

A man with a beard, wearing a dark t-shirt, is shown in a circular frame. He has his right hand covering his eyes and part of his face, suggesting a state of distress or despair. The background is a dark, textured blue-grey. The overall composition is framed by a thick yellow border.

Have  
you  
lost  
someone  
to  
**suicide?**

**You are not alone.  
Help is available.**

# Acknowledgements

The Ballarat Suicide Prevention Place-Based Trial, Western Victoria Primary Health Network (WVPHN), and Ballarat Community Health would like to acknowledge all community members who have lost a loved one to suicide.

We particularly want to pay our respects to the Traditional Owners, past and present, of the land that this community resource is tasked to support, the Wadawurrung and Dja Dja Wurrung people. We acknowledge the trauma that suicide and its aftermath bring to individuals, families and communities, and recognise the power of culture in the prevention and healing processes.

This community resource was developed by Ballarat Community Health as part of the Suicide Postvention Response Project (2021), funded by WVPHN and the Ballarat Suicide Prevention Place-Based Trial. To the best of our knowledge, the service provider details contained within it were current as of May 2021.

**If you would like to order copies of this booklet, please contact [postvention@bchc.org.au](mailto:postvention@bchc.org.au)**



BALLARAT  
**Suicide Prevention  
Place Based Trial**



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## Have you lost someone to suicide?

We would like to express our sympathy. We also want to acknowledge that the experience following a suicide can be intense, confusing, and often overwhelming. There may be a wide range of feelings and thoughts that are difficult to understand and to manage. You might feel isolated, as if there is no one to talk to who would understand what you are experiencing.

### **You are not alone. Help is available.**

This community guide was developed to help all people in community who have been impacted by a suicide. It provides a list of resources to help you in the weeks, months,

and years ahead. We have broken the guide into sections – support available for adults, followed by teens and children, and then supports that cater to our diverse community.

Another thing for you to remember is that the service, StandBy – Support After Suicide (0422 366 262) is also there to help you, no matter how long it has been since losing someone or how close you were to them.

People who have been bereaved recommend that anyone who has lost someone to suicide needs to take steps to take care of themselves. Hang onto this guide for when you are ready to connect to the support that suits your need. We hope it offers you support and reassurance so that you feel you are not alone.

# Support for adults

## **Coping with Bereavement and Loss**

There are some excellent online resources that can help you understand grief and trauma, particularly the complicated grief a person can experience after a suicide loss, and how it is different for everyone.

Lost someone to suicide

[suicidecallbackservice.org.au/resources/lost-someone-suicide](https://suicidecallbackservice.org.au/resources/lost-someone-suicide)

Help is at hand (note that services listed in this booklet are in the UK)

[nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf](https://nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf)

## **StandBy Support After Suicide**

**0422 366 262**

[standbysupport.com.au](https://standbysupport.com.au)

StandBy offers a free, confidential support service to anyone who has been bereaved or impacted by suicide at any stage in their life. The service is accessible 24/7 in western Victoria. StandBy also offers an extensive list of downloadable resources for families and workplaces impacted by suicide. They can even help you with the practical stuff.

## **GriefLine**

**1300 845 745 6AM – midnight AEST**

[griefline.org.au/forums](https://griefline.org.au/forums)

A national helpline offering confidential telephone counselling 7 days a week, 365 days a year.

## **Support After Suicide (Jesuit Social Services)**

**03 9421 7640**

[supportaftersuicide.org.au](https://supportaftersuicide.org.au)

Support After Suicide assists children, young people and adults bereaved by suicide. The program provides counselling, support groups

and online resources to those bereaved by suicide, including books, fact sheets, and a secure and private online community for people who are bereaved by suicide.

Note: Support After Suicide does not offer 24-hour crisis support.

## **The Australian Centre for Grief and Bereavement**

**03 9265 2100**

[grief.org.au/ACGB/Bereavement\\_Support/Counselling\\_1/Counselling.aspx](https://grief.org.au/ACGB/Bereavement_Support/Counselling_1/Counselling.aspx)

Based in Melbourne, ACGB is a statewide specialist bereavement counselling service that is provided online or via the phone for individuals, children and families who need (non-crisis) assistance following the death of someone close to them.

## **The Compassionate Friends Victoria**

**03 9888 4944**

Online bereavement support at:  
[compassionatefriendsvictoria.org.au](https://compassionatefriendsvictoria.org.au)

The Compassionate Friends Victoria supports grieving parents, siblings, and grandparents in the event of the death of a child – of any age or from any cause.

