



# SUICIDE PREVENTION RESOURCE – GIPPSLAND

April 2021

## Key messaging and safely communicating a suicide

### Mindframe principles – how to safely communication about suicide in the media:

Mindframe is a national program supporting safe media reporting, portrayal and communication about suicide, mental ill-health and alcohol and other drugs.

***When communicating about suicide, it's important to remember that suicide is a complex issue and is often not preceded by a single event or condition.***

Suicide arises from an interaction between many vulnerabilities and risk factors in a person's life. However, suicide may also be influenced by social and economic circumstances and differences between cultures and individuals' experiences within society.

Accurate information about suicide is important in order to identify those who may need more support and to debunk common myths about suicide.

When communicating about suicide, be mindful of:

- using safe, inclusive language
- presenting confirmed information
- removing method and location details
- including help-seeking pathways (refer to the end of this resource for crisis and support service contact numbers)

For a comprehensive guide to safely communicating about suicide visit:

<https://mindframe.org.au/suicide/communicating-about-suicide>

### Conversations matter – resources for discussing suicide:

A practical online resource to support safe and effective community discussions about suicide. Includes resource sheets, podcasts, video's and links for community and professionals.

Helpful information for community groups, schools, parents, families and friends impacted by a suicide and professionals working with communities. Includes resources for working with CALD communities and Aboriginal communities.

<http://www.conversationsmatter.com.au/>



## Data and statistics for suicide related deaths in Australia

***It is important to remember that each of these numbers represents an individual life lost, a life which was valued and will be missed***

*Mindframe* acknowledges the individuals, families, carers, colleagues and communities impacted by suicide each year in Australia.

The Australian Bureau of Statistics (ABS) provide in-depth data and statistical information around suicide related deaths across the country.

*Mindframe* compiles statistical summaries each year following the release of the ABS Causes of Death data, to support the media present statistical information to the public. Statistics referencing suicide, provide context and are drawn upon in policy and decision making, media and communications and raising community awareness.

<https://mindframe.org.au/suicide/data-statistics>

## Digital health apps

### Beyond Now – suicide safety planning:

#### What is safety planning?

Having thoughts of suicide can feel overwhelming. You may find it really hard to know what to do, or be in so much emotional pain you don't think you can cope. At times like these, hurting yourself or ending your life might feel like the only answer.

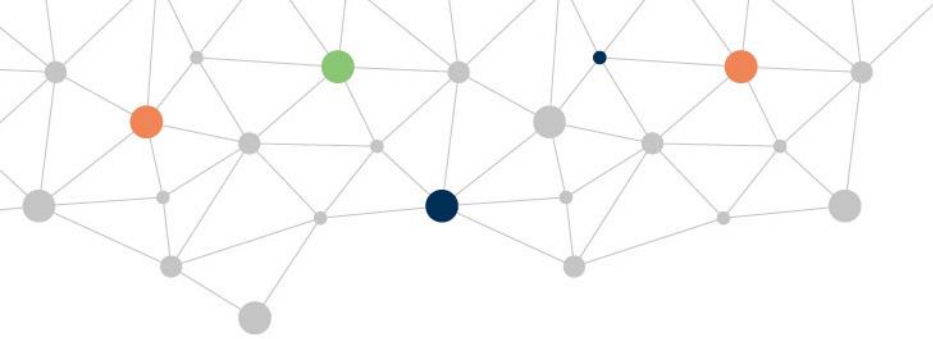
A safety plan can be helpful during these times. It puts all your coping tools in a series of steps:

- Recognising your warning signs
- Making your surroundings safe
- Reminders of reasons to live
- Things that can make you feel strong
- People and places to connect with
- Family and friends you can talk or yarn with
- Professional support

[Research has shown](#) having a safety plan can be useful for reducing the intensity of suicidal thoughts and increasing people's ability to cope with them. While everyone's plan is personal and different, it can help in the same way.

#### What is Beyond Now?

Beyond Blue developed the Beyond Now app to help you make your own safety plan to support you through times of sadness or grief. You can make it on your phone and carry it with you to access anywhere and anytime.



The app guides you through, step-by-step, with suggestions at each stage if you get stuck. You can work through this process by yourself, but it's better if a family member, an Elder, health professional or support person works with you to make your plan. You can update it anytime and easily share it with others if you want.

Beyond Now is free to download from the Apple Store or Google Play and if you don't have a smartphone, it's also [online](#).

Beyond Now is designed to be used as part of an overall mental wellbeing and safety strategy. It is not intended to be the only form of support.

