

Who can help

Perhaps your friends can help

Members of your family

Your parents His/Her parents

Neighbours Teachers

Where can you find help

School Counsellor Counsellor

Parents Family Doctor

Youth Workers Kids Helpline

Social Workers Clergy

Community help — found near the front of
the telephone book

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Telephone: 1300 767 022

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*What is right?
What is wrong?
In a world of not much love
and too much hate
I am nobody, going nowhere*

Chris Schubert

Prevent Suicide.

Help a Friend



When in doubt, check it out!

© *Olwen Schubert*



**Survivors of Suicide Bereavement
Support Association Inc
PO Box 334
SPRINGWOOD Q 4127**

Is it important that YOU know about suicide?

Yes, because in many cases you may be able to help.

How can you help?

By being a friend — listening — and most of all by getting adult help

Tell them you don't want them to die

Remove the means if possible

Warning Signs

- Talking - 'I don't give a stuff!'
- Writing - Diaries, death themes in poetry/stories
- Hinting - 'I can't get it together'
- Giving away possessions
- Depression
- Confused/mood swings

Do's

Take action
Tell others

TELL TELL TELL

Don'ts

Swear to secrecy
Leave him/her alone
Argue

Try to make a 'no suicide contract'

A 'no suicide' contract can help to keep your friend alive! It can be for as short as ten minutes or one hour, one day, one week or much longer.