

# MEDIA RELEASE

## Take care this holiday season

17 December 2018

The festive season can be a time of increased stress for many people. Spending time with or without family and friends, increased financial pressures, packed calendars and long to-do lists may seem overwhelming.

Murray PHN CEO Matt Jones is reminding the Mildura community that support is available for those who need it.

“There is often an expectation that the Christmas season is a time to feel joyful, but that’s not the case for everyone,” he said. “The holiday season is a time that can cause distress for many people. It could be coping with a loss, isolation, family conflict, financial difficulties, loneliness or mental health issues.

“It’s important that people know that they are not alone and there are people to talk to if you need help. It’s also essential that members of the community look out for one another.”

Around half of all Australians will experience mental health issues at some point in their lives.

Mental health, including suicide prevention, is a key priority for Murray PHN.

If you are in an emergency or at immediate risk of harm to yourself or others, please contact emergency services on 000. There are a number of places available to get help over the holiday season including:

Lifeline	13 13 14 or <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Suicide Call Back Service	1300 659 467 or <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
MensLine Australia	1300 789 978
Kids Helpline	1800 55 1800
Beyond Blue	1300 22 4636

### *A note on reporting suicide:*

*There is extensive literature linking media reporting of suicide with increased suicide rates. Suicidal behaviour can be ‘learned’ from the media when reports are sensationalised, focus on celebrities, are repeated, and explicitly describe location and method details. Evidence suggests that responsible reporting of suicide by the media can reduce suicide rates.*

*Mindframe Australia Media Guidelines support the media to report suicide accurately, responsibly, and ethically. A summary version of these guidelines accompanies this Murray PHN media release. This information is also available from*

*[www.mindframe-media.info](http://www.mindframe-media.info) or on the Mindframe App.*

### Contact details

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