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

### **iBobbly – A social and emotional wellbeing app for Aboriginal and Torres Strait islander peoples aged 15 years and over:**

#### **How does it work?**

iBobbly has four main features:

1. How do I feel – walks you through a self-assessment and gives you feedback about how you are going. Allows you to keep a mood diary to see how you are tracking.
2. Stuff I can use – teaches you how to manage your thoughts and feelings, including any suicidal thoughts. This section also helps you to identify the characteristics you want to stand for and encourages you to set realistic, positive goals.
3. How I'm gonna beat this – helps you create your own personalised action plan and gives you the tools to monitor your progress.
4. Help – provides you with help and support options.

#### **Who's it for?**

iBobbly is specifically designed for Aboriginal and Torres Strait Islander peoples who:

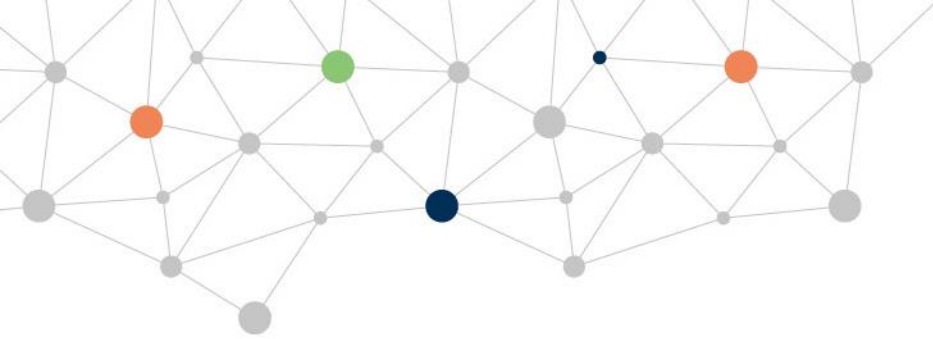
- are aged 15 years and older
- are feeling sad and down
- might be having thoughts of hurting yourself.
- have access to a Smart phone or Tablet/iPad and data for downloading.

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/>

#### **Compass:**

Compass, developed by Blackdog, is a free online personalized self-help tool for your mental health – use with computer or mobile phone.

#### **HEALTH TOOLKIT**



Learn new ways to deal with thoughts, feelings and behaviours that cause you trouble. You'll have a tool-kit of strategies to use when you need them.

### **7 WEEKS USE RECOMMENDED**

Best results are seen with active use for a minimum of seven weeks. When used correctly, myCompass enables lasting improvements to mood, anxiety and stress levels. There's never been a better time to start than now.

### **14 INTERACTIVE ACTIVITIES**

myCompass has 14 interactive learning Activities. Each include up to three 10 - 15 minute sessions that you can complete in your own time. You'll learn skills and strategies taught by doctors and psychologists to make positive changes in your life.

<https://www.mycompass.org.au/>

### **ReachOut:**

REACHOUT.com is the most accessed online mental health service for young people and their parents in Australia.

ReachOut is trusted self-help information, peer-support program and referral tools save lives by helping young people be well and stay well. The information we offer parents makes it easier for them to help their teenagers, too.

ReachOut has been championing wider access to mental health support since it launched its online service more than 20 years ago. Everything it creates is based on the latest evidence and is designed with experts, and young people or their parents. This is why the service is trusted, relevant and so easy to use. Accessed by more than two million people in Australia each year, ReachOut is a free service that's available anytime and pretty much anywhere.

<https://au.reachout.com/>

## **Suicide prevention and mental health training explained and how to access it in Gippsland**

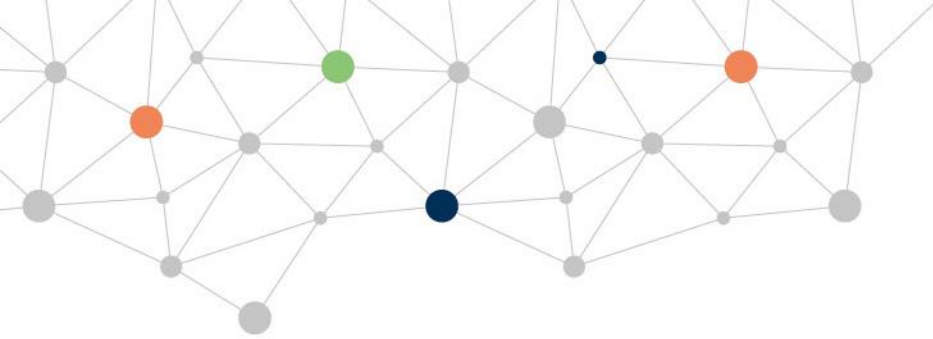
### **Question, Persuade, Refer (QPR) online learning module:**

**QPR** aims to save lives by providing innovative, practical and proven suicide prevention training.

Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

QPR and is a 90-minute, self-paced online course that anyone can do from home. All people living, working or studying in Gippsland are eligible for the free registration. This course is for people who have not completed any prior training in suicide prevention or Mental Health First Aid.

