

RAISING SUICIDE AWARENESS IN OUR COMMUNITY

120 DAYS ON COMMUNITY CONFERENCE

MAY 10, 2011

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Community Support Worker – Mental Health Support

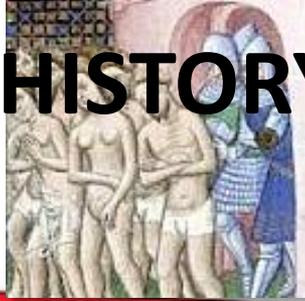
GP Connections

HISTORY TIME LINE

4th Century BC



Middle Ages



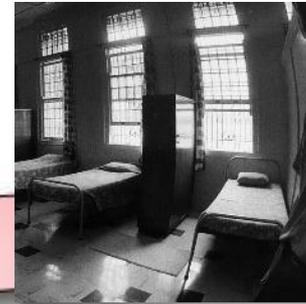
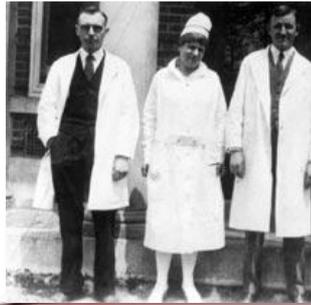
1843



1945



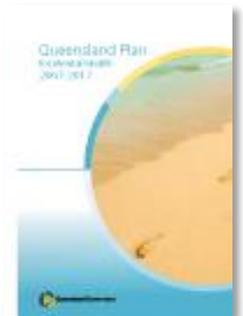
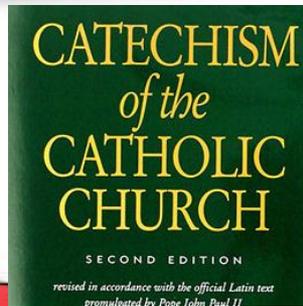
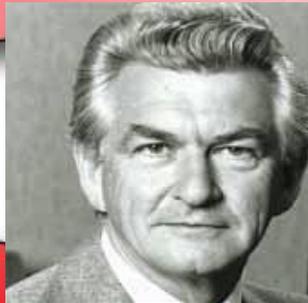
1955



1975

1961

1958



1987

1997

1999

NOW

SUICIDE

MYTHBUSTERS!

MYTH



People who talk about suicide never attempt or complete suicide



True?



False?

FACT

Talking is good ...

- ✓ It can be a plea for help
- ✗ It can be suicide confirming if not responded to

Encourage the person to talk further ...

- ✓ **Ask** if they are thinking about suicide
- ✓ Ask them if they have a **plan**
- ? How **complete** is the plan?
- ? How **dangerous** it is?
- ✓ **Assess the risk**

There's no harm in asking ...

MYTH 2

People who self harm or threaten suicide are just attention-seeking



True?



False?

FACT

**Self harm may be an attempt at suicide,
although not necessarily so**

- ✓ Ask them if they have a **plan**
- ? How **complete** is the plan?
- ? How **dangerous** it is?
- ✓ **Assess the risk**

MYTH

3

**Suicidal people
want to die**



True?



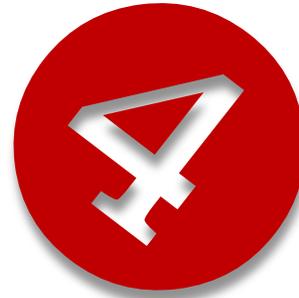
False?

FACT

Suicidal behaviour is often a reflection of the person's inability to see any other way out of their painful life circumstances

**They do not necessarily want to be dead
... but they do want their pain to end**

MYTH



**Asking someone if they feel suicidal will
'put the idea into their head'**



True?



False?

FACT

Talking actually helps ...

It lets them know you are taking their pain seriously, and it provides the opportunity for the person to talk about their suicidal feelings in an open way

MYTH

5

**Suicides happen
without warning**



True?



False?

FACT

Those close to a person who has suicided often say that the intention was hidden from them

It is more likely that the intention was not recognised ...

There are signs:

- Preoccupation with themes of death
- Giving away prized possessions
- Making a will or other final arrangements
- Withdrawal from friends and family
- Dropping out of group activities
- Depression and other mental health issues
- Major changes in sleep patterns
- Sudden and changes in eating habits
- Apathy about appearance of health
- Frequent irritability or unexplained crying
- Talks of unworthiness or failure

Encourage the person to talk further ...

- ✓ **Ask** if they are thinking about suicide
- ✓ Ask them if they have a **plan**
- ? How **complete** is the plan?
- ? How **dangerous** it is?
- ✓ **Assess the risk**

There's no harm in asking ...

MYTH

6

**People who attempt suicide
and survive will never do it again**



True?



False?

FACT

A suicide attempt is regarded as an indicator of further attempts

MYTH



If a person wants to suicide, there is no way of stopping them



True?



False?

FACT

People can be helped

- **Stay** with the person
- **Encourage** them to talk
- **Help** them to build plans for the future
- **Seek** ongoing support
- (Tell, Ask, Listen, and KeepSafe)

but ...

