

SAVING LIVES

FROM SUICIDE in our region



www.spcap.org.au

IN AUSTRALIA

In 2019, 784 people died by suicide in Queensland - 20 attempts are made for every one person who dies by suicide. More than 100 people are impacted by each person who dies by suicide.

We need to shatter the stigma! When we talk about suicide prevention we can save lives.



CLICK FOR MORE INFORMATION

IN OUR REGION

SPEAK UP AND ASK FOR HELP, particularly in highly stressful times, such as relationship breakdown, job loss or financial difficulties

Notice what's happening with your mates and talk to them often.



CLICK FOR MORE INFORMATION

FOR IMMEDIATE HELP...

CALL 000
or MH CALL (hospital) 1300 64 22 55

HELP SOMEONE ELSE

START A REAL CONVERSATION

Check out Real Mates Talk

Ask...
'What's up mate?'

LEARN ABOUT THE SIGNS OF SUICIDE

Watch videos on the TUF Minds app

Do SafeTALK training with
Grapevine Group

**IF SOMEONE IS BEREAVED
BY SUICIDE CALL 'STANDBY'**



IF YOU ARE NOT OK

ASK FOR HELP

SUICIDAL THOUGHTS COME IN WAVES

Talk to someone or call
Lifeline on 13 11 14

CHECK OUT ONLINE FORUMS AT

Beyond Blue
Reach Out
Headspace

GO FOR A WALK



STAY WELL

Spend time and talk often with
others - meet your neighbours,
join a group, ring a friend

Go for a walk

Get enough sleep

Eat well

Play sport, go fishing or read

**Do something
you enjoy!**

FIND USEFUL APPS, PODCASTS AND INFORMATION AT

SPCAP website and facebook page

Healthier. Happier. website