Please share this link for free registration and log in details: <https://www.gphn.org.au/qpr-online-training-suicide-prevention/>



## Training facilitated by Wellways in Gippsland:

### **QPR facilitated by Wellways**

Wellways QPR is a three-hour workshop that through three simple steps (Question, Persuade, Refer) can teach anyone to help save a life from suicide. The interactive workshops look at some of the myths around suicide, how to recognise warning signs, what questions to ask to support understanding and how to refer to appropriate support services.

<https://www.wellways.org/our-services/suicide-prevention-training>

**ASIST with Wellways** – ASIST is a two-day, interactive workshop in suicide first aid. The workshop helps teach participants to recognise when someone may be at risk of suicide and work with them on a plan to help keep them safe. The workshop has a strong focus on a support model that includes active listening, recognising warning signs, safety planning and referral pathways. ASIST is open to anyone in the community who would like to feel more prepared on how to apply suicide first aid at a time when someone may need it the most.

<https://www.wellways.org/our-services/suicide-prevention-training>

### **Mental Health First Aid (MHFA) – 2-day training)**

MHFA courses teach people simple, practical first aid skills for helping a family member, friend, co-worker or other person who is experiencing mental health problems. MHFA courses will teach you how to listen and respond to someone with a mental health problem, even if they are experiencing a crisis.

[www.mhfa.com.au](http://www.mhfa.com.au)

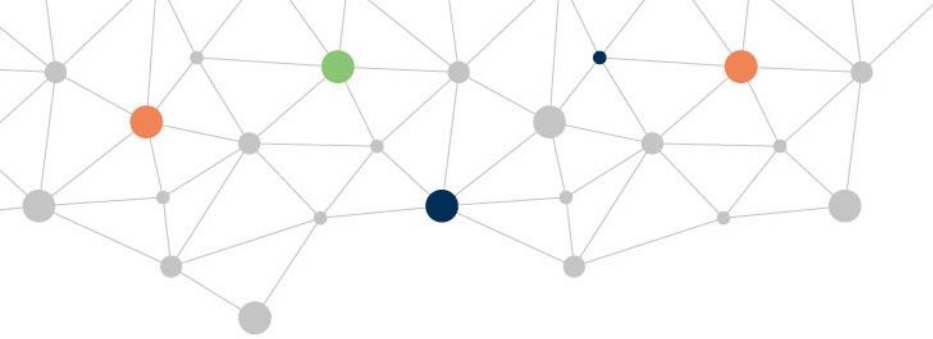
**RUOK** - Learn how to ask, listen, encourage action and check in with individuals.

<https://www.ruok.org.au/>

### **Well Together with Wellways**

The Well Together workshops assist organisations and community groups to explore how they can build a more welcoming and inclusive environment for everyone. In these videos, our Well Together facilitators reflect on how they work with people in creating inclusive communities – ones in which everyone has the opportunity to lead meaningful and satisfying lives and participate as fully as they would like as valued members.

<https://www.wellways.org/our-services/well-together>



## Suicide prevention and mental health support services explained and how to access them in Gippsland

### The Hospital Outreach Post-suicidal Engagement (HOPE) initiative – improving care following a suicide attempt:

The HOPE program provides intensive, person-centred support which is tailored to the unique needs and circumstances of the individual. Those eligible for the service will be contacted within 24-hours of hospital discharge, and support will continue for up to three months.

People are supported to address factors that contribute to stress in their lives related to their unique circumstances and needs. This can include assistance finding housing and employment, or referral to a range of support services, such education and training, legal support, Centrelink, drug and alcohol or relationship and family services.

Assertive outreach workers also work with, and provide support to, the families, friends and carers of people who have attempted suicide.

HOPE programs in Gippsland:

- [Latrobe Regional hospital](#) coordinates programs in Latrobe Valley, East Gippsland and Bass Coast Shire.

### NEW ACCESS – If you're feeling overwhelmed and can't see a way out, consider New Access:

Developed by Beyond Blue and delivered by Wellways, **New Access is a free mental health coaching program** for anyone who feels stressed, anxious or overwhelmed about everyday life challenges, such as work, study, relationships, health and loneliness. Wellways delivers the program to people aged 18+ throughout Gippsland in Victoria.

