

# At risk of suicide?

## A Referral Pathway for Nelson / Marlborough Community Agencies

### ASSESS for suicide risk

- History of previous attempts?
- Family members or friends have attempted or completed suicide?
- Ask if they are thinking of suicide - (it's safe to ask)
- Keep them safe!
- Ensure a support person remains with them

N.B. It is important that the referrer supports the person or arranges support for them throughout this pathway

### Attempt Imminent or in Progress?

Life-threatening or dangerous

If the person:

- Has a suicide plan AND
- Is indicating immediate intent AND
- Has access to means
- Whereabouts - unknown / missing
- Is intoxicated - alcohol or other drugs or
- Is a danger to others

### Call 111

Ask for Police or go to Emergency Dept  
Ensure a support person remains with the person in need

ASK are you thinking of suicide?  
ENSURE their immediate safety  
IDENTIFY their problems  
OFFER hope, help and support  
USE professionals and community ©Roger Shave

### High Risk

- Has a plan
- Access to means
- Isolation - lacks friends & family

- 24/7 free phone or text 1737 to reach a counsellor
- Contact their GP
- Mental Health Services: Nelson / Tasman: 0800 776 364 then press 2 or (03) 546 1800  
Marlborough: 0800 948 497 then press 2 or (03) 520 9999  
Golden Bay (Te Whare Mahana): (03) 525 7647

Ensure a support person remains with the person in need

### Risk Unclear

#### Refer to counselling service & their GP

After Hours GPs:

Nelson: (03) 546 8881  
Marlborough: (03) 520 6377  
Motueka: (03) 528 8866 or (03) 528 8358  
Golden Bay: (03) 525 0060  
Murchison: (03) 523 1120  
Te Piki Oranga (Nels/Marl): 0800 ORANGA (672642)

#### Follow up

- Ask for a follow-up meeting
- Ensure they have the 1737 number and/or [www.depression.org.nz](http://www.depression.org.nz), 0800 111 757 and/or Tautoko Suicide Helpline 0508 828 865
- Identify who else needs to know: partner / parent / friend / whanau
- Use the Manawa safetyplan app
- Youthline: 0800 37 66 33 or txt 234 or [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or chat [www.youthline.co.nz/](http://www.youthline.co.nz/)

For further copies of this referral pathway, or to recommend amendments to future versions of this chart, please contact the DHB Suicide Prevention Co-ordinator:

Phone (03) 548 2798 Ext 5 or email: [everylifematters@nmdhb.govt.nz](mailto:everylifematters@nmdhb.govt.nz)

#### Other Contacts & Information:

For advice on community support agencies contact: Citizens Advice Bureau: 0800 367 222 or Family Services Directory: 0800 211 211 or [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory) or [www.healthpoint.co.nz](http://www.healthpoint.co.nz) or Nelson: [www.found.org.nz](http://www.found.org.nz) or Marlborough: [www.marlborough.cab.org.nz](http://www.marlborough.cab.org.nz)