

key actions to helping a suicidal person

1. If you think someone may be suicidal, ask them.
2. If they say yes, do not leave them alone.
3. Link them with professional help.

Source: Mental Health First Aid Manual

Help Available

Contact your local GP

Rural & Remote Mental Health 13 14 65

Lifeline 13 11 14

www.lifeline.org.au

Beyond Blue 1300 22 46 36

www.beyondblue.org.au

Kids Helpline 1800 551 800

Suicide Call Back 1300 65 94 67

www.suicidecallbackservice.org.au

Mensline 1300 78 99 78

Emergency 000



Country &
Outback Health

Country & Outback Health provides free non-acute mental health services at approximately 30 locations in the north and west of SA. These are available via GP referral.

Looking out for the signs of suicide



Country &
Outback Health

Statistics

- * Suicide remains the leading cause of death for Australians aged between 15 and 44
- * In 2012, there were 2,535 deaths by suicide, according to the Australian Bureau of Statistics Causes of Death
- * This equates to almost seven deaths by suicide in Australia each day
- * From this data (ABS, Causes of Death, 2012) it shows that almost twice as many people died from suicide in Australia, than in road related transport deaths
- * Men account for 3 out of 5 deaths by suicide
- * For every completed suicide, it is estimated that as many as 30 people attempt.

Source: www.lifeline.org.au 1/7/2014

Risk factors

- * Relationship break-ups
- * Family problems
- * Sexual, physical or emotional abuse
- * Drug or alcohol problems
- * Mental illness, including schizophrenia, bipolar disorder and depression
- * Major loss and grief resulting from a death or the suicide of a friend, family member or public figure
- * School, uni or work problems
- * Unemployment or being unemployed for a very long time
- * Feeling like they don't belong anywhere
- * Financial or legal problems
- * Any problem that they can't see a solution for
- * **ANYTHING** depending on how the person feels about it.

Source: www.lifeline.org.au 1/7/2014

Warning signs

- * No sense of purpose/reason for living
- * Noticeable behaviour changes
- * Being moody, withdrawn or sad
- * Hopelessness/worthlessness
- * Threats/talk of suicide or death
- * Engaging in self-destructive or risky behaviour
- * Withdrawal from other people
- * Increased use of alcohol/drugs
- * Giving away possessions and putting affairs in order
- * **IF IN DOUBT, CHECK IT OUT**

Source: www.lifeline.org.au 1/7/2014

**There is help
available**

If you or someone you know is thinking about suicide, get help immediately.

Please see the list of help available