



Suicide & Mental Health

About 1 in 5 Australians will suffer some form of a mental health issue every year.

A mental health disorder can significantly affect how a person thinks, feels and behaves. As a result, these conditions can be distressing for the person experiencing symptoms and for those around them.

Depression is a key mental health challenge in our community. For many people who live with the condition, it is a disorder that is linked with suicide and self-harm.

When people experience thoughts of self-harm or suicide, it is critical that actions are taken early to reduce

risks to their wellbeing and their life:

- Identify warning signs
- Take steps to ensure a safe environment
- Connect with other people for support
- Get help to stay safe

Immediate support is always available – if you or someone you know is thinking about suicide, get help; contact emergency services on 000.

If you would like more advice on managing conflicts at work, call **1300 687 327** to speak with a Converge International consultant.

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