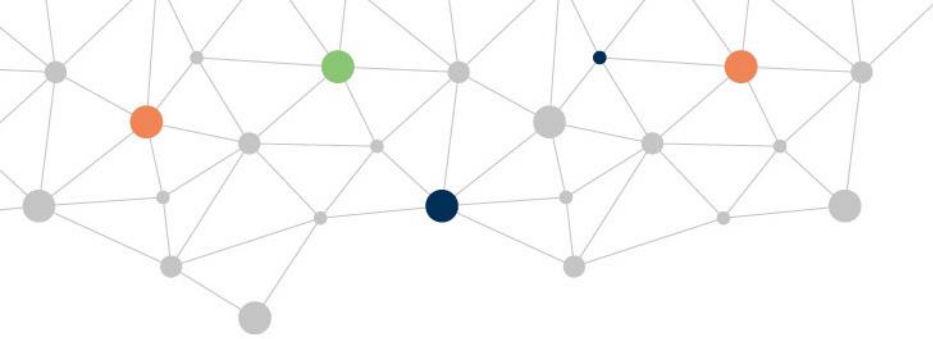
Why people like New Access:

- A local New Access coach supports you to overcome difficult issues and regain confidence
- It's a free, structured six session program using Low-intensity Cognitive Behavioural Therapy
- It provides practical tools to manage everyday challenges
- It's confidential
- No doctor's referral or Mental Health Treatment Plan is required
- It's available via phone, video call or face-to-face.

[Enquire about NewAccess now](#)

### The Way Back Support Service:

The Way Back Support Service provides practical, non-clinical support following a suicide attempt.



The service aims to assist individuals and their families by linking them with appropriate support services to help manage life situations and challenges. This includes providing education and awareness and being a sounding board to help increase resilience and coping.

People who have attempted suicide are identified as being at significant risk and the 24 hours, one week and up to three months following a suicide attempt are critical to ensuring people keep safe and have the opportunity to work through the hardships which are affecting their lives.

The Way Back Support Service is delivered by Wellways Australia in partnership with [Beyond Blue](#) and the Primary Health Networks in the Murrumbidgee region in NSW and the Murray, Great South Coast and [Gippsland regions in Victoria](#).

### **How does it work?**

The Way Back Support Service is delivered to people who have been admitted to hospital following a suicide attempt. Participants can be referred through a number of channels including Hospitals, Community Mental Health Teams, GPs, family or friends.

Following your discharge from hospital a Wellways support coordinator will make contact with you. Over the following three months, your support coordinator will keep in touch with you either face-to-face, by phone and/or email. The level of support provided is based on your individual needs.

The Way Back Support Service can assist by:

- providing you with encouragement and support
- helping you follow your hospital discharge and safety plan
- assisting you to remain connected to your support networks
- supporting you to connect with your GP and other services that may help you in your journey to recovery

### **Need more information?**

Gippsland, Victoria (Warragul, Wonthaggi, Traralgon)

Email: [thewaybackgippsland@wellways.org](mailto:thewaybackgippsland@wellways.org)

Telephone: (03) 5622 4140

<https://www.wellways.org/our-services/the-way-back-support-service>

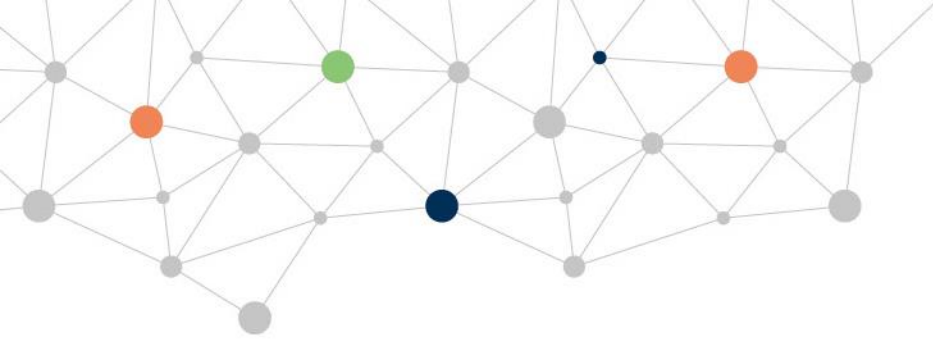
### **Support After Suicide:**

Support After Suicide is provided by Jesuit Social Services and assists children, young people and adults bereaved by suicide.

The program provides counselling, support groups and online resources to those bereaved by suicide. It also delivers training to health, welfare and education professionals.

Jesuit Social Services has delivered Support After Suicide throughout Melbourne and regional Victoria since 2004.

### **Counselling**



Support After Suicide provides free individual and family counselling to people bereaved by suicide.

Experienced counsellors have particular expertise and knowledge around suicide and grief. By speaking with a counsellor, participants learn how to manage the intense and complex experience of losing a loved one to suicide.

Counselling is provided in metropolitan Melbourne (Lalor, Dandenong, Ferntree Gully, Greensborough and the CBD), regional Victoria (Bacchus Marsh and Gippsland), and in other areas by phone or Skype.

### **Support groups**

Support After Suicide runs a number of support groups each year for those recently bereaved.

