

Title	Describe suicide and suicide supports in New Zealand, explain ways to respond, and respond, to suicide ideation		
Level	4	Credits	8

Purpose	People credited with this unit standard are able to: describe suicide within a New Zealand context, factors that might contribute to suicide and/or suicide ideation and possible impacts of suicide on others; describe supports available in New Zealand to a suicidal person and a person providing support; explain response types and response approaches when a person presents signs of suicide ideation; respond to a person presenting signs of suicide ideation; and describe postvention and a support worker's role when working with a person bereaved by suicide.
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Classification	Social Services > Social Service Work in Suicide Intervention
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this unit standard includes but is not limited to:
 - Coroners Act 2006
 - Coroners Amendment Act 2016
 - Privacy Act 1993
 all available at <http://www.legislation.govt.nz/>.

- 2 References
 - CASA (Clinical Advisory Services Aotearoa) – variety of focussed resources available at <https://www.casa.org.nz/resources?filter%5Bsearch%5D=&filter%5Btag%5D%5B%5D=cprs&filter%5Btag%5D%5B%5D=cprs-resources&filter%5Bcategory%5D=>
 - *Connecting through kōrero: Talking about suicide with taiohi/young people.* Mental Health Foundation, available at https://www.mentalhealth.org.nz/get-help/connecting-through-korero/?gclid=EA1aIQobChMI2K7Nk-aL6AIVQpSPCh2gsQATEAAYAiAAEgKOGvD_BwE
 - Coronial office information on suicide in New Zealand, available at <https://coronialservices.justice.govt.nz/suicide/>
 - Coronial office statistics on suicide 2011-2019, available at <https://coronialservices.justice.govt.nz/suicide/annual-suicide-statistics-since-2011/>
 - Durie, M. (2017). 'Indigenous suicide: The Turamarama Declaration', *Journal of Indigenous Wellbeing*. Vol 2, issue 2. Massey University; Te Rau Matatini, available at <http://manage.journalindigenouswellbeing.com/index.php/joiw/article/view/73/69>

- Le Va. (2019). *Depression Factsheet – available in English, Māori, Samoan and Tongan languages*. Available at <https://www.leva.co.nz/resources/depression>
- Le Va. (2018). *Pacific Suicide Postvention: Supporting Pacific Communities*. Available at <https://www.leva.co.nz/resources/pacific-suicide-postvention-supporting-pacific-communities>
- Le Va. (2018). *Preventing suicide for Pasifika Top 5 Tactics – wallet card*. Available at <https://www.leva.co.nz/resources/preventing-suicide-for-pasifika-top-5-tactics-wallet-card>
- Le Va. (2017). *Tongan Youth Suicide Prevention Resource*. Available at <https://www.leva.co.nz/resources/tongan-youth-suicide-prevention-resource>
- Mental Health Foundation – a suite of suicide prevention and postvention resources, available at <https://www.mentalhealth.org.nz/get-help/resources/suicide-prevention-resources/>
- Ministry of Health. (2019). *Every Life Matters – He Tapu te Oranga o ia tangata: Suicide Prevention Strategy 2019–2029 and Suicide Prevention Action Plan 2019–2024 for Aotearoa New Zealand*. Wellington: Ministry of Health, available at <https://www.health.govt.nz/system/files/documents/publications/suicide-prevention-strategy-2019-2029-and-plan-2019-2024-v2.pdf>
- Ministry of Health, *Suicide facts: Data Data tables 1996-2016*, available at <https://www.health.govt.nz/publication/suicide-facts-data-tables-19962016>
- Ngā Pou Arawhenua. (2020) *Te Mauri The Life Force - Rangatahi suicide report - Te pūrongo mō te mate whakamomori o te rangatahi* available at https://www.hqsc.govt.nz/assets/SUMRC/PR/TeMauriTheLifeForce_final.pdf
- New Zealand Social Indicators, available at <https://wellbeingindicators.stats.govt.nz/en/suicide/>
- Scheerder, Gert & Reynders, Alexandre & Andriessen, Karl & Audenhove, Chantal. (2010). *Suicide Intervention Skills and Related Factors in Community and Health Professionals*. *Suicide & life-threatening behavior*. 40. 115-24. 10.1521/suli.2010.40.2.115. Available at https://www.researchgate.net/publication/44594850_Suicide_Intervention_Skills_and_Related_Factors_in_Community_and_Health_Professionals
- Victim Support Suicide Bereavement Service guidance available at <https://www.victimsupport.org.nz/get-help/after-a-suicide/postvention-service/>.

