

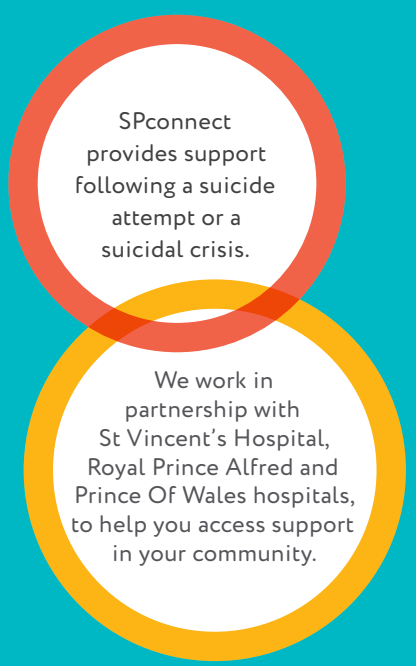


**SPconnect**

**Suicide prevention  
through connection**



An Australian Government Initiative



SPconnect  
provides support  
following a suicide  
attempt or a  
suicidal crisis.

We work in  
partnership with  
St Vincent's Hospital,  
Royal Prince Alfred and  
Prince Of Wales hospitals,  
to help you access support  
in your community.

# What happens now?

After receiving your referral from the hospital, the SPconnect team will contact you within 1 day to organise a first appointment.

From the first meeting we discuss what works for you and how we can help.

We will work with you to access and find the right support for your needs for a period of up to 3 months.

We collaborate with you to achieve your goals by building a personalised health care plan and suicide safety plan.

# Individual support

SPconnect is an outreach service, which means we will meet with you at your preferred place within the community.

We provide one-on-one support for your emotional wellbeing.

We aim to facilitate your connections with local services and GPs, who can assist in managing stressors that are impacting your life.



## Group support

The Optimal Health Program (OHP) is available to help you improve your social, emotional, mental, physical and spiritual wellbeing.

SPconnect offers OHP over eight sessions in a group or individual setting.

Participating in groups with people who have had similar experiences can enhance understanding and connection.



## Experienced teams

Our team of qualified Community Care Coordinators includes people with lived experience of suicidality.

We are a specialised team who bring a diversity of knowledge and skills to work therapeutically and practically towards your goals.

We work in a non-judgmental and respectful way that considers your individual experience.



# Recovery & Wellbeing focused


Recovery is a personal thing and is different for each person. We believe that everyone can live a meaningful life based on their values, strengths and goals.

We walk alongside each person, providing support underpinned by trauma-informed and culturally sensitive practices.

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*SPconnect is a Neami National program run in partnership with St Vincent's Hospital, Royal Prince Alfred and Prince of Wales hospitals.*

*This program is funded by Central and Eastern Sydney PHN.*



# About Neami

Neami provides community mental health and suicide prevention services. We support people to improve their health and wellbeing, and pursue a meaningful life based on their strengths and goals.

We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

We believe our commitment to diversity and inclusion makes our teams, services and organisation stronger and more effective.





# Contact

For more information about the service, contact the SPconnect team between 8:30am and 5pm Monday to Friday.

**Phone 02 9570 5933**

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

## Your Community Care Coordinator

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Phone number

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Email

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Days available

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# Emergency contacts

The following contact numbers may be helpful should you require assistance while waiting for your appointment.

## **Lifeline**

13 11 14

## **Suicide Call Back Service**

1300 659 467

## **All Hours Suicide Support Line**

1800 859 585

## **Mental Health Access Line**

1800 011 511