It also provides specific activities for children, young people, parents, partners, siblings, adult children, men and people who are longer-term bereaved. When there is a need, we conduct a parent support program for people who find themselves bringing up children following a suicide.

Support groups offer people bereaved by suicide the opportunity to:

- meet together in a group setting
- spend time with others bereaved by suicide
- communicate with others bereaved by suicide
- better understand their situation.

### **Resources to help people better understand their situation**

Support After Suicide has a comprehensive range of resources to assist individuals and families bereaved by suicide, including:

- a series of [books](#)
- [fact sheets](#) about grief, responding to trauma and supporting a person bereaved by suicide
- a [recommended reading list](#)
- a dedicated [Support After Suicide website](#), which offers immediate practical information, material to help people understand grief and suicide, descriptions of support services, and stories by others bereaved by suicide
- a secure and private [online community](#), where people bereaved by suicide can share stories, ask advice and support others who have lost someone to suicide.

### **It educates and trains professionals to support those who are bereaved**

Many people working in health, welfare and education come into contact with people who are bereaved by suicide.

Training empowers professionals in these roles to:

- understand suicide bereavement issues
- respond effectively and sensitively to people bereaved by suicide.





Topics covered include current bereavement theory, the unique issues in suicide bereavement, trauma, and providing effective care and support to people bereaved by suicide. Training for health, welfare and education professionals can be arranged across Victoria and is free of charge.

### **How can I refer people to Support After Suicide?**

Please contact program staff directly by mail, phone or email:

PO Box 271 Richmond VIC 3121 | Phone: (03) 9421 7640 | Email: [aftersuicide@jss.org.au](mailto:aftersuicide@jss.org.au)

This service does not offer 24 hour crisis support. Crisis numbers are available on the [Support After Suicide website](#).

Related media:

- [Like our Support After Suicide Facebook page](#) to receive news and events.
- [Listen to an interview](#) with the Support After Suicide manager.

### **HeadtoHelp:**

HeadtoHelp encourages people to take the first steps towards finding the mental health and wellbeing support that's best for you.

If your mental health is suffering because of the current pandemic, call HeadtoHelp now.

The sooner you talk about your mental health, the sooner you'll get the help and support you need, to help you move forward and feel stronger.

It couldn't be easier. A trained professional will take your call, give you advice, and if you need it connect you to the best support or service for you. This may be to an existing mental health service or if appropriate, to one of the HeadtoHelp hubs.

[1800 595 212](tel:1800595212) (free call) 8.30am – 5pm Monday – Friday (except public holidays).

[Find HeadtoHelp Hub locations](#)

[Find out more here](#)

### **headspace Gippsland:**

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to people 12-25 year of age. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.

#### **headspace centres**

[headspace centres](#) act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.

There are four headspace locations in Gippsland:

- Wonthaggi headspace at 5b Murray Street, Wonthaggi Ph. 5671 5900



- Morwell headspace at crn George Street and Hazelwood Road, Morwell Ph. 5136 8300
- Bairnsdale headspace at 171 Main street, Bairnsdale Ph. 5141 6200
- Sale headspace at 453 Raymond Street, Sale Ph. 5184 5000

Centres are designed not just for young people, but with them, to ensure they are relevant, accessible and highly effective. As a result, no two headspace centres are the same, with each offering unique services that reflect the needs of its local community.

### **National telehealth service**

In regional and rural areas, getting access to expert psychiatrists is difficult. Our [National Telehealth Service](#) addresses this, by providing 12-25 year olds in these areas, access to highly-skilled psychiatrists via video consultations.

The low-cost service ensures young people get high quality mental health care, while continuing their treatment within their local community.

### **eheadspace**

[eheadspace](#) is our national online and phone support service, staffed by experienced youth mental health professionals. It provides young people and carers with a safe, secure and anonymous place to talk to a professional – wherever they are.

We launched eheadspace to reach regional and remote young people who were unable to access a headspace centre. It has since grown in popularity with all young people – many of whom simply feel more comfortable accessing our services online.

### **headspace vocational Services**

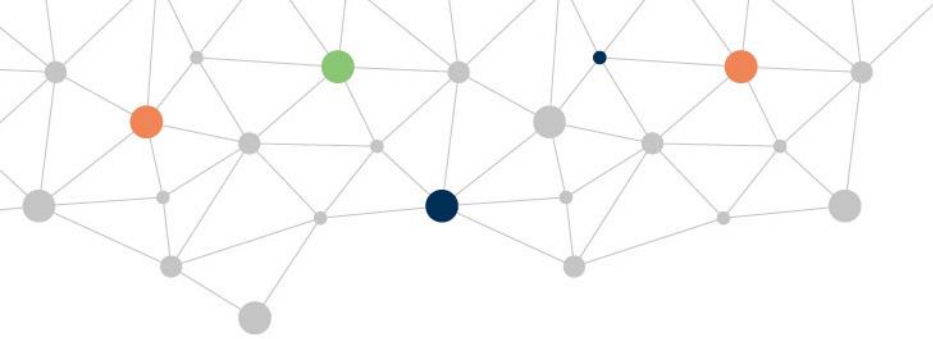
headspace recognises the importance of work and study in a young person's life. [headspace Vocational Services](#) support young people to reach their work and study goals– all in a confidential, online and youth-friendly environment.

