

SAVING LIVES

FROM SUICIDE *in the mackay region*

IN AUSTRALIA

In 2017, 3128 Australians died by suicide - more than the national road toll

There are often warning signs - with some basic training, you could identify these and SAVE A LIFE

We need to shatter the stigma! When we talk about suicide prevention we can save lives.



CLICK FOR MORE INFORMATION

IN OUR REGION

SPEAK UP AND ASK FOR HELP, particularly in highly stressful times, such as relationship breakdown, job loss or financial difficulties

Notice what's happening with your mates and talk to them often.



CLICK FOR MORE INFORMATION

HELP SOMEONE ELSE

Stay with them and help arrange professional help -
FOR IMMEDIATE HELP CALL 000

Check out other services on the GRAPEVINE GROUP website

Ask your mates... R U OK?

Learn from the TUF Minds app

Learn how to talk about suicide - do the GRAPEVINE safeTALK training

If someone is bereaved by suicide and needs help, call **STANDBY SUPPORT AFTER SUICIDE**



IF YOU ARE NOT OK

ASK FOR HELP

SUICIDAL THOUGHTS COME IN WAVES

- talk to someone or call Lifeline on 13 11 14
- get online support with NQ CONNECT
- check out online forums at BEYOND BLUE, REACH OUT OR HEADSPACE
- go for a walk

Call MH CALL (hospital) 1300 64 22 55



STAY WELL

Spend time and talk often with others - meet your neighbours, join a group, ring a friend

Go for a walk

Get enough sleep

Eat well

Play sport, go fishing or read

Use the TUF Minds app

Do something you enjoy!

