

THE DEPRESSION WILL PASS

Sooner or later you will get out of this hole and wonder how these thoughts ever got such a strong grip on you.

GETTING STRONGER

Over time, with help, you will get back your old strength. This strength will put the suicidal thoughts in their place.

But it takes time. Having survival skills buys us time to work on turning things round.



COUNSELLING SERVICES YOU CAN RING

DURING BUSINESS HOURS:

Centacare Cairns
07 4044 0130

Yeti - Youth Empowered
Towards Independence
07 4051 4927

Community Mental Health
07 4226 3100

Wuchopperen Health Service
07 4080 1000

24 HOUR SERVICE:

Cairns Base Hospital
07 4226 0000

Lifeline
13 11 14

Kids Help Line
1800 55 1800

For enquiries, contact the
Dr Edward Koch Foundation,
P O Box 2964, Cairns 4870.

Ph. 07 4031 0145. www.kochfoundation.org.au



Brochure created by Dr Simon Bridge
We are grateful to Dr. Simon Bridge for developing this resource

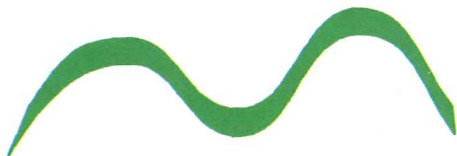


TOUGHIN' IT OUT

SURVIVAL SKILLS FOR DEALING WITH SUICIDAL THOUGHTS

KNOW THE THOUGHTS AND OUTSMART THEM

Suicidal thoughts come in waves. The thoughts will reach a peak and then subside - usually over a few hours.



The thoughts try to stay hidden. They discourage you from sharing them with friends or family.

They isolate you.

Often the thoughts peak at night.

They will try and trick you into the idea that there is no future.

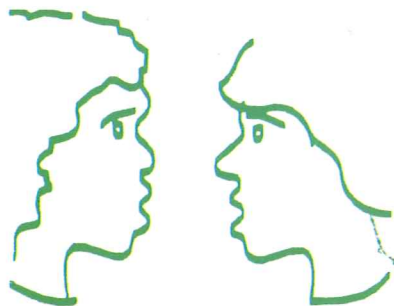
Worst of all they try and trick you into the idea that the family would be better off without you. This is never the case.

TO BEAT THE THOUGHTS AND STAY ALIVE

When you feel them coming on, be with other people.

People rarely suicide in company.

Break the silence and talk.



If you are alone, use the phone. Ring a friend, family member or counselling service.



BE AWARE

Avoid alcohol and illegal drugs.

These will often feed negative thoughts, that can make you feel sad or bad.



Remove anything in the house that could make it real easy to suicide if the thoughts have their way.

