

Co-ordinating mental health care for people experiencing suicide bereavement

Self-care for health professionals

- **Black Dog Institute** Expert Guidelines: diagnosis and treatment of PTSD in emergency service workers
https://www.blackdoginstitute.org.au/docs/default-source/default-document-library/ptsd_expert-guidelines_2015.pdf?sfvrsn=2
- **Headspace** Self-care for school staff
<https://www.headspace.org.au/assets/School-Support/Self-care-for-school-staff.pdf>
- **Lifeline Australia** 13 11 14
- **Sane** self-care after someone discloses suicidal thoughts
<https://www.sane.org/the-sane-blog/suicide-prevention/self-care-after-someone-discloses-suicidal-thoughts>
- **Sane** Suicide prevention and recovery guide: A resource for mental health professionals
https://www.sane.org/images/PDFs/2779_SANE_SPRG_2016_06.pdf
- **Suicide Prevention Australia** guide to self-care
<https://www.suicidepreventionaust.org/content/guide-self-care>

Websites

- **Australian Institute of Family Studies** Family Issues in suicide postvention
<https://aifs.gov.au/cfca/publications/family-issues-suicide-postvention>
- **Beyond Blue** Suicide bereavement and postvention resources
<https://www.beyondblue.org.au/the-facts/suicide-prevention/helpful-contacts-and-websites/suicide-bereavement-and-postvention-resources>
- **Jesuit Social Services**
<https://jss.org.au/research-and-advocacy/research-publications/#Suicide>
- **Postvention Australia**. National Association for the bereaved by suicide have support services located by state
<http://postventionaustralia.org/>

**Mental Health
Professionals' Network**

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Melbourne
VIC 3000

postal
PO Box 203
Flinders Lane
VIC 8009

email
contactus@mhpn.org.au

telephone
1800 209 031

www.mhpn.org.au

- **Standby Response Service**
<https://www.unitedsynergies.com.au/program/standby-response-service/>
- **SuicideLine** Identifying and monitoring suicide risk
<https://www.suicideline.org.au/health-professionals/estimating-the-risk-of-suicide/>
- **Support after suicide** (Victorian based)
<http://www.supportaftersuicide.org.au/>

Tool-Kits & Guides

- **An Approach to Rural Suicide** Thesis by Dr Graham Fleming
<https://digital.library.adelaide.edu.au/dspace/handle/2440/39465>
- **Department for Education and Child Development, Catholic Education South Australia & Association of Independent Schools of South Australia**
Suicide postvention guidelines : a framework to assist staff in supporting their school communities in responding to suspected, attempted or completed suicide
<https://www.decd.sa.gov.au/sites/g/files/net691/f/suicide-postvention-guidelines.pdf>
- **DHHS Tasmania** Sudden Loss Support Kit
http://www.dhhs.tas.gov.au/_data/assets/pdf_file/0005/47354/DHHS_Sudden_Loss_Kit_Booklet_v3.pdf
- **General Practice Mental Health Standards Collaboration (GPMHSC)** After suicide: A resource for GPs.
<http://www.racgp.org.au/education/gpmhsc/gp-resources/after-suicide/>
- **Headspace** The Suicide Postvention Toolkit- A Guide for Secondary School
<https://www.headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf>
- **Mental Health Commission (CA)** Tool Kit for Survivors of Suicide Loss and Postvention Professionals (Canada)
<http://www.mentalhealthcommission.ca/English/initiatives/11889/tool-kit-survivors-suicide-loss-and-postvention-professionals>
- **Mindframe** Guidelines for Media Professionals
<http://www.mindframe-media.info/for-media>
- **Mission for Life** Dr Graham Fleming story by Heather Wiseman
<https://www.australiandoctor.com.au/news/news-review/mission-for-life>
- **Square** Suicide Postvention Counselling
http://www.square.org.au/wp-content/uploads/sites/10/2013/05/Postvention-Counselling_May2013.pdf

Family Supports

- **Conversations Matter: Telling a child about suicide**
<http://www.conversationsmatter.com.au/resources-community/telling-a-child-about-suicide>
- **Jesuit Social Service** 'Tell me what happened' book
<https://jss.org.au/research-and-advocacy/research-publications/#Suicide>
- **Red Chocolate for Elephants** Diana C. Sands. Book and DVD for children bereaved by suicide
<http://bereavedbysuicide.com.au/red-chocolate-elephants.html>
- **White Wreath Association** Action against suicide. Postvention support group nationwide
<https://www.whitewreath.org.au/>

Training for Mental Health professionals

- **Australian Institute for Suicide Research and Prevention** Graduate Certificate in Suicide Prevention and Master of Suicidology
<https://www.griffith.edu.au/health/australian-institute-suicide-research-prevention/programs-courses>