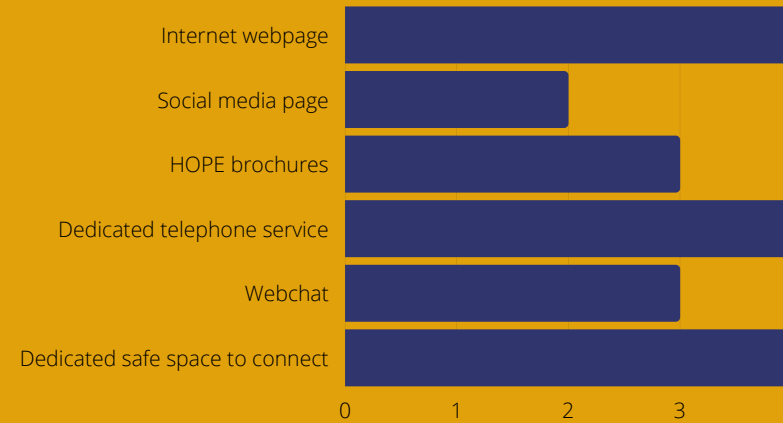


Personal Support Network Survey: Referral to HOPE

What is the best way to find information and support for someone experiencing suicidality to make a decision on referral to HOPE?



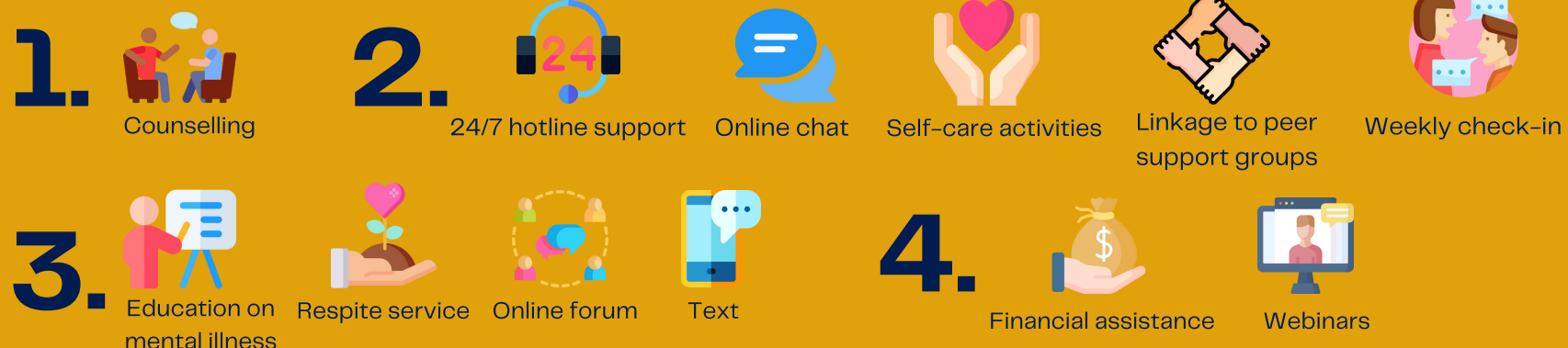
Overwhelmed
 Skilled
 Hopeless
 Empowered
 Good as you're helping someone
 Confused
 Confident
 Helpless
 Resourceful

If you have supported someone to make a decision on referral to HOPE, how did you feel?

- "Being told continuously 'you're going such a good job looking after your friend' in response to my saying that I'm in way over my head and my friend needs a professional carer, was not empowering. It did not feel like a strength based or collaborative approach. I felt like I was completely alone and probably needed ACT therapy in such a hopeless, unsupported situation."
- "As none of the support was in person due to covid it felt very overwhelming and like it wasn't practical assistance - I felt like most of the onus was on me to support my friend"
- "It was nice to have ongoing support from the HOPE team after the CAT team completed their assessment. My partner was given information from CAT and HOPE team while I was at work and he did not share the info/brochures, so I was unsure for a while about what HOPE was for."

What type of support would be helpful for you, if someone you care for being referred to HOPE?

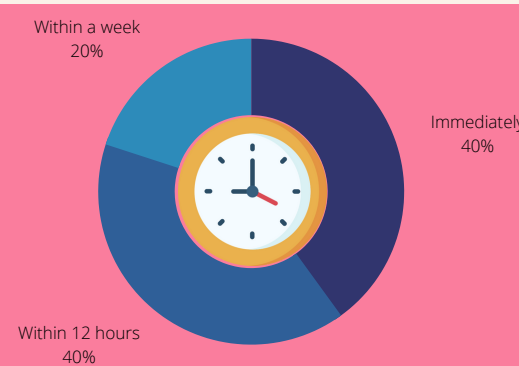
In order of preference



Average **50%**
 (ranges from 18 – 90%)

How supported have you felt when receiving carer support by HOPE?

What is a reasonable waiting time to access HOPE carer support?



Lifeline
 Beyond Blue
 Mental Health Triage



e-Headspace

What support services have you used to get help?

Anything Else?

- Understand with covid, mental health services were inundated and the sector is under going a makeover. I feel for all workers and don't take the lack of adequate help personally, but changes need to happen.
- More hands-on/in-person support even during lockdowns would be beneficial.
- I found HOPE carer support helpful. It was nice to be involved with the HOPE team support worker while my partner was involved with the clinicians and be able to communicate about difficulties which could be passed onto the team.