

Common Myths about Suicide

MYTH People who talk about suicide won't do it

FACT Talking about suicide is a cry for help and should be responded to. It is estimated that eight out of ten people talk about suicide before they make an attempt

MYTH Suicide occurs without warning

FACT Eight out of ten people give warning signs

MYTH People who talk about suicide are just attention seeking

FACT This is often the final attempt to get help and help should be given

MYTH A promise to keep a friend's plan for suicide secret should be kept

FACT This is one secret you should not keep. You may lose a friend temporarily but it may save your friend's life. Ask your friend who they would like you to contact for professional help

MYTH A break-up of a relationship won't cause a person to attempt or complete suicide

FACT A break-up of a relationship can be devastating and may be a contributing factor in a suicide

MYTH Adolescents that are suicidal will tell their parents instead of their friends

FACT Approximately ninety percent of adolescents tell their friends

MYTH Only experts can prevent suicide

FACT Suicide prevention is everybody's business, and we all have a role to play. Anyone can help prevent the tragedy of suicide by listening and asking directly

MYTH Only certain types of people consider suicide

FACT Suicidal thoughts can affect anyone

MYTH Suicidal people are intent on dying

FACT NO. If they wanted to die they wouldn't give warning signs. They want to stop their emotional pain

MYTH Talking about suicide may put the idea into their heads

FACT Asking directly and openly shows you have been listening and that you care

If you are concerned for someone's safety...

Ask about suicidal intentions

1. Stay with the person
2. Listen, really listen
3. Get or call for help

For more information on the Shoalhaven
Suicide Prevention & Awareness
Network Inc

Please visit:
www.sspan.org.au or
Email us on:
info@sspan.org.au

SSPAN is a non profit group that relies upon the generosity of the community to provide community education and awareness to the Shoalhaven

You can make a tax deductible donation online at www.sspan.org.au



**COMPASSION
CONNECT
KINDNESS**

24 Hour Crisis Services:

Police & Ambulance Emergency.....	000
Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
Mental Health Line	1800 011 511
Beyond Blue Information Line	1300 22 4636
Poisons Information Centre	13 11 26
Mensline Australia.....	1300 789 978
Kids Helpline.....	1800 55 1800
G-Line (<i>Help for Gamblers</i>).....	1800 858 858
Alcohol & Drug Information Service	1800 422 599
Family Drug Support Australia.....	1300 368 186
Rape Crisis Centre	1800 424 017
1800 Respect (<i>domestic violence</i>)	1800 737 732
Domestic Violence Line	1800 656 463
Child Abuse Prevention Service.....	1800 688 009
Vietnam Veterans Counselling Service	1800 011 046

Counselling & Support Services:

Parent Line	1300 1300 52
Blue Knot Helpline..... (<i>adult survivors of childhood trauma</i>)	1300 657 380
Relationships Australia	1300 364 277
Sane Helpline.....	1800 18 7263
Grow Support Groups.....	1800 558 268
Mental Health Carers NSW.....	1300 554 660
Alcoholics Anonymous	1800 222 222
Law Access NSW	1300 888 529

National Debt Hotline.....	1800 007 007
Q Life LGBTI Counselling service.....	1800 184 527
Compassionate Friends	1800 671 621 (<i>bereaved parents, siblings & grandparents</i>)
Grief Line	1300 845 745
Indigenous Women's Legal Contact Line	1800 639 784

Hospitals:

Shoalhaven Hospital.....	4421 3111
Milton Ulladulla Hospital.....	4455 1333

Local Community Services:

Nowra Police Station	4421 9699	
Nowra Community Health Centre	4424 6300	
Nowra Neighbourhood Centre	4421 5077 (<i>Mon – Fri 9am -3pm</i>)	
Bay & Basin Youth and Community Centre	44439244	
Nowra Family Support Service	4421 5499	
All Saints Community Care Nowra.....	4423 1099	
South Coast Aboriginal Medical Service	1800 215 099 (<i>Mon – Fri 9am – 5pm</i>)	4448 0200
Care South Nowra	1300 554 260	
Drug & Alcohol Helpline	1300 652 226	
Shoalhaven Women's Health Centre	4421 0730	
Crossroads Youth Health Service.....	4423 1784	
Shoalhaven Women's Refuge	4421 8276	
Salvation Army Welfare Assistance	4423 2102 (<i>Mon, Tues, Thurs Fri 9:30am -12pm</i>)	
Pathways Shoalhaven	4422 4604	

John Purcell House	4423 3558 (<i>Nowra Men's Hostel</i>)
Anglicare Family Services Nowra.....	4424 7100
CatholicCare Nowra.....	4421 8248
Headspace Nowra	4421 5388
Department of Human Services	132 468 (<i>Centrelink</i>)

Some useful Websites

www.lifeline.org.au
www.suicidecallbackservice.org.au
www.headspace.org.au
www.kidshelpline.com.au
www.mensline.org.au
www.griefline.org.au
www.reachout.com
www.sane.org
www.beyondblue.org.au
www.ybblue.com.au
www.moodgym.anu.edu.au
www.gamblinghelp.nsw.gov.au