The [Work and Study](#) service is clinically integrated and supports young people whose work and study activities have been impacted by mental health. Young people work one-on-one with a Vocational Specialist to find, maintain or re-engage in work and/or study. [Career Mentoring](#) service offers young people the opportunity to work with an industry mentor who acts as an independent sounding board to support their journey into employment. Our services are young person led, strengths based and voluntary—helping young people to take control of their work and study futures

### **headspace schools – be you**

[headspace Schools](#) provides youth-specific mental health education tools and access to mental health specialists for young people in primary and secondary school students across Australia. Through training and education, school staff and parents can better support students experiencing mental health issues.

With a focus on early identification and intervention, headspace Schools builds mental health literacy and resilience in the school community while establishing referral pathways to general practitioners and mental health clinicians.



## headspace early psychosis

headspace Early Psychosis program supports young people experiencing, or at risk of developing psychosis.

Based on evidence developed by [Orygen; the National Centre of Excellence in Youth Mental Health](#), the program focuses on early intervention, providing young people and their families with timely access to specialist support. headspace centres delivering the early psychosis program are equipped with specially trained staff to help young people and their families.

## LGBTIQ+ suicide prevention:

### Switchboard

Switchboard is a LGBTIQ+ leading organisation working nationally to provide suicide prevention, intervention and postvention programs to LGBTIQ+ people with a strong emphasis on building community resilience through peer-led and lived experience activities.

Switchboard Victoria, through its suicide prevention program offer service provision, awareness raising, designing and delivering training, advocacy, consultancy, crisis intervention, research and lived experience engagement. It understands the importance of working to create an interconnected suicide prevention system to meaningfully address suicide in LGBTIQ+ communities.

### Suicide and Crisis Interventions

All Switchboard volunteers and employees receive LGBTIQ+ suicide awareness and crisis intervention training. It is part of a commitment to creating safer, resilient, and compassionate LGBTIQ+ communities.

**Qlife** – Call **1800 184 527** or [webchat online](#) – this service is open every day between 3pm – midnight.

Rainbow Door is a free service for all Victorian LGBTIQ+ people, their friends and family during the COVID-19 crisis and beyond.

**Rainbow Door** – Call **1800 729 367** / Text: **0480 017 246** / Email: [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)

The service is open every day 10am-6pm.

## Adult Mental Health Service at Latrobe Regional Health:

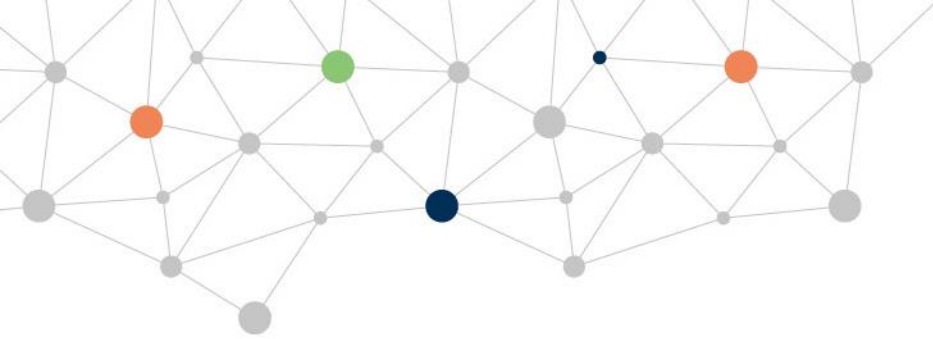
People aged between 18-65 years have access to a range of programs to assist with their mental health recovery.

Your journey will start by contacting the **Mental Health Triage Service on 1300 363 322**.

Senior clinical staff will assess how specialist services can help you or someone you know.

**Flynn Unit:** The Flynn Unit at Latrobe Regional Hospital provides intensive treatment. Flynn delivers a range of therapeutic interventions ranging from medically-based pharmaceutical interventions to social, psychological and recreational therapies with the aim of managing the illness and preventing relapse. The needs of the person are met by a team including nursing, medical and allied health professionals.

**Secure Extended Care Unit:** People with a severe and prolonged mental illness may require specialised care in the Secure Extended Care Unit (SECU) at Latrobe Regional Hospital. It aims to provide a safe and caring



environment for patients who have behavioural disturbances that pose a risk to themselves and others and who can't be managed effectively by alternative services.