## **Pomegranate Community Mental Health**

**03 5320 2260**

[sjog.org.au/our-services/community-and-youth-services/community-mental-health-services](https://sjog.org.au/our-services/community-and-youth-services/community-mental-health-services)

Offers psychotherapy to adults, adolescents, families and children from low income and disadvantaged households in the Grampians region. Some fees pay apply and a referral from a GP is required.

## Ballarat Community Health

**03 5338 4500**

[bchc.org.au/service/general-counselling](http://bchc.org.au/service/general-counselling)

Offers mental health and family violence counselling services for adults.

## Head to Help

**1800 595 212**

[headtohelp.org.au](http://headtohelp.org.au)

Open to Victorians of any age who may be experiencing distress or mental ill health. This includes people who have never accessed mental health services before and their family and friends.

Two Head to Help hubs exist in Western Victoria, located in Ballarat and Geelong, but free counselling services can be accessed via phone no matter where you are.

## Relationships Victoria

**1300 364 277**

[relationships victoria.com.au/services/counselling](http://relationships victoria.com.au/services/counselling)

Offers counselling for individuals, couples, families, and children, either face to face or via online chat, including for grief and loss.

## Wellways Helpline

**1300 111 500**

[wellways.org/our-services/helpline-1300-111-500](http://wellways.org/our-services/helpline-1300-111-500)

Available Monday to Friday, from 9am to 9pm, Helpline is for people experiencing issues with their mental health and wellbeing. It provides support to individuals, families, friends and carers, as well as professionals and the community. Helpline volunteers are 'peers', people who have a lived experience of mental health issues.



## Mental Health Apps

Fundamentally, a big part of taking care of yourself is understanding how to maintain mental health wellbeing, how to recognise and get support for mental health problems (both for yourself and others) and how to facilitate your mind to thrive. There might just be a mental health app out there to help you do this. Search for the right mental health app for you at one these sites:

- **Beacon, a portal to online applications for mental and physical disorders** (Australian National University) [beacon.anu.edu.au](http://beacon.anu.edu.au)
- **Self-help Tools and Apps** (Black Dog Institute) [blackdoginstitute.org.au/getting-help/self-help-tools-apps](http://blackdoginstitute.org.au/getting-help/self-help-tools-apps)
- **Head to Health Australia, Digital Mental Health Resources** (Australian Government) [headtohealth.gov.au/search-resources](http://headtohealth.gov.au/search-resources)

# Help for kids and young people

## When someone dies by suicide

[kidshelpline.com.au/kids/issues/when-someone-dies-suicide](http://kidshelpline.com.au/kids/issues/when-someone-dies-suicide)

Kids Helpline has produced an online narrative for children about the feelings they may experience after the loss of someone.

## Mental health apps suitable for youth

[au.reachout.com/tools-and-apps](http://au.reachout.com/tools-and-apps)

## A book just for me

[standbysupport.com.au/resources](http://standbysupport.com.au/resources)

StandBy's grief journal for children under 12. Activities include colouring in and ways to help children identify their feelings.

## For grieving teens

[standbysupport.com.au/resources](http://standbysupport.com.au/resources)

A grief journal for teens, produced by StandBy. Activities include what they would say to the deceased, making a playlist of music to express their feelings and ways to accept that they may never know why it happened.

## Kids Helpline

**1 800 551 800**

[kidshelpline.com.au/get-help/webchat-counselling](http://kidshelpline.com.au/get-help/webchat-counselling)

A 24-hour telephone service that is available for young people (aged between 5 to 25) who need advice, counselling or just need to talk.

## Headspace

**03 5304 4777**

[headspace.org.au/headspace-centres/ballarat](http://headspace.org.au/headspace-centres/ballarat)

Headspace supports young people aged 12 to 25 with mental health, physical health, drug and alcohol support, and educational and vocational support. Young people can self-refer or be referred by a professional.

## Child and Family Services (Cafs)

**03 5337 3333**

[cafs.org.au/our-programs-and-services](http://cafs.org.au/our-programs-and-services)

Cafs have a range of programs and services for children, young people and families who are vulnerable or in need of support.

