

# CONVERSATIONS MATTER

resources for discussing suicide

## YARNING ABOUT SUICIDE PREVENTION IN OUR COMMUNITY

I WANT OUR COMMUNITY TO TALK ABOUT SUICIDE  
PREVENTION WHAT DO I DO? WHAT DO I SAY?

### PLANNING TO TALK ABOUT SUICIDE

Before talking about suicide in a community think about:

- If it's a good time to talk
- What to say that will meet the community's needs
- What services are available to support people.

Is our community ready to talk about suicide?



It's an important issue but we don't want to upset people

### COLLECT INFORMATION

- Look at information on suicide prevention to help decide what is useful to discuss, for example:
  - How to know when someone needs help
  - How people and communities can stay strong
  - Developing a community plan to prevent suicide.

What does our community want to discuss?



Let's share our ideas about staying strong during tough times



## RUNNING THE MEETING

Arrange for people who have knowledge, experience and connections with the community to both run and speak at the meeting.

Who could speak at the meeting?

How about an Elder, suicide prevention expert and a counsellor?



## NEXT STEPS

Build on community strengths and resources. Programs which focus on the social, emotional, cultural and spiritual aspects of wellbeing can be effective in preventing suicide.

What can we do for our young people?

We could organise activities to teach them about wellbeing



## MORE INFORMATION

### The Aboriginal Health and Medical Research Council

Tel (02) 9212 4777

<http://www.ahmrc.org.au/>  
Information on NSW suicide prevention programs.

### The Aboriginal and Torres Strait Islander Healing Foundation

Tel (02) 6124 4400

<http://healingfoundation.org.au/>  
Information on suicide prevention programs in other states.

**Lifeline** 13 11 14

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

Resources on suicide risk factors, warning signs and supporting someone in distress.

**Mindhealthconnect**

[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)  
find mental health services in your area