

# Suicide & Mental Health – Do's, Don'ts & Resources

## Part 2

### DO:

- Connect with them and reach out. It is important to be open and caring in your interactions to let them know you care for them and are concerned for their wellbeing
- Be direct and talk honestly about your concerns. It is OK to ask directly: "Are you thinking about suicide?". Asking this question shows that you care and that they are not alone at this difficult time
- Listen to their experiences and concerns in a non-judgemental manner. Be active, get involved and show you are interested in supporting them through this
- Allow them to express their feelings and accept their feelings without challenge or debate
- Make the environment safe by removing any means that could cause self-harm such as knives, guns, alcohol, medications, rope or car keys
- Do something to support them, don't leave them alone and never manage risk by yourself. It may be necessary to take them to the emergency department of the local hospital
- Seek support and get help. Get other people involved so that you are not the only person offering support and helping them
- Remember immediate support is always available (see below: "Where to go for immediate help and support")

### DON'T:

- Do not show any feelings of surprise and shock
- If you are worried about their safety, do not leave them alone
- Do not dare him or her to 'do it' or flippantly suggest they follow through. Suicide ideation is a serious matter and must be treated accordingly
- Do not shoulder this responsibility yourself. You cannot keep it a secret or let yourself be sworn to secrecy. Your role is not to solve their problems for them

In some instances, people may refuse your offer of help. Remember you can't force anyone to get help, you can only support them to seek help. Ultimately people do need to seek help themselves by learning how to cope and deal with strong emotions. If faced with a situation where someone is at risk and refusing help, remember immediate support is always available (see below: "Where to go for immediate help and support"). If you are with someone who is actively contemplating suicide you need to ensure that appropriate people are aware of the situation.



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Converge International is your Employee Assistance Program (EAP) provider. To make an appointment or speak to a consultant call:

**1300 our eap**  
**1300 687 327**

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### Where to go for immediate help and support

If you or someone you know is thinking about suicide, immediate support is always available. The services below can be contacted at any time on any day of the year.

<b>Emergency Services</b>	<b>000</b>
<b>Converge International</b>	<b>1300 OUR EAP</b> (1300 687 327)
<a href="http://www.convergeinternational.com.au/">www.convergeinternational.com.au/</a>	
<b>Suicide Call Back Service</b>	<b>1300 659 467</b>
<a href="http://www.suicidecallbackservice.org.au/">www.suicidecallbackservice.org.au/</a>	
<b>Lifeline</b>	<b>13 11 14</b>
<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	
<b>Beyondblue</b>	<b>1300 224 636</b>
<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	
<b>Mensline Australia</b>	<b>1300 789 978</b>
<a href="http://www.mensline.org.au">www.mensline.org.au</a>	
<b>Kids Helpline</b>	<b>1800 551 800</b>
<a href="http://www.kidshelpline.com.au/">www.kidshelpline.com.au/</a>	

### Additional resources for help and support

<b>Black Dog Institute</b>	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
<b>Headspace</b>	<a href="http://www.headspace.org.au">www.headspace.org.au</a>

Your local GP, or mental health professional. Professional support is always accessible when you feel life has become overwhelming. Crisis teams, hospitals and support lines (see above) can be contacted when you feel you have hit rock bottom. **Remember in an emergency, always call 000.**

A trusted family member, work colleague or close friend can help you stay safe and feel better with practical support, or by being there with a listening ear. Remember; you don't have to go through this alone. Talk with someone you trust about how you are feeling and be clear that you are thinking of suicide. Ask for their help to you keep safe.

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