YARNING IF SOMEONE IS THINKING ABOUT SUICIDE

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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





Mental Health Commission of New South Wales "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

Conversations

Matter

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

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

www.conversationsmatter.org.au

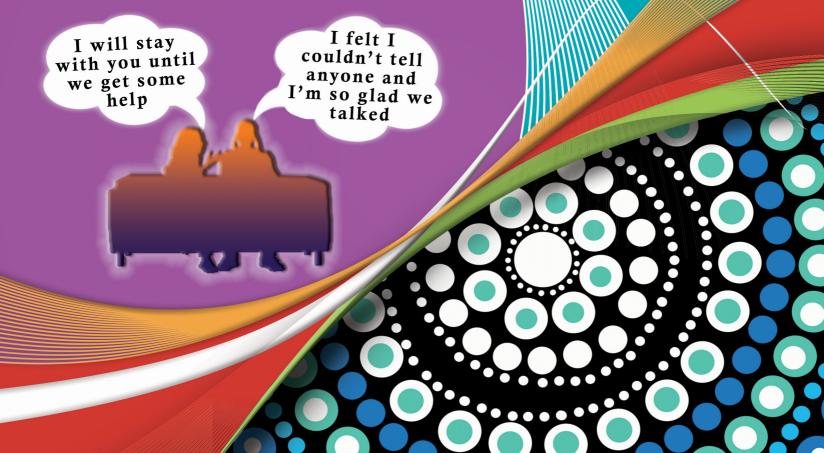
LISTEN WITHOUT JUDGEMENT

- 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