

APPENDIX 4: YOUTH SUICIDE RESOURCES

New Zealand Youth Suicide Prevention Strategy Guidelines and Policies

A range of guidelines and policies are being produced as part of the National Youth Suicide Prevention Strategy (some of these were still in development at the time of printing):

- Establishment of a National Suicide Prevention Information Service (SPINZ) in May 1999
- Emergency departments (Australasian College of Emergency Medicine and Royal Australasian and New Zealand College of Psychiatrists) to be completed late 1999
- Mental health services (Ministry of Health) to be completed in 2000
- Children, Young Persons and their Families Agency *Recognition of Young People at Risk : Guidelines for Youth Service Workers* due to be completed September, 1999
- *Guidelines for the Media on the Reporting of Suicide* (Ministry of Health) being reviewed second edition to be completed September, 1999
- Māori communities (Ministry of Health) currently being scoped
- Schools and communities on traumatic incident planning (Ministry of Education, Specialist Education Services and Department of Internal Affairs) A poster has been produced as a resource for schools and consultation with communities will commence shortly
- Police and police youth aid workers on custodial practice (Police) new policy is due to be released October, 1999 and then a review of training will take place
- Corrections prison officers (Department of Corrections) training programmes are being reviewed

Information on the National Youth Suicide Prevention Strategy can be obtained from the Ministry of Health.

Suicide Prevention Information New Zealand SPINZ

SPINZ is designed to provide advice to the community on youth suicide and youth suicide prevention. The core functions of the service are; the gathering, managing and dissemination of information on youth suicide prevention. In addition general advice will be provided to communities on youth suicide prevention.

SPINZ will also link to other relevant websites, databases and clearing houses nationally and internationally. Information on youth suicide prevention programmes and services will be collated and made available. Contact phone number is 09 630 8573.

The National Health Committee has produced guidelines on detection and management in primary care of:

- Depression
- Anxiety
- Alcohol and Cannabis Abuse.

Ministry of Health:

- *Better Times: Contributing to the Mental Health of Children and Young People.*

Resources for young people and their families

The Mental Health Foundation has a range of pamphlets available for young people and their families including:

- *A Practical Guide to Coping with Suicide* (for community health workers and lay people)
- *Feeling Good: Grief and Loss; Anger, Bullying: What to Do*
- *Grief*: a booklet illustrated and developed by young people
- *Stressed Out: a Practice Guide for Young People on How to Keep it Together Under Pressure*
- *Understanding Teenager's Depression: a Booklet for Parents or Family.*

Ministry of Youth Affairs:

- *Spin*: a cartoon pamphlet for young people
- *Helping Troubled Young People: a Guide for Parents*
- *Te Āwhina I Ngā Rangatahi e Raru nei - Helping Troubled Young People: A Guide for Parents.*

Samaritan Centre:

- *Youth Suicide: Guidelines for Family and Friends.*

Websites

Many websites are available of varying quality. Some that are recommended for health professionals are:

New Zealand

The Mental Health Foundation website at www.mentalhealth.org.nz provides information on a wide range of mental health topics, including Suicide Prevention Information New Zealand (SPINZ)

The Ministry of Health New Zealand Youth Suicide website at www.moh.govt.nz/youthsuicide.html contains all the key documents under the New Zealand Youth Suicide Prevention Strategy

The New Zealand Health Information Service website at www.nzhis.govt.nz provides official New Zealand suicide statistics

The Ministry of Youth Affairs website at www.youthaffairs.govt.nz

Canterbury Bereaved By Suicide Support Group: <http://users.netaccess.co.nz/cbssg/> (Christchurch, New Zealand for families and friends post suicide)

International

Reach Out professional resources for Youth Suicide prevention in Australia: www.reachout.asn.au (designed for young people)

Suicide Information and Education Centre (SIEC) (Alberta, Canada): www.siec.ca
SIEC provides a comprehensive international resource centre, computer database and library service for English language print materials on suicidal behaviour.

American Association of Suicidology (Washington, DC): www.suicidology.org

American Foundation for Suicide Prevention (New York, NY): www.afsp.org

Centre for Disease Control (Atlanta, Georgia): <http://wonder.cdc.gov>

CRISIS journal (published under the auspices of the International Association for Suicide Prevention): www.hpub.com/journals.crisis

World Health Organization (Geneva, Switzerland): www.who.org

The Samaritans: www.samaritans.org.uk

General information on suicide and suicide prevention: www.rochford.org/suicide/resource/stats/