

South Eastern NSW Universal Aftercare

Provider coverage by LGA



What is Universal Aftercare?

Universal Aftercare is a **free, voluntary, short-term support service** for people who have experienced a suicide attempt or suicidal crisis. It provides rapid, person-centred follow-up support delivered by peer workers and care coordinators to help people:

- stay safe and stabilise
- navigate immediate challenges
- connect to health, social and community supports.

This service supports a “no wrong door” approach, acting as a bridge after crisis to recovery.

Who is eligible?

- Anyone aged 16 years and over.
- Young people aged 14 - 15 may be considered with informed consent and appropriate supports.

What support is provided?



Rapid
follow-up post
referral



Up to 12 weeks
(3 months)
support



Peer workers
(lived experience)
one-to-one support



Care coordinators
(navigation support)
one-to-one support

Support may include:

- ✓ Safety planning and risk reduction
- ✓ Practical and psychosocial support
- ✓ Support addressing drivers of distress
- ✓ Connection to services

Universal Aftercare is flexible and person-led and is delivered in outreach (home/community), hubs and via telehealth. Noting this support is **not a replacement for clinical services**

This program is funded by



What are the referral pathways?

Referrals are accepted from:

- ✓ LHD and community mental health teams
- ✓ Mental Health Line
- ✓ Safe Havens
- ✓ GPs and private providers
- ✓ NGOs and social services
- ✓ Self and family/carers (where appropriate)

**Please refer to your internal LHD referral policies for guidance.*

Service coverage and contact information

Next Steps Suicide Aftercare

Provided by:
Grand Pacific Health



0475 762 915

gphnextsteps@gph.org.au

LGAs: Wollongong | Shellharbour | Kiama | Eurobodalla | Bega Valley | Southern Snowy Monaro (south of Steeple Flat)

NS Hub locations: Wollongong | Moruya | Bega

REBUILD Suicide Aftercare

Provided by:
Mission Australia



0459 598 958

rebuild@missionaustralia.com.au

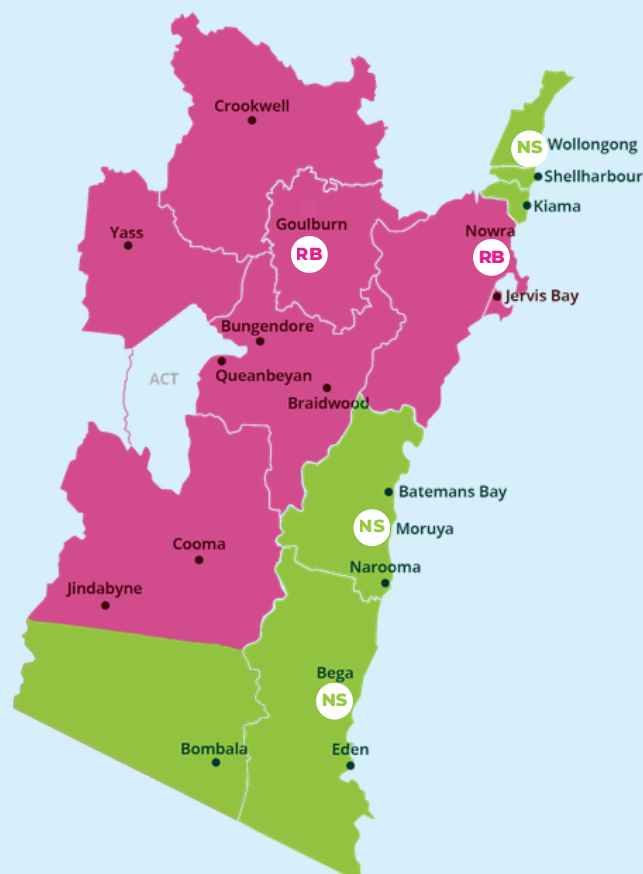
LGAs: Shoalhaven | Goulburn Mulwaree | Queanbeyan-Palerang | Yass Valley | Upper Lachlan | Northern Snowy Monaro (north of Steeple Flat)

RB Hub locations: Nowra | Goulburn Mulwaree

Hub locations:

NS Next Steps Suicide Aftercare

RB REBUILD Suicide Aftercare



Virtual only delivery

Available for all LGAs by either provider - based on consumer choice and need.