FACT

No matter how well intentioned, alert and diligent people's efforts may be ...

there is no way of preventing all suicides from occurring

MYTH

8

Only mental health professionals can help a person who is suicidal



True?



False?

FACT

The support of friends, family members and health care workers is vital in helping someone cope with suicidal feelings

Often just having someone to talk to about their problems is enough

MYTH

9

**Suicidal people cannot
help themselves**



True?



False?

FACT

**People feeling suicidal, by definition,
are unable to help themselves**

They have a distorted perception of
their life situation, including their
own strengths and what solutions
are available to them

MYTH

10

**A sudden improvement in mood
means the crisis is over**



True?



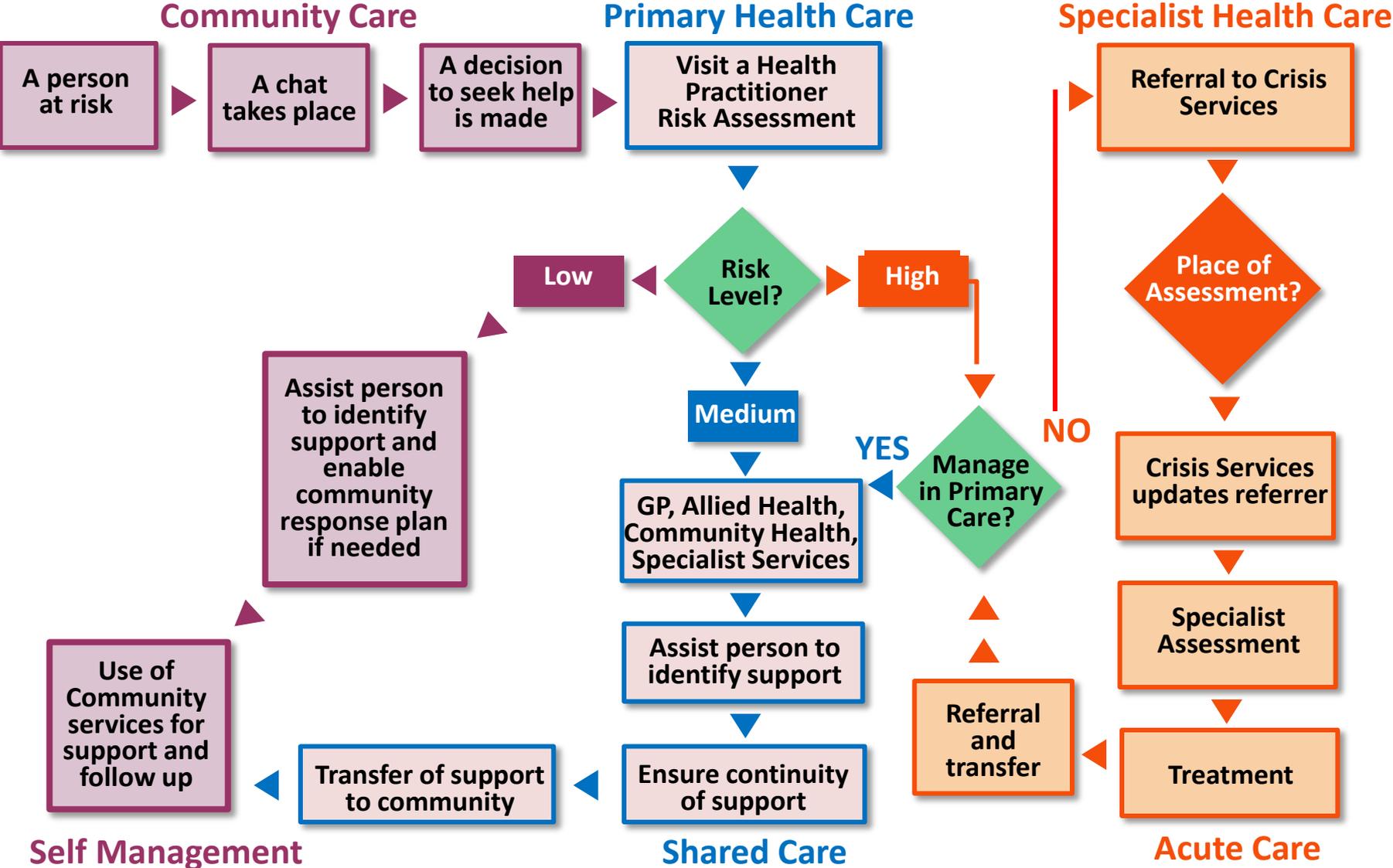
False?

