



University Counselling

Suicide

References and other resources

Lifeline
13 11 14

Suicide Call Back Service
1300 659 467

RUOK?

Help on campus

Counselling Service
(02) 4921 5804

Health Service
(02) 4921 6000

Campus Care
(02) 4921 8600

Are you concerned about a student, friend, family member or other person?

Are you feeling distressed or depressed?

Have you had suicidal thoughts?

Suicide warning signs may include, but are not limited to:

- Thinking about, communicating about or planning suicide
- Withdrawal or avoidance of being around others
- Sudden changes in behaviour or mood
- Feeling alone or isolated
- Feeling worthless
- Being aggressive or angry
- Making negative comments about self or talking about death a lot
- Substance abuse
- Feelings of hopelessness and helplessness or being 'out of control'
- Getting into risky or dangerous situations
- Giving away possessions or making a will
- Previous suicide attempts or increased self-harming behaviours

What can you do if you are experiencing warning signs?

- Reach out for support – connect with someone or a service. There is always help available.
- Talk to a trusted friend or relative.
- Make an appointment to see a GP, counsellor or local mental health service.
- Call **Lifeline** on **13 11 14**, or **Suicide Call Back Service** on **1300 659 467**.

How you can help someone who is experiencing warning signs.

- If you think that someone's life is in immediate danger call 000 (Australia only) and stay with them until help arrives.
- If someone says they're thinking about suicide, it's important you take it seriously.
- Tell them that you care about them and you want to help.
- Offer to help them make an appointment with a counsellor or GP.
- For confidential advice and support call a crisis support line – such as **Lifeline** on **13 11 14** or **Suicide Call Back Service** on **1300 659 467**.

For further advice contact Beyond Blue

Phone **1300 22 4636** or visit www.beyondblue.org.au/the-facts/suicide