You can help prevent suicide.
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