## Suicide in Schools: Information for Parents

[headspace.org.au/assets/Uploads/Corporate/Suicide-in-schools-Information-for-parents-web.pdf](http://headspace.org.au/assets/Uploads/Corporate/Suicide-in-schools-Information-for-parents-web.pdf)

When a suicide occurs within a school community, it can have a profound emotional effect not only on family and friends, but on students, school staff, parents, and the whole community. This downloadable resource explains some of the possible reactions your young person might have following the death of a student, teacher or parent.



# Help for veterans and their families

## Defence All-Hours Support Line

**1800 628 036**

[www1.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/need-help-now/all-hours-support-line](http://www1.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/need-help-now/all-hours-support-line)

The ASL is a confidential telephone service for ADF members and their families to help them access the support they are entitled to receive from the ADF, as well as identify what services are available in the general community to help solve the problem.

## Defence Family Helpline

**1800 624 608**

[www1.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/need-help-now/family-helpline](http://www1.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/need-help-now/family-helpline)

Provides a range of practical and emotional support programs for families facing emergency or crisis, including assistance in times of illness, injury, domestic crisis or bereavement. The Helpline operates 24/7 and is staffed by qualified human services professionals, including social workers and psychologists, who can provide an assessment, assistance or referral.

## Opens Arms

**1800 011 046**

[openarms.gov.au/get-support/counselling](http://openarms.gov.au/get-support/counselling)

Open Arms offers free telephone and online counselling to all ADF personnel and veterans, their partners and children, including suicide prevention and intervention.

Also run 'Operation Life', a mobile safety plan app designed to help people deal with suicidal thoughts; recommended to be used with the support of a clinician.

## Support for the LGBTIQ+ community

### Thorne Harbour Health

**03 9865 6700 or 1800 134 840**

Confidential, non-judgmental, counselling for members of the LGBTIQ+ community, including grief and loss.

### Switchboard Victoria

**1800 184 527**

[switchboard.org.au](http://switchboard.org.au)

Telephone and web counselling, information, and referral service for LGBTIQ+ people.

### QLife

**1800 184 527**

**between 3pm – midnight everyday**

[qlife.org.au](http://qlife.org.au)

Offers trained peer support workers from the LGBTIQ+ community who can assist with suicidal thoughts, loss through suicide, or advice on how to help someone if there is concern that they need support, through phone support or online chat.

# Aboriginal and Torres Strait Islander Community Postvention Resources

## Thirrili National Indigenous Postvention Service (NIPS)

1800 805 801  
[thirrili.com.au](http://thirrili.com.au)

NIPS advocates provide emotional and practical support to families impacted by a loss from suicide.

## Grieving Aboriginal Way

[dhhs.tas.gov.au/\\_\\_data/assets/pdf\\_file/0015/213801/Grieving\\_the\\_Aboriginal\\_Way.pdf](http://dhhs.tas.gov.au/__data/assets/pdf_file/0015/213801/Grieving_the_Aboriginal_Way.pdf)

This booklet raises awareness about grief for Aboriginal and Torres Strait Islander people.

## Koorie Family Services

03 5331 5344  
[badac.net.au/services](http://badac.net.au/services)

## Aboriginal Housing Victoria

03 5331 6518  
[ahvic.org.au](http://ahvic.org.au)

## Victorian Aboriginal Legal Service Co-operative

03 5331 3211  
[vals.org.au](http://vals.org.au)

## Aboriginal Fathers Stayin' on Track

[stayinontrack.com](http://stayinontrack.com)

## Ballarat and District Aboriginal Cooperative (BADAC)

03 53315344  
[badac.net.au/services](http://badac.net.au/services)

BADAC supports the health and wellbeing of the Ballarat and District Aboriginal community with a range of holistic services, including Social and Emotional Wellbeing.

**Be You** has produced a series of **Fact Sheets** to support staff working with Aboriginal and Islander children and young people and their families after a suicide. These include:

## Grief: How Aboriginal and Torres Strait Islander young people might respond to suicide

[headspace.org.au/assets/School-Support/Grief-How-Aboriginal-and-Torres-Strait-Islander-young-people-might-respond-to-suicide-web.pdf](http://headspace.org.au/assets/School-Support/Grief-How-Aboriginal-and-Torres-Strait-Islander-young-people-might-respond-to-suicide-web.pdf)

## Suicide in schools: Information for Aboriginal and Torres Strait Islander families

[headspace.org.au/assets/School-Support/Suicide-in-schools-Information-for-Aboriginal-and-Torres-Strait-Islander-families-web.pdf](http://headspace.org.au/assets/School-Support/Suicide-in-schools-Information-for-Aboriginal-and-Torres-Strait-Islander-families-web.pdf)

