

Mental Health and Suicide Prevention

One word, proactivity. There is not enough proactivity in this area and it is evident in the demand placed on public systems that cannot handle the pressure. First and foremost it starts with the lack of psychological services available with extremely long wait lists for clients particularly in rural and remote communities where we know suicide is more prevalent and yet we are not supporting these communities. Second when we talk reactivity, we are looking at the overrun public health system where Crisis teams cannot handle the influx of referrals for assessment and have received a notorious reputation from not hearing from them for 2-3 days. Third, for clients the awareness of services is limited. More awareness of these support services can prompt clients to receive support prior to it being a crisis referral.