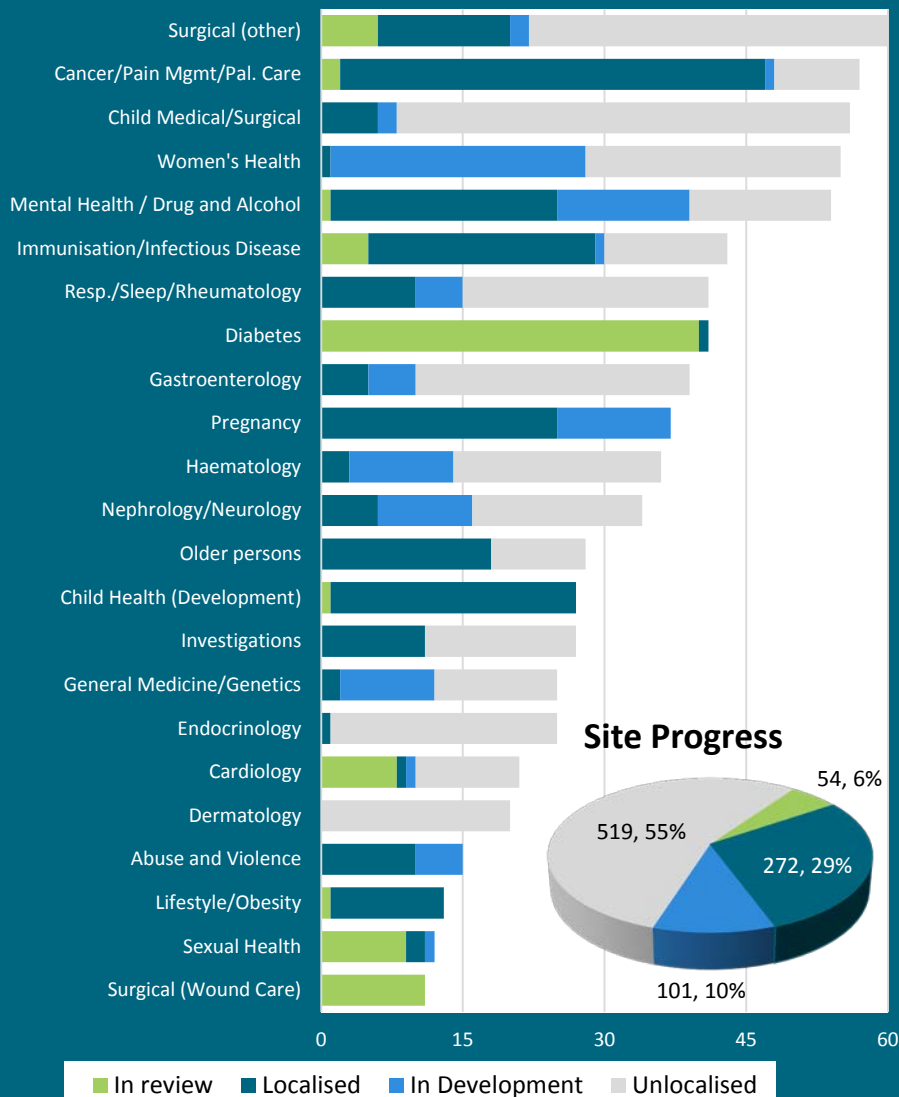


Pathway Progress by Clinical Area(s)

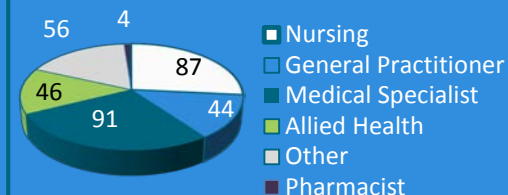


Pathway Updates

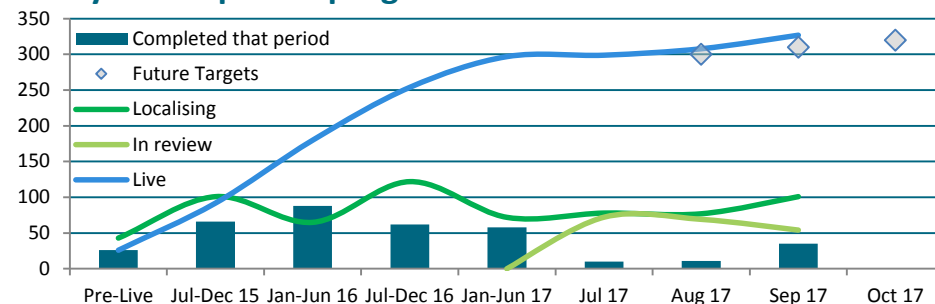
- Urgent request pages (9 new)
- Nephrology request section (5 new)
- Wound Care (6 updated)
- Sexual Health (7 updated)
- Aboriginal and Torres Strait Islander Health Funding (3 new)
- Ambulance Referrals from General Practice and Residential Facilities (new)
- Multicultural Services and Translated Resources (updated)

