

Contacts

Services available 24 hours a day:

13 Health (a Qld Health service)	13 43 25 84
Alcohol & Drug Information (a Qld Health service)	1800 177 833
ARAFMI Qld-Assoc of Relatives/ Friends of Mentally Ill	1800 35 1881
beyondblue	1300 224 636
Kids Helpline	1800 55 1800
Lifeline Australia	13 11 14
Mensline	1300 78 99 78
Salvo Care Line	1300 36 36 22
Suicide Callback Service	1300 659 467
Veterans Counselling	1800 011 046

IN CASE OF EMERGENCY

Mobile phones with no coverage 112
Emergency: Ambulance/Fire/Police 000

Useful links

FNQ Suicide Prevention Taskforce
www.suicidepreventionfnq.org.au

Beyond Blue www.beyondblue.com

www.depressioNet.org.au

Headroom www.headroom.net.au

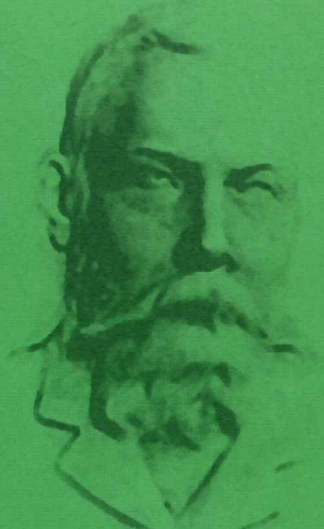
headspace (aged 12-25 years) www.headspace.org.au

Kids Help Line (aged 5 – 25 years)
www.kidshelp.com.au Phone: 1800 55 1800 (24 hours)

Reach Out www.reachout.com.au

Sane www.itsallright.org Phone: 1800 18 SANE

Young & Well www.yawcrc.org.au/



THE DR EDWARD KOCH FOUNDATION

Our Objectives

Promoting and initiating innovative,
preventative and educational programs to
improve the health of the community
Supporting and conducting health research
and development projects

Contact us

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For the health and well-being
of North Queenslanders
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FRIEND/FAMILY CAN'T COPE?

Do you need HELP?

Survival skills
for friends & family
dealing with depression,
self-harm and suicide.

FNQ
Suicide
Prevention
Taskforce



Self-harm, suicide attempts and depression can be very stressful on friends and family.

It is important to make sure that you look after yourself and those around you at this time.

Some signs of depression and suicidal thinking

- Changes in eating and sleeping patterns
- Feelings of hopelessness and helplessness
- Stress due to new situations
- Drugs and alcohol used more often
- Problems in relationships
- Loss of interest in previously enjoyed activities



How you can help people cope

- Stay with the person and listen
- Let them know you are there for them
- Assist them to find help – don't give up – check alternatives and options
- Remember to look after yourself.

REMEMBER

- Help is always available
- Stay with the person considering suicide
- There are those who care and can help
- Never be afraid to talk to a person about suicide.

RISK FACTORS:

Risk factors are things that might make a person feel like they don't want to live anymore.

For example:

Being bullied; Relationship problems
Family history of suicide/mental illness
Previous attempts/Deliberate self-harm
Sexuality issues; Body image
Any change in people's behaviour e.g. drug and alcohol misuse
Feelings of hopelessness; Loneliness; Being impulsive
Music, movies or websites with negative messages
Obsession with death/morbid themes

PROTECTIVE FACTORS:

Protective factors are things that help keep a person safe, lower suicide risk. For example:

Good friends
Reducing any risk
Knowing when and who to ask for help
Support agencies (eg Kids Helpline)
An understanding doctor
Hobbies (e.g. sport, fishing)
Positive movies, music and websites

WHEN A PERSON IS AT RISK

- **IT IS VERY IMPORTANT THAT YOU SEEK HELP.**
- **IT IS VERY IMPORTANT THAT YOU TELL SOMEONE.**
- **DOING NOTHING IS DANGEROUS.**
- **THERE IS NO CONFIDENTIALITY IN SUICIDE.**

People who talk, write or hint about suicide may be serious. Therefore, treat every threat/expression about suicide very seriously.

