

# Preventing suicide in our community

## #YouCanTalk

The Healing Tree by Tracy Wise



### Self Care

When you're putting emotional energy and effort into supporting another person and keeping them from harm, it's important that you look after yourself. Make your own health and wellbeing a priority: maintaining connections to community, culture, family and the land will help support and heal recovery from trauma.



### #YouCanTalk

Suicide can be prevented by recognising warning signs and knowing the four steps to help:

- 1. Ask the question**  
"I've noticed you haven't been yourself lately. Can we talk about what's troubling you?"
  - 2. Listen and stay**  
Check the person's safety and don't leave them alone.
  - 3. Get help**  
If someone's life is in danger call 000, Lifeline 13 11 14, or take them to a hospital Emergency department.
  - 4. Follow up**  
Make sure you check on the person often.
- Search #YouCanTalk for more information.



### Prevention and support

<a href="http://SuicideLine.org.au">SuicideLine.org.au</a> For people at risk of suicide, bereaved by suicide or concerned about someone else's risk of suicide	<b>1300 651 251</b>
<a href="http://MensLine.org.au">MensLine.org.au</a> Men with work, family and relationship concerns	<b>1300 789 978</b>
<a href="http://KidsHelpLine.com.au">KidsHelpLine.com.au</a> Young people aged 5 – 25 years	<b>1800 551 800</b>
<b>Relationships Australia</b> Relationship support for individuals and families	<b>1300 364 277</b>
<a href="http://qlife.org.au">qlife.org.au</a> Anonymous and free LGBTI support	<b>1800 184 527</b>
<a href="http://beyondblue.org.au">beyondblue.org.au</a> Depression, anxiety and related disorders	<b>1300 224 636</b>



### 24/7 help in recovery

If you have been affected by suicide, the following services are available 24 hours a day, seven days a week. They provide support and counselling for families and friends who have lost someone, and anyone impacted by suicide.

Standby Murray Support After Suicide

**0439 173 310**

National Indigenous Critical Response Service

**1800 805 801**



### 24/7 urgent help

**Triple Zero (emergency) 000**

Current actions endangering self or others

**Lifeline 13 11 14**

24-hour crisis and suicide prevention support

**Mildura Base Hospital 03 5022 3500**

Mental Health Acute or

**1300 366 375**

Community Intervention Service

You can also **go directly** to the **Emergency Department** or Mental Health Service at Mildura Base Hospital, or the **Urgent Care Centre** at the Mallee Track Health and Community Service Ouyen



### Help within hours or days

Visit your **general practitioner**. GPs can identify and support people in distress and refer them to help, including local counsellors or psychologists.

**headspace Mildura 03 5021 2400**

Drop in or call ahead to make an appointment (12-25 years)

[ehespace.org.au](http://ehespace.org.au) **1800 650 890**

Support and counselling for young people and their families (12-25 years)

**Mallee District Aboriginal Services 03 5018 4100**

Drop in medical clinic with access to social and emotional wellbeing support