Program Engagement

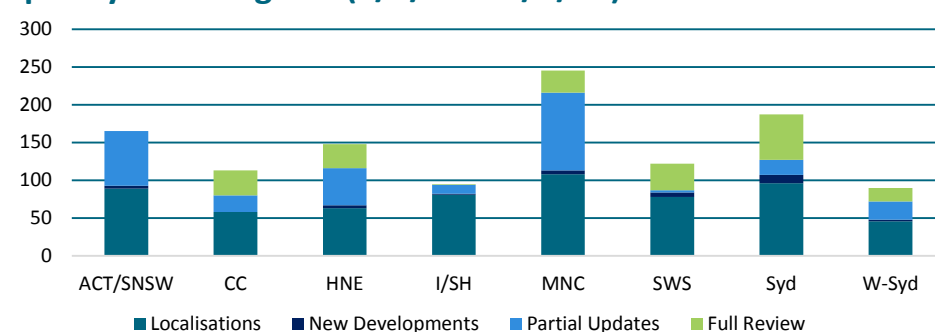
Workgroups completed:	18
CPD Events Attended:	67
HealthPathways Practice Visits:	158
Health Professional Participation:	328



Pathway development progress



Output by NSW Regions (1/1/17- 22/9/17)



Google Analytics audience overview (1 July, 2015 – 30 September, 2017)



Top 10 Pathways*

	This month	Last 3 months	Last 12 months
1	Cancer Care Support Services	Non-Urgent Antenatal Care Referrals	Non-Urgent Antenatal Care Referrals
2	Antenatal First Consult	Referral Forms	Antenatal First Consult
3	Newly Diagnosed Type 2 Diabetes	Antenatal First Consult	Referral Forms
4	Useful Apps	Gestational Diabetes	Gestational Diabetes
5	Chronic Hepatitis C	Education Resources	Child with a Rash
6	Non-Urgent Antenatal Care Referrals	Newly Diagnosed Type 2 Diabetes	Education Resources
7	Cardiac Rehabilitation Outpatient Programs	Child with a Rash	Service Directories
8	Obesity Management in Adults	Antenatal Shared Care Program	Newly Diagnosed Type 2 Diabetes
9	Screening and Detection of Diabetes and Pre-diabetes	Cancer Care Support Services	Antenatal Shared Care Program
10	Early Pregnancy Assessment Service	Early Pregnancy Assessment Service	Early Pregnancy Assessment Service

*Defined by Unique Pageviews: Excludes Home, Search, Pathway Updates and South Western Sydney Localised Page, and all Header and Service Directory Pages.

Site Statistics

	Sep 17	Sep 16	Total
SESSIONS: No. times the site has been accessed	1,329	1,014	22,877
USERS: No. individuals that have accessed the site	400	357	5,314
PAGEVIEWS: No. pages viewed on the site	6,271	5,753	123,426
PAGES/SESSION: Avg. no. pages viewed per session	4.72	5.67	5.4
RETURNING SESSIONS: % of visitors that are returning	84%	80%	77%



Factsheets Update

- 41 factsheets currently live (English)
- 24 factsheets in development
- 5 translated factsheets in final stages of development (Arabic, Vietnamese, Simplified Chinese)

Site Update

- Launched June 2017
- 92 health condition pages
- 12 service information pages



What is it?

Sometimes, people have thoughts about wanting to harm themselves or end their life. These thoughts may occur in response to discussing life events or mental health issues that are getting worse.

If you are having suicidal thoughts, it's very important to understand that there is always help available – regardless of who you are, where you live, or the challenges you're facing. Your life will always be worth living. There are many resources and people to help you.

For 24-hour emergency support phone the Mental Health Line on 1800 011 511

What will my GP do now?

Talking about this topic isn't easy, but doing so is the first step towards feeling better. Remember, you are never alone. Your GP is here to support you.

Your GP will want to talk to you about the reasons why you may be having these thoughts and work on strategies to help you feel better. Your GP will:

- Assess any risks for you and others and take steps to maintain your safety
- Work with you to develop a safety plan – a safety plan is a series of steps to help keep you safe.
- Work out the best supports and treatment for you, including you taking medicine, or health
- Provide a list of support services to help you when you are feeling down (like the ones on this factsheet)
- Talk to you about whether you need special help, such as a psychiatrist or psychologist
- With your consent, talk to your family and friends

Your GP will want to see you in the next few days, and on an ongoing basis, to continue these discussions and support you.

My Safety Plan

A safety plan includes strategies to help cope with suicidal thoughts and what to do if you are feeling overwhelmed.

IF IN AN EMERGENCY:
Go to the nearest hospital Emergency Department or call 000
Phone the Mental Health Line on 1800 011 511

CRISIS SUPPORT SERVICES:
Lifeline 13 11 14
Kids Helpline 1800 55 1800
Beyond Blue Suicide Support 1800 224 636
Suicide Call Back Service 1300 659 467
Mental Health Line 1800 187 383
Mental Health Australia 1300 760 078

My Go-to Safe Place

The Keep Safe Card above can be used if you are feeling suicidal thoughts. It will tell the police and others to help you in your crisis.

What can I do?

Try to do as much as possible with yourself about how you are feeling and what is causing you to feel this way. Remember, there is no judgement, only support.

Continue to work with your GP and any other health professional you have been referred to. Continuing on with life helps different, consider talking to your GP about a referral.

Think about the people in your life that make you feel better, or who you trust. Think about the people in your life you care about. How would they feel if you were gone?

Consider the future, and the activities you enjoy, or once enjoyed.

Don't isolate yourself. Try to stay around other people and talk to your mates.

Avoid drugs and alcohol as they can make you feel worse. Try and reduce these as much as you can.

Accept support, people who are suicidal often believe they are a burden to others. You are not a burden. Let others help you.

Be patient, these thoughts may seem overwhelming but they will pass.