

Call **13 11 14** any time.

Visit **lifeline.org.au**
to find out more.

Lifeline

Preventing Suicide:
You **can** do something

I need help!

If you are thinking of suicide, seek help now. Contact Lifeline anytime on 13 11 14. Help is always available. If your life is in immediate danger call 000.

Lifeline can provide information and support if you;

- Are thinking of suicide;
- Have previously attempted suicide;
- Are concerned or caring for someone suicidal; or
- Have lost a loved one to suicide.

Find out more

Lifeline offers resources and information about preventing suicide and other issues, both in hardcopy and online at www.lifeline.org.au

Speaking to your GP, a psychologist or counsellor can also help.



Suicide is a leading cause of death for people under the age of 44 in Australia. Lifeline believes that most suicides are preventable and we all have a role to play.

 Lifeline

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Lifeline's role in preventing suicide

Lifeline is the leading provider of suicide prevention services in Australia.

Each day around 1250 calls are answered on Lifeline's 24 hour telephone crisis line. Around 50 of these calls are from people who are highly suicidal.

Lifeline helps save lives through:

- 24 hour telephone crisis support and help for those at immediate risk;
- Courses that show how to recognise and respond to a suicidal person;
- Information resources for help seekers and care givers;
- Support for those who have lost a loved one to suicide;
- Campaigns to raise community awareness about suicide.

Most suicides are preventable

Most suicidal people don't want to die – they want their emotional pain to end. They will generally respond positively to those who can offer support in their time of crisis.

You can do something

We all have a role to play.

There are many ways you can help Lifeline save lives:

- **Give** to Lifeline's Suicide Prevention Fund at www.lifeline.org.au or by calling 1800 800 768;
- **Learn** about preventing suicide through Lifeline's LivingWorks courses;
- **Volunteer** for one of many positions in Lifeline;
- **Get help** if you or someone you know is suicidal – call 13 11 14.