

You  
can help  
prevent  
suicide.



Part of your Community

Now incorporating

hip

Health Industry Plan



Lifeline Saving Lives  
Crisis Support. Suicide Prevention.



Image courtesy Omar Dean

1

Ask

Ask directly  
**'Are you thinking  
about suicide?'**

This shows  
you care &  
encourages  
them to talk.

2

Stay  
& Listen

Listen closely  
& let them express  
their feelings.

**Stay** with them  
or find someone  
else reliable to  
stay with them.

3

Get  
help!

Call Lifeline  
**13 11 14 (24/7).**

**000** if life  
is in danger.

—  
Get support  
for yourself too.

For more help [lifeline.org.au/gethelp](https://lifeline.org.au/gethelp)