

NSW Health



Suicide Prevention Outreach Teams (SPOT)

Mobile response teams of mental health clinicians and peer workers to support people experiencing suicidal distress or situational crisis.



**Suicide Prevention Outreach
Teams (SPOT) is a NSW Health
Towards Zero Suicides initiative**

Are you feeling distressed? Have you experienced suicidal thoughts? Are you going through a stressful life event and need help?

Suicide Prevention Outreach
Teams (SPOT) can support you.

- Two-person teams of mental health clinicians and peer workers (with lived experience of suicide) travelling to you
- Personalised support, care pathways and connection with community resources
- No referral or Medicare card required
- Accessible after hours

HOURS OF OPERATION

Mon, Fri, Sat and Sun 2:00pm – 9:00pm

CONTACT

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**If you or someone you know is in
immediate danger, please call 000.**