

Support from your GP



Your local GP can work with you to:

- Develop strategies to improve and maintain your mental health
- Referral to a mental health expert
- Develop a mental health plan

Support lines/counselling 24/7



Crisis support & suicide prevention

Bendigo Mental Health Triage: 1300 363 788

Lifeline: 13 11 14 or text 0477 13 11 14 (6pm–midnight)

Immediate help for **depression and anxiety**

Beyond Blue 1300 224 636

Professional phone and online counseling if you or someone you know is **feeling suicidal**

Suicide Call Back Service: 1300 659 467

Suicide Line: 1300 651 251

Counselling for young people

Kids HelpLine (aged 5-25): 1800 55 1800

headspace (aged 12-25): 1800 650 890

Counselling for men

MensLine Australia: 1300 789 978

LGBTIQA+ peer support and referral

Switchboard: 1800 184 527

QLife: 1800 184 527

First Nations Support

Dardi Munwurro (Aboriginal men): 1800 435 799

Yarning Safe'n'Strong: 1800 959 563

Alcohol & Other Drug support:

DirectLine –1800 888 236

Family Violence & Sexual Assault Support:

1800RESPECT— 1800 737 732

Counselling Services



CHIRP Community Health:
5479 1000

Bendigo Community Health:
5406 1200

CatholicCare: 5438 1300

Centre Against Sexual Assault
(CASA): 5441 0430

Centre for Non-Violence:
1800 884 292

Drug & Alcohol— ACSO:
1300 022 760

Financial Counselling & Gambler's
Help—Anglicare: 1800 244 323

Mental Health Support Services



Head to Help: 1800 595 212

Mind Australia: 1300 286 463

Golden City Support Services:
5434 2777

Peer Support



If bereaved by suicide

The ELM Network ~ Every Life Matters ~ is a suicide prevention and awareness group in Mount Alexander, established in late 2016

Website: <https://www.cch.org.au/elm/>

Email: theelmnetwork@gmail.com

This brochure was created by the

Mount Alexander Suicide Response Group (MASRG)

The Mount Alexander Suicide Response Group, re-established in late 2020, is made up of members from Ambulance Victoria, Anglicare Victoria, Castlemaine Health, Castlemaine Secondary College, Central Vic Primary Care Partnership, Castlemaine District Community Health, ELM, headspace Bendigo, HALT Hope Assistance Local Tradies, Mount Alexander Shire Council, Mind Australia Limited, Mostyn Street Clinic, Murray PHN, Nalderun, Standby and Victoria Police.

Mount Alexander Shire

Feeling Suicidal? OR Know Someone who is?

Suicidal thoughts come up for most people at some time in their lives.

Please remember that thoughts of suicide can pass and that having thoughts does not mean that you have to act on them.

This leaflet provides reliable information and resources for those living in Mount Alexander Shire region.

If you live in the Mount Alexander Shire these services can help

HELPING YOURSELF

Having suicidal thoughts can be due to feeling overwhelmed, that your life is out of control and that you may never get better. You might think that people will be better off without you. Please remember that thoughts of suicide can pass and that having thoughts does not mean that you have to act on them.

Here are some things that have helped other people:



Think about another time you felt stressed, what did you do to cope. Can you do that again? Think about the last time you felt a little better.



Take time out — It's ok to give yourself time out from the pain you are experiencing by doing something you enjoy, even if you don't feel like doing it all the time.



Distract yourself by doing something you enjoy, such as:

- listen to music
- watch a movie
- take a bath or shower
- make a cup of tea
- go for a walk
- read or write
- draw or paint
- talk to a trusted friend or family member
- play with a pet
- play a video game
- cook your favourite meal
- do some gardening
- play a musical instrument
- watch stand-up comedy online



Stay connected and accept support from friends, family, and support networks.



Use relaxation techniques, e.g. meditation, breathing exercises or mindfulness. These can be found on YouTube or there are many good apps to guide you through these exercises.



Seek further support, such as from a counselor or helpline

TALKING ABOUT SUICIDE

Having a conversation about suicide can be daunting, you may think, how can I talk to them about it or what will it bring up?

If you are concerned about someone it is important to start the conversation. Giving them the space and opportunity to talk about their thoughts and feelings can help them feel supported and may assist them in seeking further support.

You can begin the conversation by saying things like:

- "I've noticed you haven't been yourself lately, is everything okay?"
- "You seem really down/sad/angry lately, I'm worried you might be thinking of hurting yourself or suicide"

Let the person know that you are concerned and that you care. Let them know that you have noticed a change in their behaviour, thoughts and feelings or something that they said that may have alerted you. Be honest and genuine.

When discussing suicide, ensure you listen carefully, show respect and understanding. Avoid dismissing, minimising or judging their problems. Remind the person that even though they are having suicidal thoughts, they can choose not to act on them. Offer realistic hope, it is possible for situations to change for the better.

If you are concerned that someone may be suicidal, after this conversation it is best to suggest they visit their GP straight away for advice and referral to a mental health professional. You may want to accompany them. Providing ongoing support to someone who is suicidal can be very difficult, and is not something you need to take on alone.



ARE YOU CONCERNED ABOUT SOMEONE?

People who are thinking of suicide may show warning signs. It is important to remember that these warning signs do not necessarily mean someone is suicidal and not all people who take their own lives show warning signs.

Some warnings signs may be:

- Talking about feeling hopeless, having no reason to live, being a burden to others or feeling trapped
- Increased use of drugs or alcohol
- Withdrawing from activities
- Mental Health issues
- Isolating from friends and family
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Relationship breakdown
- Unemployment or financial stress
- Chronic disease or pain
- Bereavement or grief

If you are concerned that someone may be feeling suicidal, please call 000 if they are in imminent danger. Otherwise, we suggest referring them to their GP as soon as possible to get a referral for support.

In an Emergency

Ambulance Victoria are the primary responders for assistance if you are feeling suicidal. If yours or someone else's life is in danger, please call 000 or go to the Castlemaine Hospital Emergency Department.



Ring 000 for emergency transport to hospital