

Sunraysia Mallee

Preventing suicide in our community

#YouCanTalk

phn
MURRAY

An Australian Government Initiative

VICTORIA
State
Government

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

SuicideLine.org.au

1300 651 251

For people at risk of suicide, bereaved by suicide or concerned about someone else's risk of suicide

headtohealthvic.org.au

1800 595 212

Free mental health support between 8.30am and 5pm, Mon to Fri

MensLine.org.au

1300 789 978

Men with work, family and relationship concerns

KidsHelpLine.com.au

1800 551 800

Young people aged 5 – 25 years

relationships.org.au

1300 364 277

Relationship support for individuals and families

qlife.org.au

1800 184 527

Anonymous and free LGBTQIA+ support

DirectLine.org.au

1800 888 236

A telephone and online service supporting people seeking alcohol and other drugs information, advice or referral

beyondblue.org.au

1300 224 636

Depression, anxiety and related disorders



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

1300 727 247

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 03 5022 3500

**Base Public
Hospital or
Hospital 1300 366 375**

Mental Health Acute Community Intervention Service

You can also **go directly** to the **Emergency Department** or Mental Health Service at Mildura Base Public 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 services that can help.

headspace Mildura
03 5021 2400

eheadspace.org.au
1800 650 890

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

Mallee District Aboriginal Services
03 5018 4100

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

**Sunraysia Community
Health Services 03 5022 5444**

Mental and emotional support. Walk-in 10am-2pm weekdays