

SUICIDAL THOUGHTS & BEHAVIOURS AND DELIBERATE SELF-INJURY
GUIDELINES FOR PROVIDING MENTAL HEALTH FIRST AID TO AN ABORIGINAL OR TORRES STRAIT ISLANDER PERSON

Purpose of these guidelines

These guidelines describe how members of the public should provide first aid to an Aboriginal or Torres Strait Islander person who may be at risk of suicide or is engaged in deliberate self-harm. The role of the first aider is to assist the person until appropriate professional help is received or the crisis resolves. The guidelines aim to be respectful of cultural differences in understanding and responding to suicidal thoughts and behaviours.

CULTURAL CONSIDERATIONS & COMMUNICATION TECHNIQUES
GUIDELINES FOR PROVIDING MENTAL HEALTH FIRST AID TO AN ABORIGINAL OR TORRES STRAIT ISLANDER PERSON

Purpose of these guidelines

These guidelines describe how members of the public should provide first aid to an Aboriginal or Torres Strait Islander person who may be developing a mental illness or experiencing a mental health crisis. The role of the first aider is to assist the person until appropriate professional help is received or the crisis resolves. The guidelines aim to be respectful of cultural differences in understanding and treating mental illness. More information regarding culturally respectful first aid practice can be found in Cultural Considerations and Communication Techniques Guidelines for Providing Mental Health First Aid to an Aboriginal or Torres Strait Islander Person.

DEPRESSION

GUIDELINES FOR PROVIDING MENTAL HEALTH FIRST AID TO AN ABORIGINAL OR TORRES STRAIT ISLANDER PERSON

Purpose of these guidelines

These guidelines describe how members of the public should provide first aid to an Aboriginal or Torres Strait Islander person who may be experiencing depression. The role of the first aider is to assist the person until appropriate professional help is received or the crisis resolves. The guidelines aim to be respectful of cultural differences in understanding and treating mental illness. More information regarding culturally respectful first aid practice can be found in Cultural Considerations and Communication Techniques Guidelines for Providing Mental Health First Aid to an Aboriginal or Torres Strait Islander Person.

PSYCHOSIS

GUIDELINES FOR PROVIDING MENTAL HEALTH FIRST AID TO AN ABORIGINAL OR TORRES STRAIT ISLANDER PERSON

Purpose of these guidelines

These guidelines describe how members of the public should provide first aid to an Aboriginal or Torres Strait Islander person who may be experiencing psychosis. The role of the first aider is to assist the person until appropriate professional help is received or the crisis resolves. The guidelines aim to be respectful of cultural differences in understanding and treating mental illness. More information regarding culturally respectful first aid practice can be found in Cultural Considerations and Communication Techniques Guidelines for Providing Mental Health First Aid to an Aboriginal or Torres Strait Islander Person.

PROBLEM DRINKING

GUIDELINES FOR PROVIDING MENTAL HEALTH FIRST AID TO AN ABORIGINAL OR TORRES STRAIT ISLANDER PERSON

Purpose of these guidelines

These guidelines describe how members of the public should provide first aid to an Aboriginal or Torres Strait Islander person who may be experiencing problem drinking. The role of the first aider is to assist the person until appropriate professional help is received or the crisis resolves. The guidelines aim to be respectful of cultural differences in understanding and treating problem drinking. More information regarding culturally respectful first aid practice can be found in Cultural Considerations and Communication Techniques Guidelines for Providing Mental Health First Aid to an Aboriginal or Torres Strait Islander Person.

TRAUMA AND LOSS

GUIDELINES FOR PROVIDING MENTAL HEALTH FIRST AID TO AN ABORIGINAL OR TORRES STRAIT ISLANDER PERSON

Purpose of these guidelines

These guidelines describe how members of the public should provide first aid to an Aboriginal or Torres Strait Islander person who has experienced trauma or loss that has resulted in ongoing grief or distress. The role of the first aider is to assist the person until appropriate professional help is received or the crisis resolves. The guidelines aim to be respectful of cultural differences in understanding and responding to trauma and loss. More information regarding culturally respectful first aid practice can be found in Cultural Considerations and Communication Techniques Guidelines for Providing Mental Health First Aid to an Aboriginal or Torres Strait Islander Person.

Dissemination of these guidelines

The following guidelines are based on the expert opinion of Aboriginal clinicians from various territories, who have extensive knowledge of and experience in mental health. Although these guidelines are copyright, they can be freely reproduced for non-profit purposes provided the source is acknowledged. Requests should be sent to: Professor Sue Lewin, Orygen Youth Health Research Centre, Locked Bag 95, Parkville VIC 3052, Australia, email: orygen@unimelb.edu.au.

This material was funded by a grant from the Specialist Treatment Centre of Excellence in Depression and Related Disorders (SEED) as an expression of gratitude for its generous, high-quality research, clinical expertise, and support in the prevention and treatment of depression and related disorders. More information on the SEED can be found at www.beyondblue.org.au.

How to use these guidelines

These guidelines are designed as a recommendation to assist you to help an Aboriginal or Torres Strait Islander person who has experienced trauma or loss, either recently or in the past. The information about caring for a large crisis event, such as a natural disaster or terrorist attack, please see the guidelines document: www.beyondblue.org.au.

Each individual is unique and it is important to tailor your support to the needs of the person you are helping. These recommendations may not be appropriate for every person who has experienced a trauma or loss. It is also important to acknowledge that Aboriginal and Torres Strait Islander people may differ in their understanding, experience and response to trauma and loss. You should be flexible with the way the person you are helping understands their feelings and responses. Also, the guidelines are designed to provide first aid in Australian Indigenous communities and may not be suitable for other cultural groups or the assistance with different health systems.



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Guidelines are also available for free download from www.mhfa.com.au or www.beyondblue.org.au

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