

## Speaker notes: Suicide and self-harm

***Do not use beyond June 2015 – contact details on last slide.***

**Slide 1:** no notes

**Slide 2:** It's important to consider what we are talking about. Someone may be experiencing suicidal thoughts but not act on these thoughts. Another client may be engaging in self harm behaviours but have no thoughts to end their life. It's important to consider these things separately to ensure that we ask about all aspects of harm to self.

**Slide 3:** It's everyone's role to ask about suicide and self harm. Depending on your role, your training, your organisation and policies within the organisation workers have varying levels of responsibility and skill. It is important to have this conversation within your team and ensure that you are clear on your responsibility and the skills required to undertake this task. Settlement workers would be expected to ask and refer but would not be expected to be able to assess risk.

**Slide 4:** Taken from Mental Health First aid. Introduce Mental health first aid and their fact sheets that you can download from the internet.

**Slide 5:** Again, guidelines taken from Mental health first aid. Consider how you ask people about risk. It is common that many people feel worried about asking questions about self harm and suicide. Workers often have fears that they will be putting ideas into their client's head, this is not true at all. Generally client's are relieved to share the burden of these thoughts with others. Workers are often concerned about their skills and what to do with the information once someone has disclosed. It's important to think this through and consider how you can gain more training in the area if needed and where your roles/responsibilities start and end.

**Slide 6:** A competent professional needs to assess risk?

- What steps need to be followed in this organisation?
- Need a shared understanding of how the client and the treating professionals will manage the risks.
- This is not work to do totally by yourself

**Slide 7:** no notes