

The Way Back Support Service NSW

Fact sheet for health professionals



What is The Way Back Support Service?

The Way Back Support Service is a *beyondblue* initiative providing non-clinical care and practical support to individuals for up to three months following a suicide attempt.

The trial is funded until January 2018 and will be subject to a formal evaluation led by Prof Greg Carter and Assoc Prof Mihalopoulos.

The Way Back Support Service is delivered by a consortium led by Hunter Primary Care and includes Calvary Mater Newcastle, Hunter New England Mental Health Services, Hunter Institute of Mental Health and Relationships Australia NSW.

Why provide this service?

The period just after a suicide attempt can be a very vulnerable time. Hospital-treated deliberate self-poisoning is associated with a 15 per cent repetition rate and a 1 per cent suicide rate after 12 months. In the days and weeks immediately following an attempt it is important that flexible, proactive assistance is available. Reduction to the risk of repetition may be achieved by good medical after-care, plus improved personal support, access to information and referrals, strengthening of social connections, and reduced exposure to significant triggers such as relationship difficulties, financial problems, drug and alcohol misuse and family disputes.

Who is eligible for this service?

Individuals who are admitted to the Calvary Mater Newcastle following a deliberate self-poisoning event and reside within the Hunter area of the Hunter New England Local Health District will be eligible for the service. The Way Back Support Coordinators will work with hospital staff at the Calvary Mater Newcastle and Hunter New England Mental Health units to engage with clients while they are in hospital and arrange for follow-up contact following discharge.

Encourage. Support. Connect.

The Way Back Support Service aims to prevent further episodes of self-harm by providing proactive non-clinical support and coordination of patient access to services in the community for up to three months following discharge. The Way Back Support Coordinators will:

- maintain contact and provide encouragement and support
- encourage the uptake of hospital discharge plans and utilisation of safety plans
- support attendance at medical and allied health appointments
- facilitate access to a range of community support services (e.g. Relationships Australia, community housing)
- assist clients to connect with support networks (e.g. Men's Shed)



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