

## Suicide Prevention and Support After Suicide

LifeConnect provides community-focused suicide prevention services as well as support for people who have been bereaved by suicide.

Our prevention activities include wellbeing workshops as well as community and workforce training aimed at building capacity to recognise and respond to risk of suicide.

Our bereavement services provide one-on-one and group support to families, friends and colleagues who have been bereaved by suicide.

## About Neami National

Neami National is a community mental health service supporting people to improve their health and wellbeing and pursue a life based on their own strengths, values and goals.

[www.neaminational.org.au](http://www.neaminational.org.au)



## Contact

For enquiries about LifeConnect or to make a referral, please contact:

**P:** 1300 052 590 (M-F, 9 am to 5:30 pm)

**F:** 03 9735 0263

**E:** [lifecconnect@neaminational.org.au](mailto:lifecconnect@neaminational.org.au)

**W:** [www.neaminational.org.au/LifeConnect](http://www.neaminational.org.au/LifeConnect)

If you or someone you know requires immediate help, please call:

**Lifeline:** 13 11 14

**Suicide Call Back Service:** 1300 659 467

**Kids Helpline:** 1800 55 1800

For information on other mental health services available in the Eastern Melbourne PHN region, please contact:

**EMPHN Referral and Access Team:** 03 9800 1071

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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## LifeConnect

### Suicide prevention and support after suicide



## Community-focused suicide prevention services

Everyone can play a role in suicide prevention. Our prevention services help build safer communities by giving people the skills to identify and respond to risk of suicide.

### Wellbeing workshops

Our evidence-informed workshops deliver strategies for community wellbeing and resilience, including how to respond to stress, change and challenge.

### Wellbeing group programs

The Optimal Health Program (OHP) is a more in-depth program that takes a holistic evidence-based approach to wellbeing. Groups are run over several weeks and provide people with the knowledge and skills to improve and maintain overall wellbeing.

### Community & workforce capacity building

Our team facilitates training to support workplaces and community groups to recognise and respond to risk of suicide. Our training also enhances people's confidence to have conversations about mental health and suicide, and build an awareness of where to find help and how to link people to support.

## Support after suicide

Our bereavement services provide support to anyone who has been bereaved by suicide at any stage of the grieving process.

### Individual counselling & support

Our Psychologist and Allied Health workers provide non-judgemental and flexible one-on-one support. Sessions can be held in our offices, in the community/at the person's home, or over the phone.

### Group support

Group support sessions are co-facilitated by our Psychologist, Allied Health staff and Peer Support staff who have a lived experience of the impact of suicide. The sessions provide a supportive environment to process grief and connect with others.

### Community support response

These small group sessions provide a timely response after suicide to minimise distress and support those impacted by suicide to process their loss and develop resilience. We offer these sessions in settings such as workplaces, schools and clubs, and to family and friendship groups.

### Care coordination

We provide referral support to help people bereaved by suicide to find and connect with the services they need to support their wellbeing.

## Eligibility and referrals

People who reside, work and study in the Eastern Melbourne Primary Health Network (EMPHN) catchment can access LifeConnect services. The EMPHN catchment includes the cities of: Banyule, Boroondara, Knox, Manningham, Maroondah, Mitchell, Monash, Murrindindi, Nillumbik, Whitehorse, Whittlesea and Yarra Ranges.

## How much do these services cost?

LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program. Services are **free of charge** to all community members, workplaces and organisations.