## Victorian Aboriginal Community Services Association

03 4308 0781  
[vacsal.org.au](http://vacsal.org.au)

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## When drug & alcohol use or gambling is a concern

### Direct Line

1800 888 236  
[directline.org.au](http://directline.org.au)

Confidential alcohol & drug counselling and referral to support and treatment services in Victoria. Register on the website to access free services, including:

- Chat Counselling
- Email Support
- Self-Assessments

### Gamblers Help

(03) 5337 3333 or  
1800 858 858 (after hours)  
[gamblershelpwestvic.org.au](http://gamblershelpwestvic.org.au)

Offers support to anyone affected by gambling, not just gamblers. You can get help for yourself and your family over the phone.



# Where to seek help for family violence

<b>The Orange Door Ballarat (weekdays)</b>	<b>1800 737 732</b>	<a href="http://orangedoor.vic.gov.au">orangedoor.vic.gov.au</a>
<b>Safe Steps (24-hr national hotline)</b>	<b>1800 015 188</b>	<a href="http://safesteps.org.au">safesteps.org.au</a>
<b>1800 RESPECT (24-hr national hotline)</b>	<b>1800 219 819</b>	<a href="http://1800RESPECT.org.au">1800RESPECT.org.au</a>

## How to support someone who has been bereaved and affected by suicide

Being bereaved by suicide is one of the loneliest experiences anyone can have. People bereaved by suicide have significantly less chance of receiving support from friends and family. We want to help but worry about saying the wrong thing and often put off making contact. Sometimes we leave it too long and before long it seems too late to say anything at all.

Written by the Support After Suicide Partnership this booklet is designed to help anyone feel comfortable about reaching out to someone who has been affected by the suicide of someone close.

This practical guide is available as a free download at:  
[supportaftersuicide.org.uk/resource/finding-the-words](http://supportaftersuicide.org.uk/resource/finding-the-words)



## Finding help for the practical stuff

Losing someone close to you without any warning can be a painful, confusing, and self-altering experience. It is hard to think clearly. One of the simplest things you can do is let other people help you. When you are open to it, you will realise just how many people will reach out and help in different ways.

There are also resources and services out there to guide you in decisions that must be made in the days and weeks following a death; some are listed below.

### What to do when someone dies – practical steps to take

[betterhealth.vic.gov.au/health/servicesandsupport/what-to-do-after-someone-dies](http://betterhealth.vic.gov.au/health/servicesandsupport/what-to-do-after-someone-dies)

[servicesaustralia.gov.au/individuals/subjects/death-and-bereavement/what-do-when-someone-dies](http://servicesaustralia.gov.au/individuals/subjects/death-and-bereavement/what-do-when-someone-dies)

### Who to notify

[servicesaustralia.gov.au/individuals/subjects/death-and-bereavement/who-tell-when-someone-dies](http://servicesaustralia.gov.au/individuals/subjects/death-and-bereavement/who-tell-when-someone-dies)

### Arranging a funeral

[betterhealth.vic.gov.au/health/servicesandsupport/funerals](http://betterhealth.vic.gov.au/health/servicesandsupport/funerals)

### Taking compassionate leave

[fairwork.gov.au/leave/compassionate-and-bereavement-leave](http://fairwork.gov.au/leave/compassionate-and-bereavement-leave)

### Probate and administration

[supremecourt.vic.gov.au/wills-and-probate/grants-of-probate-and-administration-of-deceased-estates](http://supremecourt.vic.gov.au/wills-and-probate/grants-of-probate-and-administration-of-deceased-estates)

### If someone dies without a will

[legaid.vic.gov.au/find-legal-answers/wills-and-estates/if-someone-dies-without-will](http://legaid.vic.gov.au/find-legal-answers/wills-and-estates/if-someone-dies-without-will)



## Connecting with Community Groups and Organisations

When you are ready, getting involved in a community group may provide a sense of belonging and social connectedness, and offer extra meaning and purpose to everyday life. Staying connected with others is important for our social and emotional wellbeing.

