

## Suicide Intervention Steps and Support

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If you believe someone is thinking about ending their life, it's natural to feel panic or even want to avoid thinking about it. However, there are a number of practical things you can do to help

### **Let them know you are concerned**

- Tell them that you are concerned, and that you are there to help

### **Ask if they are thinking about suicide and if they have made any plans**

- Talking about suicide will not make them take action
- Asking shows that you care and allows them to talk about their feelings and plans – the first step to getting help.

### **Take action to get help now**

- Tell them that there are other options than suicide
- Don't agree to keep their suicidal thoughts or plans a secret
- Don't assume they will get better without help or that they will seek help on their own

### **Encourage them to get professional help**

- Make an appointment with a GP and offer for someone to go along with them
- Contact a counsellor or employee assistance program, family member or friend
- Contact a specialist helpline for information and advice — they're listed below

### **If they have made a plan to end their life**

- Check if they are able to carry out this plan. Do they have a time, place, or method?
- Remove access to objects they could use to hurt themselves
- Contact the psychiatric emergency team at your local hospital
- Call 000. Tell them the person is suicidal, has made a plan, and you fear for their safety

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## Take care of yourself

- It is emotionally demanding to support someone who is suicidal. Find someone to talk things over with, like your family, friends, or a helpline.

## Factors associated with higher risk of suicide

- Talking about feeling hopeless and helpless
- Being socially isolated
- Having a recent loss — relationship, death, job
- Having made a previous suicide attempt
- Having a friend, family member, or work colleague who has died by suicide
- Having a mental illness
- Behaving in a risky manner – drugs, alcohol abuse, driving recklessly

## Crisis Resources

Call 000 for urgent medical attention or police attendance

Kids Helpline: 1800 55 1800

Lifeline (24-hour crisis telephone counselling): 13 11 14

Suicide Callback Service: 1300 659 467

Bravehearts Counselling and Support: <https://bravehearts.org.au/what-we-do/counselling-and-support/>

Blue Knot Helpline and Redress Support Service (for survivors of abuse and their families): 1300 657 380

### Information and advice on mental illness:

SANE Help Centre: 1800 18 SANE (7263); [www.sane.org](http://www.sane.org)