



# Conversations Matter



## YARNING IF SOMEONE IS THINKING ABOUT SUICIDE

I AM WORRIED SOMEONE MAY BE SUICIDAL: WHAT DO I DO? WHAT DO I SAY?

### SIGNS THAT SOMEONE MAY BE SUICIDAL

- Being moody, doing risky things
- Drinking more alcohol than usual, taking drugs
- Talking about death and returning to places where people died

*"Feeling suicidal is not talked about much ... it's something a lot of people go through - it's really important to ask if they are OK and let them know they are not alone"*

*Aboriginal Community Member*

### ASKING ABOUT SUICIDE

- Even if they say they're ok but still seem troubled, it's best to ask them straight out if they're thinking about suicide. Let them know you are there for

*I've noticed you've been a bit quiet lately and seem sad. Are you OK?*



*Are you thinking about trying to just get away from everything by taking your own life?*



**EVERYMIND**

**Mental Health Commission**  
of New South Wales

[www.conversationsmatter.org.au](http://www.conversationsmatter.org.au)

## LISTEN WITHOUT JUDGEMENT

- Let them talk and try not to suggest solutions yet
- Take any thoughts of suicide seriously.



## NEXT STEPS TO GET MORE HELP

If someone is suicidal, keep them safe, find out more, and help arrange further support. If they need help immediately, stay with them and ring emergency services.



## FURTHER INFORMATION

Emergency services

**Ambulance and Police**

Dial 000

Crisis telephone counselling  
Free and confidential 24 hour support:

**Lifeline**

13 11 14

**Suicide Call Back Service**

1300 659 467

**beyondblue**

1300 224 636

**Kids Helpline (5-25 years)**

1800 55 1800