



# Taking care of yourself

Supporting someone who has suicidal thoughts and behaviours can take a lot of time and emotional energy. You may find

overwhelmed

**Be mindful of your role as a staff/student and your boundaries.**

about your role and don't commit to being the only person someone at risk contacts. Encourage them to get

**Remember privacy of the suicidal person**, be respectful and do not gossip

Avoid saying things like: "You have so much to live for," "Your suicide will hurt your family," or "Look on the bright side."

**Act shocked or make value judgements.**

**Promise confidentiality.**

## Community Mental Health Services

The following support services are available to everyone:

provides a 24 hour phone crisis support service to anyone at anytime. Lifeline also provides

Phone: 13 11 14

Website: \_\_\_\_\_

**Suicide Call Back Service** is a 24 hour, 7 days a week phone crisis counselling service for people at risk of suicide, carers of someone who is suicidal and those bereaved by suicide. You can also access up to 6 counselling with the same counsellor at times scheduled to suit you, if you don't already have professional

Phone: 1300 659 467

Website: \_\_\_\_\_

provides a 24

Australia achieve their best possible mental health, whatever their age and wherever they live. The website also

Phone: 1300 224 636

Website: \_\_\_\_\_

the first point of contact to public mental health services

24 hours a day, 7 days a week. Following triage, they facilitate the most appropriate type of care inpatient,

Phone: 1300 642 255

## Student Counselling and Wellbeing Service (on-campus and telehealth support for students)

1800 246 446 to check if the emergency appointment is still available. The Service is open Monday to Friday from 9am to 4pm. After hours, weekends and public holiday, students can be referred to JCU Urgent Mental Health Support Line:

Text: 0485 885 981, Telephone: 1300 270 254