

At risk of suicide?

A Referral Pathway for Nelson/Marlborough Community Agencies

ASSESS for suicide risk

- History of previous attempts?
- Family members or friends have attempted or completed suicide?
 - Ask if they are thinking of suicide - (it's safe to ask)
- Keep them safe!
- Ensure a support person remains with them

N.B. It is important that the referrer supports the person or arranges support for them throughout this pathway

Attempt Imminent or In Progress?

Life-threatening or dangerous

- If the person:
- Has a **suicide plan** and
 - Is **indicating immediate intent**, and
 - Has **access to means**
 - Whereabouts**
 - unknown/missing
 - Is **Intoxicated**
 - alcohol or other drugs, or
 - Is a **danger to others**

Call 111
Ask for Police or go to Emergency Department

Ensure a support person remains with the person in need

Ask are you thinking of suicide?
Ensure their immediate safety
Identify their problems
Offer hope, help and support
Use professionals and community © Roger Shave

High Risk

- Has a plan
- Access to means
- Isolation - lacks friends & family

24/7 free phone or text 1737 to reach a counsellor
Contact their GP
Mental Health Services
Nelson/Tasman: 0800 776 364 then press 2 or (03) 546 1800
Marlborough: 0800 948 497 then press 2 or (03) 520 9999
Golden Bay (Te Whare Mahana): (03) 525 7647
Ensure a support person remains with the person in need

Risk Unclear

Refer to counselling service & their GP

After Hours GPs
Nelson: (03) 546 8881
Marlborough: (03) 520 6377
Motueka: (03) 528 8866 or (03) 528 8358
Golden Bay: (03) 525 0060
Murchison: (03) 523 1120
Te Piki Oranga (Nelson/Marlborough)
0800 ORANGA (672 642)

Follow up

- Ask for a follow-up meeting
- Ensure they have the 1737 number and/or www.depression.org.nz
0800 111 757
and/or Tautoko Suicide Helpline
0508 828 865
- Identify who else needs to know: partner/parent/friend/whanau
- Use the Manawa safetyplan app

For further copies of this referral pathway, or to recommend amendments to future versions of this chart, please contact the DHB Suicide Prevention Coordinator: (03) 548 2798 Ext 5 or everylifematters@nmdhb.govt.nz

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Other Contacts & Information:

For advice on community support agencies contact:
Citizens Advice Bureau: 0800 367 222 or Family Services Directory: 0800 211 211
or www.familyservices.govt.nz/directory or www.healthpoint.co.nz