



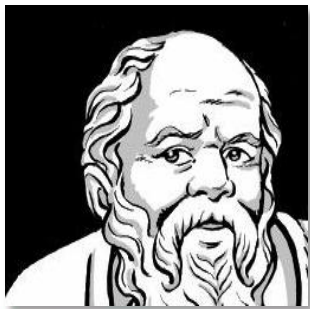
# RAISING SUICIDE AWARENESS IN OUR COMMUNITIY

**120 DAYS ON COMMUNITY CONFERENCE**

**MAY 10, 2011**

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Community Support Worker – Mental Health Support  
GP Connections



4<sup>th</sup> Century BC



Middle Ages



1843



1945



1975



1961



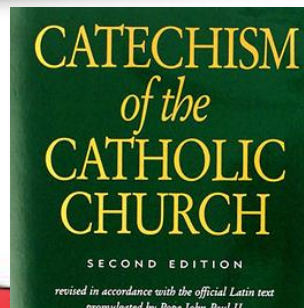
1958



1955



1987



1997



1999



NOW

**SUICIDE**

**MYTHBUSTERS!**

# MYTH

# 1

**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?***

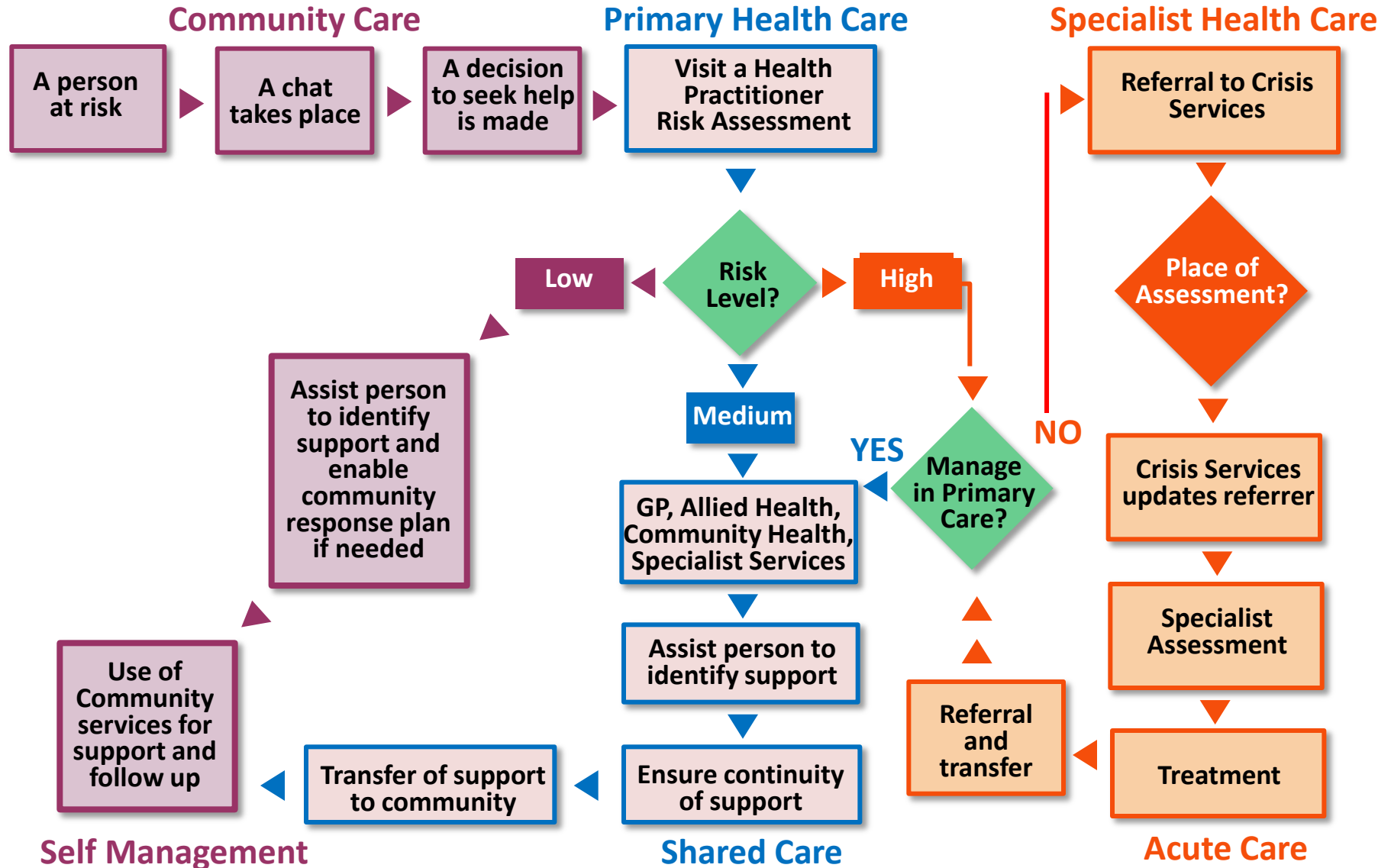


# FACT

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

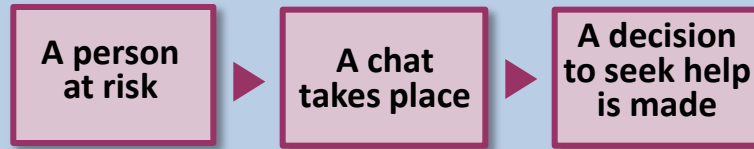
**and feels better because of this!**

# A MODEL FOR MENTAL HEALTH CARE



# A MODEL FOR MENTAL HEALTH CARE

## Community Care



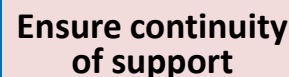
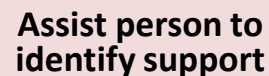
## Primary Health Care



Low

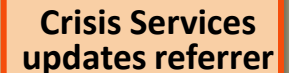
High

Medium

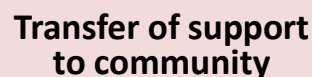


## Shared Care

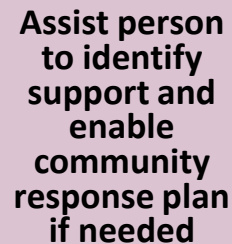
## Specialist Health Care



## Acute Care



## Self Management



YES

NO



# Oakey Community SUPPORT *fridge magnet*

## FOR EMERGENCY HELP

|                      |                  |
|----------------------|------------------|
| Police, Ambulance    | <b>000</b>       |
| Oakey Hospital       | <b>4691 4888</b> |
| Toowoomba Hospital   | <b>4616 6000</b> |
| - Mental Health Team | <b>4616 5210</b> |

## 24/7 HELPLINES

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

## FOR COMMUNITY SUPPORT


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

## FOR ONGOING PROFESSIONAL HELP

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

**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**