<b>Ballarat South Community Hub, Sebastopol</b>	03 5329 3273	<a href="http://bschub.com.au/wp">bschub.com.au/wp</a>
<b>Ballarat North Neighbourhood House</b>	03 5329 1101	<a href="http://salvationarmy.org.au/locations/victoria/salvoconnectwestern/ballarat/ballarat-north-neighbourhood-house">salvationarmy.org.au/locations/victoria/salvoconnectwestern/ballarat/ballarat-north-neighbourhood-house</a>
<b>Ballarat East Community Men's Shed</b>	03 5332 4400	<a href="http://becs.shed.org.au">becs.shed.org.au</a>
<b>Ballarat East Neighbourhood Centre</b>	0422 612 052	<a href="http://ballarateastnh.org.au">ballarateastnh.org.au</a>
<b>Wendouree Neighbourhood Centre</b>	03 5303 0507	<a href="http://wnc.org.au">wnc.org.au</a>
<b>Sebastopol Men's Shed</b>	03 5379 9256	<a href="http://sebastopol.shed.org.au">sebastopol.shed.org.au</a>
<b>U3A Ballarat</b>	0431 859 315	<a href="http://u3aballarat.org.au">u3aballarat.org.au</a>
<b>Be Kind Ballarat</b>		<a href="http://bekindballarat.com.au">bekindballarat.com.au</a>
<b>Food is Free</b>		<a href="http://foodisfree.com.au">foodisfree.com.au</a>
<b>Gardens for Wildlife Ballarat</b>		<a href="http://gardensforwildlifeballarat.org">gardensforwildlifeballarat.org</a>
<b>Compassionate Ballarat</b>		<a href="http://compassionateballarat.com.au">compassionateballarat.com.au</a>
<b>Volunteering Ballarat</b>		<a href="http://ballaratfoundation.org/community-impact/volunteer">ballaratfoundation.org/community-impact/volunteer</a>

<b>Financial Assistance</b> 	Financial support after losing your partner.	<a href="http://moneysmart.gov.au/losing-your-partner">moneysmart.gov.au/losing-your-partner</a> <a href="https://www.servicesaustralia.gov.au/individuals/subjects/crisis-and-special-help">https://www.servicesaustralia.gov.au/individuals/subjects/crisis-and-special-help</a>
	VincentCare	<a href="http://vinnies.org.au/findhelp/view/220">vinnies.org.au/findhelp/view/220</a>
	Uniting Ballarat	<a href="http://unitingvictas.org.au/services/money-matters-financial-counselling">unitingvictas.org.au/services/money-matters-financial-counselling</a>
	Cafs Financial Counselling & Gamblers Debt	1800 692 237 <a href="http://cafs.org.au/financial-counselling">cafs.org.au/financial-counselling</a>
<b>Food Support</b> 	St Vincent De Paul Society Emergency food relief	03 5334 2844
	Uniting Ballarat Breezeway Meals Program	Free take away meals for those in crisis situations, every day from 10.30am to 1pm at 105 Dana Street Ballarat Central
	Salvation Army Ballarat Emergency food relief	Monday to Friday 9.15am to 2pm 102 Eureka Street Ballarat
<b>Housing &amp; Accommodation Support</b>	VincentCare	1800 825 955 <a href="http://vincentcare.org.au/our-services/housing-homelessness-resources">vincentcare.org.au/our-services/housing-homelessness-resources</a>
	Uniting Ballarat	<a href="http://unitingvictas.org.au/services/homelessness-housing">unitingvictas.org.au/services/homelessness-housing</a>
<b>Legal Support</b>	Ballarat & Grampians Community Legal Service	03 5331 5999 <a href="http://bgcls.org.au">bgcls.org.au</a>
	Victoria Legal Aid Ballarat	1300 792 387 <a href="http://legallaid.vic.gov.au">legallaid.vic.gov.au</a>
<b>Migrant and Refugee Services</b> 	Ballarat Community Health Refugee and Migrant Services	03 5338 4500 <a href="http://bchc.org.au/service/immigrant-and-refugee-settlement-services">bchc.org.au/service/immigrant-and-refugee-settlement-services</a>
	Centre for Multicultural Youth	03 5317 7172 <a href="http://cmy.net.au">cmy.net.au</a>
	Ballarat Welcome Centre	03 5383 0613 <a href="http://brmc.org.au">brmc.org.au</a>
	Ballarat South Community Hub Sebastopol	03 5329 3273 <a href="http://bschub.com.au/wp">bschub.com.au/wp</a>