**Community Residential Care Unit:** The Community Residential Care Unit (CRCU) aims to assist you to develop your skills towards maximum independence by providing a pathway for you to live in the wider community. The CRCU features 14 independent residential units that have 24-hour support from qualified staff. It is located in Traralgon within easy walking distance of the local shopping centre, railway station and bus routes.

**Prevention and Recovery Care:** For some people, mental health treatment and recovery may be better suited in a supported residential setting. The Prevention and Recovery Care Service (PARCS) is a 10-bed residential facility in Bairnsdale run as a partnership between SNAP Gippsland and Latrobe Regional Hospital Mental Health Services.

**Continuing Care:** People are referred to the Continuing Care service after assessments by triage and an intake team. Continuing Care aims to help people manage their recovery in a community setting in partnership with other health providers, non-government mental health services and community and business organisations.

## Information on other Victorian Government suicide prevention initiatives

### Suicide Prevention in Victoria:

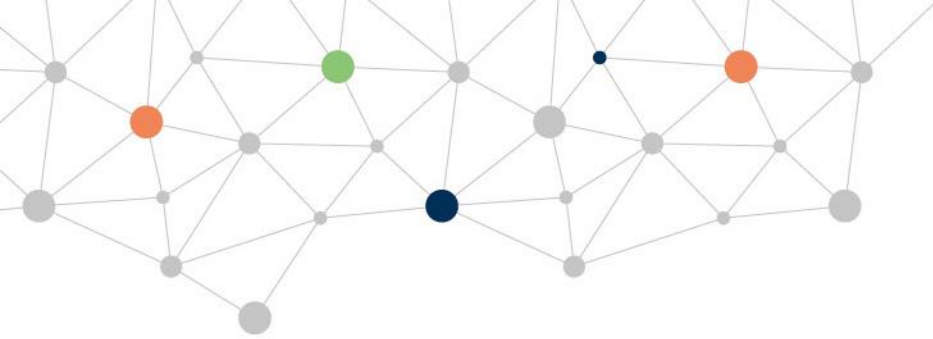
#### Key messages:

- The Victorian suicide prevention framework 2016-2025 commits to halving the suicide rate over the next ten years.
- Under the framework, the Victorian Government is trialing two flagship suicide prevention initiatives.
- The suicide prevention initiatives integrate health and other support services in local communities to reduce the suicide rate.

### Balit Murrup: Aboriginal social and emotional wellbeing framework

#### Key messages

- *Balit Murrup* means 'strong spirit' in the Woi-wurring language. It recognises that to reduce the growing mental health gap, we need new and different solutions to address what has been described in as entrenched mental health crises.
- The vision of Balit Murrup is to support Victorian Aboriginal people, families and communities to achieve and sustain the highest attainable standard of social emotional wellbeing and mental health.
- Balit Murrup's objective is to reduce the health gap attributed to suicide, mental illness and psychological distress between Aboriginal Victorians and the general population.



## LGBTIQA+ Suicide Postvention Response Plan: Preliminary Findings

This LGBTIQA+ community and peer-led *LGBTIQA+ Suicide Postvention Response Plan: Preliminary Findings* provides general guidelines to LGBTIQA+ communities and peer organisations involved in providing postvention support following suicide death of a LGBTIQA+ person.

[VIEW THE REPORT](#)

## LGBTIQA+ ASIST

Switchboard delivers suicide awareness and suicide intervention skills trainings using empirically tested models developed by LivingWorks.

COVID-19 Update: *Due to COVID-19, our ASIST trainings are postponed until it is safe for us to resume face to face workshops. To stay up to date with suicide prevention, including access to suicide prevention webinars, sign up to our [mailing list here](#)*

For all enquiries, please contact: [suicide.prevention@switchboard.org.au](mailto:suicide.prevention@switchboard.org.au)

## safeTALK

safeTALK is half-day workshop designed to increase community awareness about suicide in which participants are prepared to become suicide-alert helpers. This workshop is suitable for anyone 15+ including school students.

## LGBTIQA+ Support After Suicide and Bereavement

With funding from the Victorian Government, Switchboard will be delivering LGBTIQA+ suicide bereavement support through our pilot program commencing in 2021.

