Education and Training. https://www.health.gov.au/contacts/australian-centre-for-grief-and-bereavement

Postvention support from agencies, schools and communities

General Practice Mental Health Standards Collaboration (GPMHSC). (2016). Suicide prevention and first aid: A resource for GPs. https://www.racgp.org.au/FSDEDEV/media/documents/Education/GPs/GPMHSC/Suicide-prevention-and-first-aid-a-resource-for-GPs.pdf

Suicide Postvention Toolkit - A guide for secondary schools. (2012). headspace. https://headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf

Module 3: Part 3
Supporting the workforce

Looking after ourselves, our colleagues and communities

Standards for general practices 5th edn. (2020). The Royal Australian College of General Practitioners (RACGP) https://www.racgp.org.au/getmedia/7a44e591-84ab-49f3-9a52-c3262fbad131/Standards-for-general-practices-5th-edition.pdf.aspx

New Just Culture toolkit for health services. (2022). Safer Care Victoria. https://www.safercare.vic.gov.au/news-and-media/new-just-culture-toolkit-for-health-services

The GP Support Program. (n.d.). The Royal Australian College of General Practitioners (RACGP). https://www.racgp.org.au/racgp-membership/member-offers/the-gp-support-program

Getting Help. (n.d.). Drs4Drs. https://www.drs4drs.com.au/getting-help/

Employee Assistance Program (EAP). http://eap.org.au/

Suicide Prevention Australia. https://www.suicidepreventionaust.org/

Stand By: Support After suicide. https://standbysupport.com.au/

Contact

If you would like to contact the GP Program at headspace National, please email GPProgram@headspace.org.au