

Contacts

Services available 24 hours a day:

LIFELINE

131 114

KID'S HELPLINE

1800 551 800

PARENT'S LINE

1300 301 300

TELEPHONE

INTERPRETING SERVICE

(for languages other than English)

131 450

IN CASE OF EMERGENCY

call 000

mobile phones with no coverage

call 112

Useful links

www.cairnscity.com

www.depression.net.au

www.hereforlife.org.au

*Produced with assistance from
Dr Edward Koch Foundation.*

Brochure courtesy of FNQ IGA Stores.



**FRIEND/FAMILY
CAN'T COPE?**
do you need
HELP?

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



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.

