



Suicide and Self-Harm Policy



"The staff prioritise my wellbeing."

Intent

We recognise that mental health issues are prevalent in the population. We aim to provide best practice responses to rangatahi experiencing mental distress and/or at risk of suicide risk.

This policy applies to all team members involved in direct service delivery.

Requirements

Kaimahi must follow organisational guidelines and obtain guidance through organisational resources, case review, supervision and consultation with senior colleagues and other professionals when working with rangatahi who express suicidal ideation or intent.

Assessment

Interactions with rangatahi should be regarded as opportunities to assess their psychosocial health in addition to other needs they may have or express (eg physical health needs, homelessness, truancy).



A person who expresses suicidal ideation or who contacts us with mental health challenges will be assessed for suicide risk as part of an initial consultation and re-evaluated during on-going monitoring. Organisational tools will be used for this purpose.

The [Whānau engagement](#) and [Informed consent](#) policies will be applied appropriately for assessments, referrals and care.

Urgent referral

Urgent referral to a mental health or emergency service should be arranged for rangatahi with:

- serious suicidal intent, psychotic symptoms or severe self-neglect
- indications of severe depression eg hopelessness in a young person, persistent depressive symptoms, other serious mental or substance use disorders and significant functional impairment.

Respectful care

Kaimahi will provide care and referrals appropriate to the young person's cultural identity and health care preferences.

Follow-up

Staff will:

- discuss the young person's follow up with management or a senior staff member as soon as practicable
- liaise with any service involved with the rangatahi or to whom they are referred to ensure they receive appropriate follow up. The [Information sharing](#) policy will be applied as appropriate
- re-contact and follow up with the client or caller where appropriate
- ensure a full record is made of actions taken and reasons for actions.

Additional supervision/support may be arranged for the staff member.



Supporting documents

See [here](#) for more on our response to suicide risk.

Compliance

NZS 8134.1.3.1- 6 Consumer rights

NZS 8134.1.3.9 Consumer rights

Helpful links

[Assessment and planning](#) or [Assessment](#)

[Practical ways to help a suicidal friend](#) HQSCNZ (short film)

Review

Date: September 2020

Next review: By August 2022