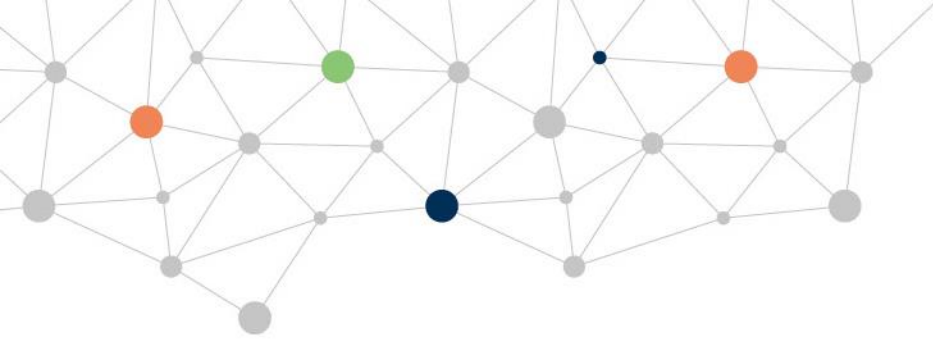
Currently we are seeking expressions of interest from LGBTIQA+ people who have experienced loss through suicide of an LGBTIQA+ person to form our lived experience advisory group for this program.

[COMPLETE AN EXPRESSION OF INTEREST](#)

## Let's talk about suicide podcast

Experiencing loss through suicide is a grief like no other. It can be difficult to find others who have similar experiences and are open to talking about their loss, especially other LGBTIQA+ people. You can hear Hamish Blunck, Joe Ball (Switchboard CEO) and Dr Louise Flynn (Support After Suicide) and other LGBTIQA+ people talk about loss through suicide on this podcast produced by JOY 94.9fm with Switchboard and Support After Suicide.

[LINK TO THE PODCAST](#)



## Healthy Equal Youth - HEY

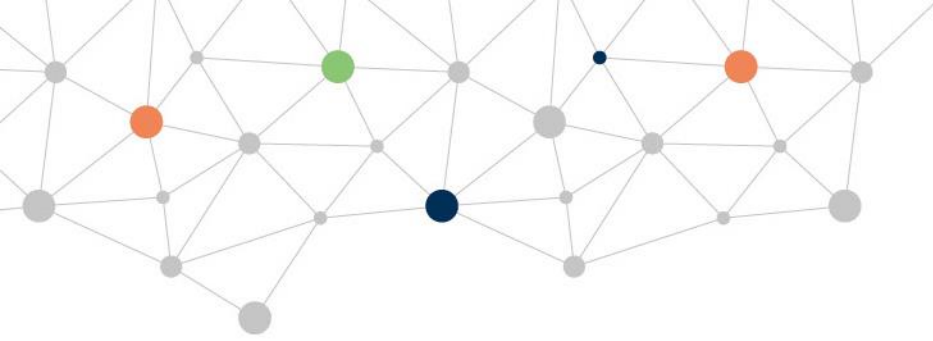
Healthy Equal Youth (HEY) is about supporting the health and wellbeing of LGBTIQIA+ young Victorians. The first of its kind in Australia HEY brings together a network of partner organisations specialising in support and services for LGBTIQIA+ young people.

HEY partners provide peer support, referral, community visibility, celebration and education. The vision of the HEY partners is that LGBTIQIA+ young people in Victoria have their rights upheld, and are safe, empowered and celebrated.

In addition, the HEY Grants, an annual grants program, is offered for projects that support the mental health and wellbeing of LGBTIQIA+ young people in Victoria. The HEY grants provide funding of up to \$10,000 for projects in two categories:

- Youth led projects, for LGBTIQIA+ young people with innovative projects they know will support their LGBTIQIA+ peers. A youth led application must be proposed and led by people who are under 25! (They can get people older than that to proofread and assist them).
- Social Connectedness projects, for services to expand or improve their support for LGBTIQIA+ young people, and for targeted projects for LGBTIQIA+ young people that will improve their mental health and wellbeing.

[Learn more about HEY Grants](#)



## If you or someone you know needs immediate support, contact:

- **SuicideLine Victoria** is a free 24/7 telephone, video and online counselling service offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide – Phone 1300 651 251
- **Suicide Call Back Service** (24 hours) – Phone 1300 659 467
- **Lifeline** – Phone 13 11 14
- **Beyondblue Support Service** – 1300 224 365
- **MensLine** – 1300 789 987
- **Kids Helpline** – 1800 551 800
- **Yarning SafeNStrong** (Aboriginal & Torres Strait Islander) Phone: 1800 959 563
- **Rainbow Door** is a free service for all LGBTIQ+ people in Victoria, 10am-5pm every day – Phone: 1800 729 367 Text: 0480 017 246
- **Qlife** – A free service for LGBTIQ+ people in Australia. 3pm-midnight every day. Phone: 1800 184 527 or [Webchat with Qlife](#)

**For emergencies or immediate danger dial 000**

*This resource has been developed as part of the Place-Based Suicide Prevention Trials program coordinated by Gippsland PHN.*

*For more information contact: Project Coordinator Suicide Prevention and Mental Health Reform - [helen.page@qphn.org.au](mailto:helen.page@qphn.org.au)*