

CONVERSATIONS MATTER

resources for discussing suicide

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.

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



"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 support.

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



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

Call 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