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# 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.**



### 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.**



## 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
- 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!**

