

Referral form

Please complete, as fully as possible, the referral form below and email to SuicidePrevention@waikatodhb.health.nz

Other documents containing patient information should be encrypted before being sent by email. This could be, for example, through using password protection in MS Office 2010, saving password-protected PDF files from MS Word or using encrypted folders in WinZip format.

Please add the referrer's phone number to the accompanying email so that the SPP coordinator can phone to get the password.

Referrer	Person being referred for counselling
Referrer's name:	Name of person being referred for counselling:
Referrer's address:	NHI (if known): Ethnicity: Gender: Preferred location of counsellor/psychologist:
Referrer's email:	Relationship to the deceased person:
Referrer's phone number:	Date of death: Please indicate which service: <input type="checkbox"/> Counselling <input type="checkbox"/> Psychological services
Name of GP practice where the person being referred is enrolled (where known/applicable):	



**Counselling or
psychological services
for people who have been
bereaved by suicide**

(Pilot)

Suicide Prevention and Postvention

Quality and Patient Safety, Waikato District Health Board, Private Bag 3200, Hamilton 3240

www.waikatodhb.health.nz/suicide-prevention

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Grief support

The Waikato District Health Board (DHB) recognises that anyone who was close to a person who has died as a result of suicide, will experience severe distress. Whilst the grieving process has a natural progression, often people need extra help to cope with this type of trauma through counselling or a bereavement support group. In occasional situations, when the bereaved person is experiencing extreme distress as a result of the death, psychological services may be more suitable.

Counselling services

The Waikato DHB has limited funding available for counselling or psychological services. This process is being piloted as from 1 October 2016. These services are available for immediate family members who are bereaved as a result of suicide.

Referrals for counselling or psychological services can be made through a general practitioner (GP) or a social agency. If the bereaved person is not enrolled with a GP, we encourage the social agency to suggest that the person who is bereaved enrolls with a GP but it is not a requirement in order to access the funded counselling service.

It should be noted that there is no charge to enrol with a GP practice and it may not involve the bereaved person needing to meet with a doctor.

Registered service provider

The Waikato DHB requires that the independent counsellor or psychologist is registered as an external counsellor/therapist or psychologist with the Primary Mental Health service of Hauraki, Midlands Pinnacle or National Hauora Coalition primary health organisations. The choice of counsellor, as far as possible, will be based on the bereaved person's preference for geographical location and the preferred gender/ethnicity.

Counselling may be given to several members of a family together but this will be discussed between the counsellor and the bereaved person.

Referral process

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Please add the referrer's phone number to the accompanying email so that the Suicide Prevention and Postvention (SPP) coordinator can phone to get the password.

Please note: Where the person has a GP, we will encourage the service provider to discuss with the person who is bereaved that the GP is informed that the counselling will be taking place.

Approval/authorisation

The SPP coordinator will advise the referrer that approval has been given/declined for the funded counselling. This approval (or decline) will be given within five working days of receipt of the referral. Please note that this may be longer than if the referral is made through a GP.

- The SPP coordinator will identify a counsellor or clinical psychologist who best meets the preferred criteria (such as location of service provider) stated on the referral form (or following a brief discussion with the referrer).
- The SPP coordinator will check with the identified provider that he/she is in a position to offer timely service.
- The referrer will be informed of the name and contact details of the service provider and it is the referrer's responsibility to liaise with the bereaved person and the service provider to arrange the appointment.

- The referrer should advise the SPP coordinator by email that the first session has been arranged.

The approval will be for two sessions initially. After those two sessions, the SPP coordinator can authorise up to two further sessions (so a total of four). The approval for these two further sessions can be given by phone. If, in unusual circumstances, the counsellor, in liaison with the referrer and the person who is bereaved recommend additional sessions to the four, further approval will be required from the SPP coordinator before any additional sessions are arranged.

Payment for sessions

The counsellor or psychologist is requested to submit a GST invoice to the SPP coordinator by email to **SuicidePrevention@waikatodhb.health.nz**

Please do not include the name of the person being counselled or the deceased on the invoice. Payment for the authorised sessions will be made directly by the Waikato DHB to the counsellor or psychologist.

Support groups

There are a number of social/health sector workers who have undergone WAVES bereavement training. These facilitators provide a closed suicide bereavement programme which is run once a week over eight weeks. If you would like the contact details for any upcoming support groups, please email the Waikato DHB SPP coordinator at **SuicidePrevention@waikatodhb.health.nz**

Suicide prevention and postvention webpage

Please also see the Waikato DHB Suicide Prevention and Postvention webpage at **www.waikatodhb.health.nz/suicide-prevention** for more information.