<b>Parenting Support</b> 	Catholic Care Ballarat (formerly Centacare); parenting & family support,	03 5337 8999	<a href="http://centacareballarat.org.au">centacareballarat.org.au</a>
	Child and Family Services; family support, parent education, family services,	03 5337 3333	<a href="http://cafs.org.au">cafs.org.au</a>
	Uniting Ballarat		<a href="http://unitingvictas.org.au/services/family-services">unitingvictas.org.au/services/family-services</a>
	Parent Place; support & information on City of Ballarat family services	03 5320 5720	<a href="http://ballarat.vic.gov.au/city/facilities-and-venues/parent-place">ballarat.vic.gov.au/city/facilities-and-venues/parent-place</a>
	Maternal & Child Health Line	13 22 29	
	City of Ballarat Family & Children's Services childcare, immunisations, etc.	03 5320 5500	<a href="http://ballarat.vic.gov.au/me/parents">ballarat.vic.gov.au/me/parents</a>
	Parentline; support, strategies & referral advice	13 22 89	
	Family Relationships Centre; parenting, mediation & relationship support	1300 303 988	
	Relationships Australia; parenting advice & referrals	03 5337 9222	
<b>Seniors</b>	City of Ballarat Home Support Program	03 5320 5500	<a href="http://ballarat.vic.gov.au/me/seniors">ballarat.vic.gov.au/me/seniors</a>

## Keep on keeping on

Whether you are grieving the loss of a spouse, parent, child, sibling, friend, or someone else close to you, please remember to take care of yourself. It is also important to acknowledge that grieving can be a long process, and there will likely be times where your mental health and wellbeing are really challenged. For example:

### After the funeral

This might be the time that everyone else's lives seem to go back to normal, and you may be left wondering how you're going to cope. You may feel angry that everyone 'has moved on'. You might find it difficult to cope with managing day-to-day activities such as eating and sleeping. Things like going to work, or social events may seem very difficult and the things you once found important may seem irrelevant. Don't underestimate the impact of grief on you and your well-being. This is the time for you to take extra care of yourself and, most importantly, get support from family, friends, or professionals.

### Special dates or anniversaries

The intense pain of losing someone to suicide can come rushing back when a special holiday, birthday, or anniversary nears. The best way to cope with those days is to prepare for them in advance, seek out your supports and read some good advice for coping that's published in lived experience resource, The Mighty at: [themighty.com/2017/02/anniversary-effect-reaction-depression](http://themighty.com/2017/02/anniversary-effect-reaction-depression)

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. **You will be whole again, but you will never be the same. Nor should you be the same nor would you want to.**"

Elizabeth Kübler-Ross  
(1926-2004)

## Suicide Prevention

If you think you know what will make a difference in preventing suicide, or would like to become involved as a suicide prevention advocate for or lived experience peer in your community, find out what is available to you by contacting one of the following organisations:

Orygen	orygen.org.au	Australian Suicide Prevention Foundation	aspf.com.au
REACH OUT Australia	reachout.com	Batyr	batyr.com.au
Red Dust Healing	thereddust.com	Behind the Scene	behindtheseen.com.au
Roses in the Ocean	rosesintheocean.com.au	Beyond Blue	beyondblue.org.au
RUOK?	ruok.org.au	Black Dog Institute	blackdoginstitute.org.au
SANE Australia	sane.org	CALM The voice of education in suicide	keepcalm.org.au
Second Steps	secondsteps.com.au	Keep Your Feet Foundation	keepyourfeet.org.au
The Lowitja Institute	lowitja.org.au	Lifeline Australia	lifeline.org.au
Wings of Hope	wingsofhope.org.au	Movember	au.movember.com
Youth Live4Life	live4life.org.au		
Aboriginal Fathers Stayin' on Track	stayinontrack.com		

## Immediate support

If you are feeling suicidal, or know someone who might be, there are a number of helplines that operate 24 hours a day, 7 days a week to provide emergency support for people, carers and families going through a mental health crisis.

<b>Emergency Services</b> .....	000
(call if you are worried about your immediate safety or someone else's)	
<b>Suicide Call Back Service</b> .....	1300 659 467
<b>Suicide Line</b> .....	1300 651 251
<b>Poison Information Centre</b> .....	13 11 26
<b>Lifeline</b> .....	13 11 14
<b>Beyond Blue Support Service</b> .....	1300 224 636
<b>Mental Health Psychiatric Emergencies</b> (Ballarat Health) .....	
	1300 247 647
<b>Kids Helpline</b> .....	1800 551 800

