

# CONNECT Benalla

A Community Suicide Prevention Resource





## 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.

See Beyond Blue:  
<https://bit.ly/2SghEiK>



## 24/7 Support

Triple Zero (emergency)	For use in life threatening or time critical emergencies	<b>000</b>
Beyond Blue	Depression, anxiety and related disorders	<b>1300 224 636</b>
Lifeline	Crisis support, suicide prevention and mental health support	<b>13 11 14</b>
Kids HelpLine	Young people aged 5–25	<b>1800 551 800</b>
SuicideLine	People affected by suicide	<b>1300 651 251</b>
 Suicide Call Back Service	24/7 free professional phone and online counselling	<b>1300 659 467</b>
Standby Murray - Support After Suicide	People bereaved or impacted by suicide	<b>0439 173 310</b>
 National Indigenous Critical Response Services	Emotional and practical support to bereaved families and individuals	<b>1800 805 801</b>
MensLine Australia	Men with family and relationship concerns	<b>1300 789 978</b>
Mental Health Crisis Line	Mental health triage (information, assessment and referral)	<b>1300 783 347</b>



## Local Support

- Carrier Street Clinic  
**03 5762 4629**
- Benalla Church Street Surgery  
**03 5762 1022**
- Coster Street Medical Practice  
**03 5762 2538**
- Benalla Healthcare Centre  
**03 5762 2803**
- Community Health Centre, Benalla Health  
**03 5761 4500**



## Supporting Someone

It's a myth that talking directly about suicide will put the idea in someone's head. Here are some ideas to help start a conversation:

*"I've noticed that you haven't been yourself lately. Is everything ok?"*

*"I'm worried about you. Can we talk about what's troubling you?"*

*"You seem (down/sad/angry/unhappy) lately. I'm worried that you might be thinking of hurting yourself or suicide. Can we talk about this?"*



## Online Support

- Head to Health [headtohealth.gov.au](http://headtohealth.gov.au)
- Who, What, Where Benalla [www.benallaservices.com.au](http://www.benallaservices.com.au)
- Beyond Blue [beyondblue.org.au](http://beyondblue.org.au)
- Lifeline [lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help)
- Suicide Call Back Service [suicidcallbackservice.org.au](http://suicidcallbackservice.org.au)
- SANE Australia [sane.org](http://sane.org) (Helpline: 1800 187 263)
- eheadspace (for 12-25yo) [eheadspace.org.au](http://eheadspace.org.au)