

# CG Leader Mental Health Referral Guide

<b>Aim for CG leaders</b>	<ul style="list-style-type: none"><li>• Figure out who to refer the member to</li><li>• Either Friend, CL, Pastor, or Professional</li></ul>
<b>Questions to Ask</b>	<p><b>Q1.</b> Over the last two weeks have you found that no matter what you did nothing would bring you joy?</p> <ul style="list-style-type: none"><li>- Some</li><li>- Most</li><li>- All of the time</li></ul> <p><b>Q2.</b> Over the last two weeks have you felt that no matter what you did you could not calm your anxious thoughts or stop them from spiralling?</p> <ul style="list-style-type: none"><li>- Some</li><li>- Most</li><li>- All of the time</li></ul> <p><b>Q3.</b> Over the last two weeks have you felt easily irritated or angered by little things?</p> <ul style="list-style-type: none"><li>- Some</li><li>- Most</li><li>- All of the time</li></ul> <p><b>Q4.</b> Over the last two weeks have you felt numb, had a foggy mind or like you could cry easily?</p> <ul style="list-style-type: none"><li>- Some</li><li>- Most</li><li>- All of the time</li></ul> <p><b>Q5.</b> Over the last two weeks have you felt like you have had minimal motivation to perform daily tasks? Eg: Getting out of bed, buying groceries, showering, brushing your teeth?</p> <ul style="list-style-type: none"><li>- Some</li><li>- Most</li><li>- All of the time</li></ul>

**Q6.** Over the last two weeks have you distanced yourself from seeing close friends and family? Eg: cancelling plans with friends, feeling too sad or anxious to leave your home?

- Some
- Most
- All of the time

**Q7.** Have you stopped attending normal routines and regular events? Eg: going to the gym, going to community group, going to church?

- Some
- Most
- All of the time

**Q8.** Over the last two weeks have you idealised or had thoughts about self harming or suicide?

**Yes** > Continue to Q9.

**No** > Continue to Q9.

**Q9.** Have you made a plan or have you got a plan to commit suicide?

**Yes** > **Call 000 immediately.**

**Follow this script on what to say next:**

- “Thank you for sharing that with me. I’m proud of you for telling me how you’re feeling. It takes great courage!
- Because you have shared with me that you have a plan to end your life, I’m concerned that you won’t be safe if you go home.
- I want to help you so that you’re safe and can get the right support and care.
- Let’s call the nearest mental health facility to see a Doctor.

	<ul style="list-style-type: none"> <li>- They can make a plan going forwards to get you back to feeling happy again. Because you don't have to feel like this.</li> <li>- <b>Call an ambulance</b> or drive them <b>immediately</b> to the nearest Emergency Department.</li> <li>- Stay with them until they're <b>admitted</b> into the mental health care facility <b>and</b> until their next of kin is present at the facility.</li> <li>- <b>Message your CL and Pastor</b> to update them on the members' situation.</li> <li>- Your CL and/or Pastor will take over support to the unwell member and follow up with you within the week.</li> </ul> <p><b>Q10.</b> Do you have friends and family you can talk to regularly about how you're feeling?</p> <ul style="list-style-type: none"> <li>- Can you tell them if you're feeling suicidal?</li> <li>- <b>If you feel suicidal please call 000.</b></li> <li>- This is really important because your life is so special and valuable to me and most importantly to God!</li> <li>- Here are services you can contact where you can speak to trained mental health professionals 24/7 about your thoughts or concerns <b>*See all list of numbers at bottom of page</b></li> </ul>
<p><b>If answers Yes to: Q8 Suicidal Thoughts</b></p> <p><b>But no to: Q9 Plan for Suicide</b></p>	<p><b>Use this script:</b></p> <ul style="list-style-type: none"> <li>- <i>"It sounds like life is really hard right now.</i></li> <li>- <i>I think you would benefit from seeing a mental health professional who can help you get back to feeling happy again.</i></li> <li>- <i>You don't have to feel this way! There are people who are trained in what</i></li> </ul>

	<p><i>you're experiencing and want to help you get better!</i></p> <ul style="list-style-type: none"> <li>- <i>Let's call them together now so that you can start feeling better again."</i></li> <li>- <b>DO NOT</b> let them leave without calling to book in with their GP <b>within the next 24hrs, preferably that day.</b></li> <li>- This person might <b>not</b> have a current plan for suicide but their mental health could change drastically <b>within a few hours or days.</b></li> <li>- It is important to contact the person <b>every day</b> for the next 5 days. Ask if they have any current plans for suicide or if their depression symptoms have worsened.</li> </ul>
<b>Refer</b>	<ul style="list-style-type: none"> <li>● Some of the time &gt; Friend</li> <li>● Most of the time &gt; GP within 7 days Psychologist, CL.</li> <li>● All of the time &gt; GP within 48 hours, CL, Pastor.</li> <li>● Suicidal Ideations &gt; Lifeline, GP within 24hrs, CL, Pastor, Family.</li> <li>● Suicidal Plan &gt; <b>CALL 000</b>, CL, Pastor, Family.</li> </ul>
<b>Definitions</b>	<p><b>Depression:</b> Depressive disorder is a common mental disorder. It involves a depressed mood or loss of pleasure or interest in activities for long periods of time. Depression is different from regular mood changes and feelings about everyday life. It can affect all aspects of life, including relationships with family, friends and community. It can result from or lead to problems at school and at work.</p> <p><b>Anxiety:</b> Anxiety is when anxious feelings don't go away and may not have a clear cause.</p>

	<p>The anxious feelings may not be easily managed. Anxiety is a serious condition that makes it hard for a person to cope with daily life. Symptoms include: restlessness, uncontrollable feelings of worry, increased irritability, difficulty concentrating, sleep difficulties.</p> <p><b>Panic Attacks:</b> Involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes.</p> <p><b>Suicidal Ideations:</b> A broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide. Commonly referred to as fleeting thoughts about ending one's life.</p> <p><b>Suicidal Plans:</b> Thoughts of killing oneself with details of plan fully or partially worked out and person has some intent to carry it out.</p>
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## 24/7 Emergency Support Services

Plan for Suicide	Severe Mental Health and/or Suicidal Ideations
<ul style="list-style-type: none"> <li>• 000</li> </ul> <p>Call on behalf of the suicidal person</p>	<ul style="list-style-type: none"> <li>• <a href="#">Beyond Blue</a> 1300 224 636</li> <li>• <a href="#">Lifeline</a> 13 11 14</li> <li>• <a href="#">Mental Health Line</a> 1800 011 511</li> </ul>

	Encourage member to call these services themselves, whilst sitting next to them.
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