

Seek Out Support (SOS) Patient Information Sheet



What is the PTS SOS Service?

The SOS service is for people over the age of 14, who are at low to moderate risk of suicide or self harm and reside in the Nepean Blue Mountains region.

People who are at risk are eligible to receive up to 7 sessions of psychological support from a mental health professional.

Who can access the SOS service?

People aged 14 years and over who have expressed thoughts of suicide or self-harm to their GP, family, friends, or carers may be eligible. This includes people who have recently been discharged from hospital after a suicide attempt.

Family members or friends considered at risk in the aftermath of a suicide are also eligible to be referred to the service.

Talk to your general practitioner (GP) and/or Psychiatrist to help work out if you are eligible for services under this program.

This service is not designed for people at high risk of suicide requiring immediate intervention or those who are in the care of an existing state funded mental health services.

What services will I receive?

Psychological therapy sessions for people referred to the SOS service will be provided in accordance with their individual needs and can occur for up to three months. Appointments may be offered as either face to face or telehealth sessions and may involve friends, carers or family of the individual being referred if required.

All of our SOS providers have completed additional specialist training in suicide prevention.

How long can I access the service for?

The SOS stream offers 7 psychological therapy sessions for a period of up to three months.

Can I stop receiving the service when I want to?

Yes. To access the service you are required to provide consent. You may withdraw consent at any time resulting in the termination of the service.

Data Collection

In order to engage with the SOS service, consent must be provided for information to be collected about your healthcare and wellbeing.

Privacy

Your personal information will be collected for the primary purpose of delivering care, and for the ongoing monitoring, reporting, evaluation, and improvement of services. You will be asked to consent with the understanding that this information will only be used, disclosed, and stored for its primary purpose, between your health service provider(s), the Department of Health, and the Nepean Blue Mountains Primary Health Network (NBMPHN) and affiliated partner organisation(s)*, in accordance with the Australian Government Privacy Act, 1988.

** Affiliated partner organisation(s) means those required to support the monitoring, reporting, evaluation and/or clinical governance for the service*

You can read more about your rights and how to provide feedback about our programs at www.nbmphn.com.au/YourRights

What do I need to do?

You need to attend a consultation with your GP who will complete a risk assessment. During your appointment with your GP, you will develop a plan together that may include you being referred to an SOS provider for psychological support.

When you have completed your sessions with the SOS provider you will be reminded to return to see your GP to make sure all your health needs have been addressed.

You can also talk to your GP about what other options for support may be available to you.

There is also the **Suicide Call Back Service - 1300 659 467**. This is a nationwide service providing telephone and online counselling to people affected by suicide.

If you need help now, please call either Lifeline on 13 11 14 or Emergency on triple zero (000).