



They say... people are in
your life... for a reason, a
season or a lifetime.
Let us be a reason until
you reconnect with yours...

ccnb.
community care + wellbeing

HOW TO CONTACT US:

☎ 1300 002 262
☎ 02 9998 2988
✉ seasons@ccnb.com.au
💻 www.ccnb.com.au

24 Hour Helplines:

In cases of emergency, call 000

Lifeline 13 11 14

Suicide Call Back Service 1300 659 467



CCNB pay respect and recognise Australia's First Peoples as the custodians of this land. We pay our respect and recognise their unique cultures and customs honouring our Elders past, present and future.

* CCNB acknowledges Sydney North Primary Health Network for the funding for this initiative.

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THE SEASONS PROGRAM

Suicide Prevention,
Recovery & Postvention in
the Northern Sydney Region

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WHAT IS THE SEASONS PROGRAM?

The evidence suggests that people are most at risk immediately following an initial suicide attempt.

The Seasons Program has been designed to engage with a person in the first 12 weeks following an attempted suicide. Our focus is to help coordinate support and ensure ongoing safety whilst the person is on their recovery journey.

Emotional, clinical and practical support is delivered by various partners and all support is coordinated by the Seasons team. The Seasons team works with everyone involved to ensure there is constant communication during each step of the recovery process.

The primary purpose of The Seasons Program is to help people start their recovery journey. Over 12 weeks The Seasons Program will provide intensive and flexible support including:

- ✓ Engaging, building and rebuilding relationships with a person's key supports.
- ✓ Creating a shared understanding of a person's holistic needs and recovery goals.
- ✓ Developing an individual Recovery Action Plan.
- ✓ Ensuring services and supports work together to support the person's recovery.
- ✓ Providing practical support at a time and place where it is needed.
- ✓ Providing advice, information and support to participants, families, carers and other formal and informal supports and services.
- ✓ Coordinating services to ensure a person's recovery is well supported and coordinated.

The participant and all supports will work together as a team to create a unique and comprehensive Recovery Action Plan in order to remove barriers and aid recovery.

WHO IS ELIGIBLE FOR THE PROGRAM?

Anybody over 12 years of age, who has had a recent suicide attempt can access the program if they live in the Northern Sydney Region.

A referral can be made by anybody at any time, including:

- Individuals, family members or carers
- GPs
- Hospital
- Clinical Practitioner (private and public)

Referrals can be made by contacting us on 1300 002 262, e-mailing seasons@ccnb.com.au or faxing 02 9998 2988.

This Program is not designed for people in acute crisis. In cases of emergency, contact 000.

WHAT HAPPENS NEXT?

Once a referral is received, contact will be made within 24 hours with the person who has experienced a suicide attempt (as well as family members and carers where requested).

From there, services will be tailored to what the person needs to start their journey towards recovery.

This happens at a time and place that is suitable for the participant.

WHAT WILL THE SERVICE COST?

There is no charge for this service and it is not means tested.

OUR TEAM

The Seasons team come with professional and lived experience to support people to reclaim their recovery from attempted suicide.

You can expect us to be:

- ✓ Committed and caring
- ✓ Approachable and understanding
- ✓ Knowledgeable and informed
- ✓ Flexible and creative
- ✓ Practical and realistic
- ✓ Recovery focused

OUR ORGANISATION

CCNB is a not-for-profit, community-based organisation. We provide impartial information, advice and guidance to support people to access health and community services.

Since 1991 we have been working together with people and communities to maximise choice, independence and wellbeing.

We believe that everybody deserves to get the most out of life.