FACT

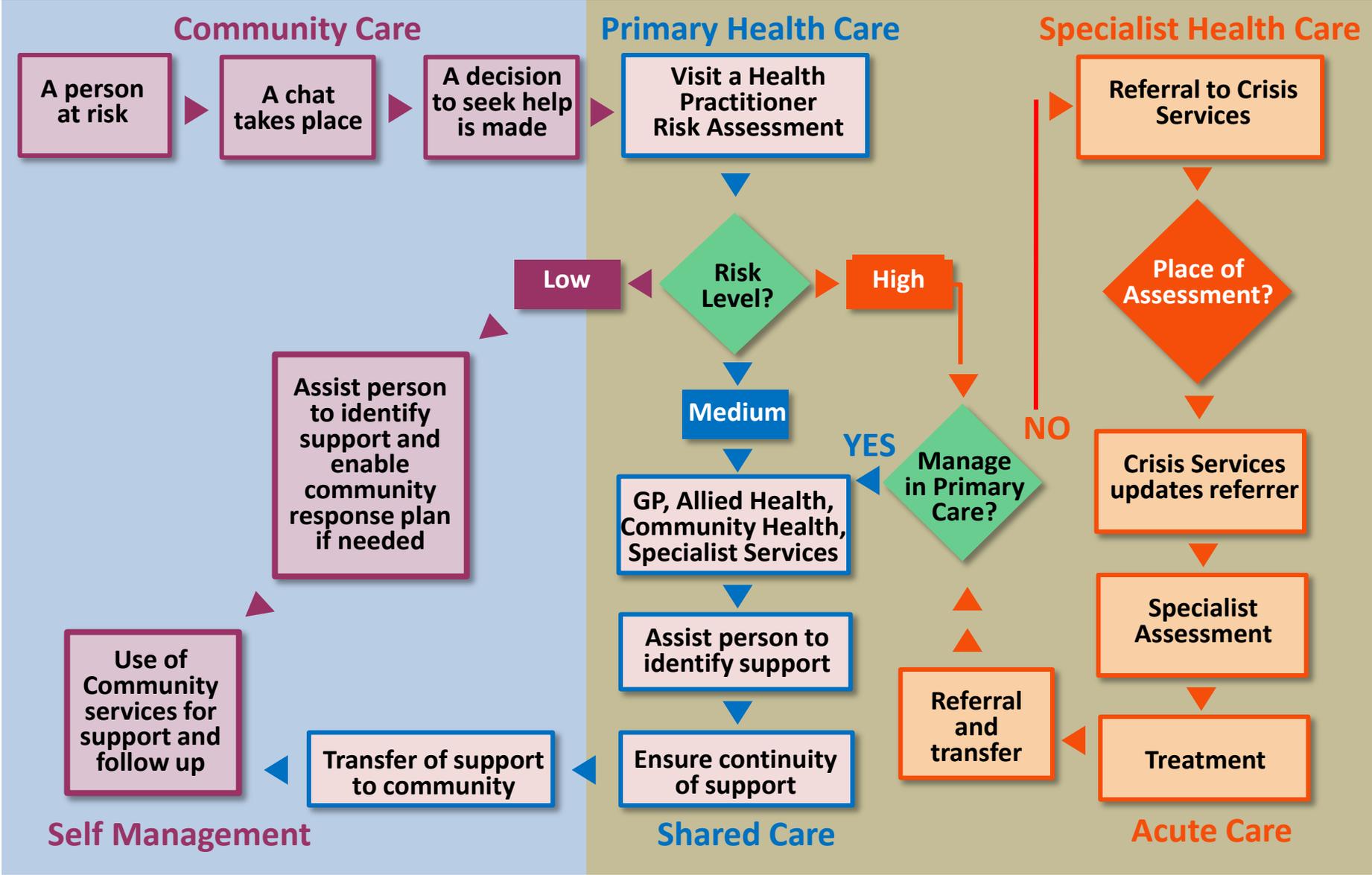
This could mean the person has made the final decision to complete suicide ...

and feels better because of this!

A MODEL FOR MENTAL HEALTH CARE



A MODEL FOR MENTAL HEALTH CARE



Oakey Community SUPPORT *fridge magnet*

FOR EMERGENCY HELP

Police, Ambulance	000
Oakey Hospital	4691 4888
Toowoomba Hospital	4616 6000
- Mental Health Team	4616 5210

24/7 HELPLINES

Lifeline	13 11 14
Kids Helpline	1800 551 800
Mensline	1300 789 978
Parentline	1300 301 300
Vietnam Vets	1800 011 046
Drug & Alcohol	1800 888 236

FOR COMMUNITY SUPPORT

Oakey Depression Group	4691 4823
Oakey Grief Group	4691 4823
Depression Support Network	4659 9021
Ageing Forum	4691 4823
The Older Men's Network	4638 9080
Aussie Helpers	1300 665 232
Oakey Churches	0487 329 580

FOR ONGOING PROFESSIONAL HELP

Cherry St Medical Centre	4691 1750	Centacare 4688 3100	Indigenous Mental Health Worker
Dr Murray Pietsch	4691 1160	Commonwealth Respite & Carelink Centre	0437 236 928
Oakey Health Service	4691 4888	Farm Financial	Carers Queensland
Oakey Community Health	4691 4823	Counselling 13 25 23	4632 8922
		Family Relationship Centre 4699 5444	OzCare 4639 7834
			Drug-Arm 1300 656 800

If you, or someone you know, isn't coping, contact one of these services for help.

Distributed to every home in the Oakey area



“Suicidal behaviour may well be
a cry for help from someone in
profound distress, and this
should not be ignored ...”

everyone can make a difference
THANK YOU