3 Definitions

- *Culture* refers to more than ethnicity. The concept of culture may reflect factors and indicators such as: age, ethnicity, disability, occupation, organisational background, immigrant or refugee status, institutional care, religion or spiritual beliefs, gender identity, sexual orientation, and socio-economic status.
- *Demographics*: for the purpose of this standard, use of *ethnicity* in a range statement must be at least Māori and non-Māori but may be divided into more groupings; *gender* may be divided into more groupings than only male and female; *age stages* may be flexible as long as the candidate specifies their stage delimiters for a minimum of three age stages; where *geographic location* is selected as a demographic, the basis for defining regions must be included and should include rurality.
- *Local suicide prevention strategy* refers to a strategy that has been prepared for the geographical region where the candidate is based.
- *Local supports* refer to supports which have a physical presence in the geographical region where the candidate is based, and may include but are not limited to organisations, services, initiatives.

- *National supports* refers to supports which are available in New Zealand but which may not have a physical presence in the geographical region where the candidate is based, and may include but are not limited to organisations, services, initiatives.
 - *Support worker*, as used in outcome 5, refers to a person providing support for a person bereaved by suicide. The person's job title could be quite different and could refer to the social service in which they work.
 - *With confidence* refers to use of tone of voice, voice modulation and projection, language used, eye contact, body language, response to non-verbal cues, active listening, paraphrasing, accuracy and promptness of feedback.
- 4 To maintain the privacy of people presenting signs of suicidal ideation, outcome 4 must be demonstrated in simulated situations. Simulated situations, for the purposes of this standard, may involve one individual role playing differing personal situations.

Outcomes and performance criteria

Outcome 1

Describe suicide within a New Zealand context, factors that might contribute to suicide and/or suicide ideation and possible impacts of suicide on others.

Performance criteria

- 1.1 The process for determining whether a death is a suicide in New Zealand is described in accordance with the Ministry of Health publication *Reporting of suicide data in New Zealand*.
- 1.2 Demographics in relation to suicide trends in New Zealand are described in accordance with statistics published by the Coronial Office, and/or other published statistics.
- Range trends must be over a period of at least five years, but preferably much longer (e.g. 20 years) where data is available; demographic factors must include – gender, age, ethnicity; demographic factors may also include but are not limited to – culture, geographic location, social context.
- 1.3 Possible causes and contributory factors of suicide and/or suicide ideation are described in terms of their prevalence at different life stages and in accordance with one or more of the references.
- Range factors must include but are not limited to – social, cultural, economic, mental health.
- 1.4 The possible impacts of suicide on others is described in accordance with published postvention literature.
- Range others may include but are not limited to – family, whānau, social group.

Outcome 2

Describe supports available in New Zealand to a suicidal person and a person providing support.

Performance criteria

- 2.1 Natural supports are described in terms of the role they can play in helping to reduce the risk of suicide in a vulnerable person.
- Range must include but is not limited to – family, whānau, social groups.
- 2.2 National supports are described in terms of their function, role and contact information.
- Range minimum of three national supports; at least one that provides support for support workers; and at least one for suicidal persons.
- 2.3 Local supports are described in terms of their function, role and contact information.
- Range minimum of three local supports; at least one that provides support for support worker; and at least one for suicidal persons – which must include at least one with Māori focus, such as a Māori health or social service.
- 2.4 The local suicide prevention strategy, where one exists, is described in terms of the procedures to be followed.

Outcome 3

Explain response types and response approaches when a person presents signs of suicide ideation.

Performance criteria

- 3.1 Response types are explained in accordance with organisational policies and procedures.
- Range response types must include – intervention, involving whānau, referral, postvention.
- 3.2 The importance of responding confidently is explained in terms of the potential impact on the suicidal person.
- 3.3 The importance of preventative early intervention in promoting mental wellbeing is explained in terms of the potential impact on the suicidal person.
- 3.4 The criteria for when and how to make effective referrals are explained in accordance with organisational policies and procedures.

Outcome 4

Respond to a person presenting signs of suicide ideation.

Range responses may include but are not limited to – referral, involving family and/or whānau, own ongoing engagement with the person, suggesting social interaction, encouraging the person into a social network; minimum of four differing personal situations which may include but are not limited to – culture, ethnicity, age, gender, availability of family, whānau, social support.

Performance criteria

4.1 The response is presented with confidence in accordance with organisational policies and procedures and in a way that is appropriate to the person’s signs and personal situation.

Outcome 5

Describe postvention and a support worker’s role when working with a person bereaved by suicide.

Performance criteria

5.1 The role that postvention plays when working with a person bereaved by suicide is described in accordance with a CASA publication.

5.2 A support worker’s role when working with a person bereaved by suicide is described in accordance with Victim Support’s *Suicide Bereavement Service* guidance.

Replacement information	This unit standard and unit standard 32154 replaced unit standard 18152 and unit standard 18153.
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Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 July 2020	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.