SUPPORTING PEOPLE AFTER A CRISIS

Next Steps Aftercare Service

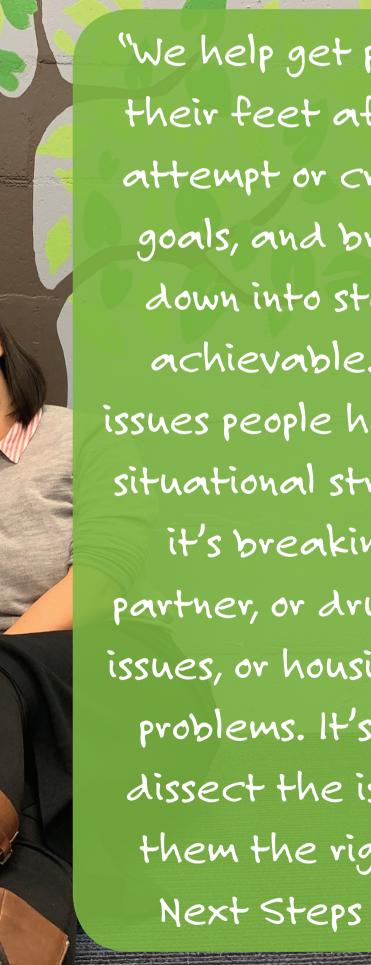
Collaborative member organisations have come together to develop a new service to support people during the transition from hospital-based care to the community. It is called the Next Steps Aftercare Service.





South Coast Medical Service **Aboriginal Corporation**





Next Steps involves a combination of support from peer workers (who have their own experiences of mental health and suicidality) and psychologists (who are trained to provide traditional, clinical therapies).

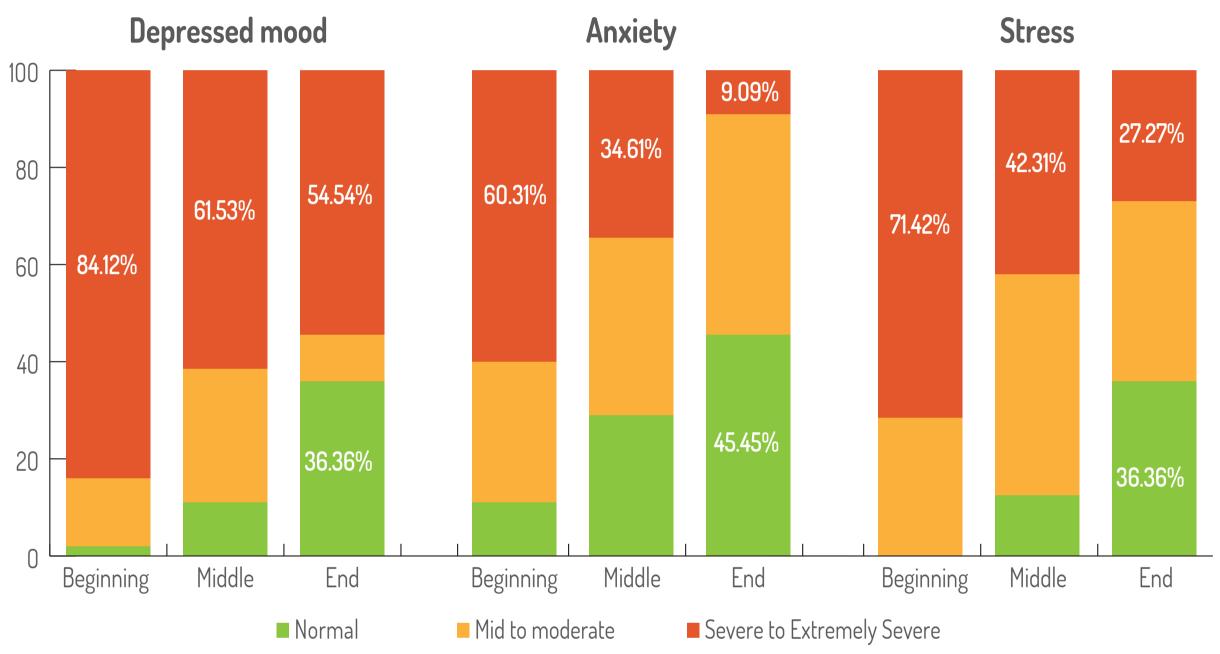




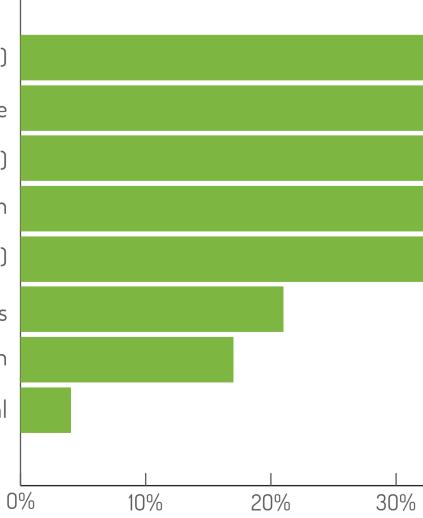
"We help get people back on their feet after a suicide attempt or crisis by setting goals, and breaking them down into steps that are achievable. A lot of the issues people have come from situational stress - whether it's breaking up with a partner, or drug and alcohol issues, or housing or financial problems. It's important to dissect the issues and get them the right support." -Next Steps Peer Worker

What has been the impact of Next Steps?

100% of people supported by Next Steps would recommend this service to others.



What are suicidal people identifying as key goals for their recovery?



vocational (inc. school, focus on study) mental health/counselling service relationship/social (e.g. connecting...) physical health lifestyle (routine, sleep, hygiene) primary health services housing/accommodation legal





Black Dog

Institute

LifeSpan Integrated Suicide

Percentage of participants with a goal in this category

40%	50%	60%	70%	80%