

Suicidal Thoughts

What is it?

Sometimes, people have thoughts about wanting to harm themselves or end their life. These thoughts may occur in response to distressing life events or a mental health issue that is getting worse.

If you are having suicidal thoughts, it's very important to understand there is always help available – regardless of who you are, where you live, or the challenges you're facing. Your life will always be worth living. There are many resources and people to help you.

For 24-hour emergency support phone the Mental Health Line on 1800 011 511

What will my GP do now?

Talking about this topic isn't easy, but doing so is the first step towards feeling better. Remember, you are never alone. Your GP is here to support you.

Your GP will continue to talk to you about the reasons why you may be having these thoughts and work on strategies to help you feel better. Your GP will:

- Assess any risk for you and others and take steps to maintain your safety
- Work with you to develop a safety plan - a safety plan is a series of steps to help keep you safe.
- Work out the best supports and treatment for you including counselling, medicine, or both
- Provide a list of support services to help you when you are feeling down (like the ones on this factsheet)
- Talk to you about a referral for specialist help, such as a psychiatrist or psychologist
- With your consent, ask to talk to your family and friends

Your GP will want to see you in the next few days, and on an ongoing basis, to continue these discussions and support you.

What can I do?

- Try to be as honest as possible with yourself about how you are feeling and what is causing you to feel this way. Remember, there is no judgement, only support.
- Continue to seek help from your GP and any other health professional you have been referred to.
- Counselling can make a big difference, consider talking to your GP about a referral.
- Think about the aspects in your life that make you feel better, or give you meaning. Think about the people in your life you care about. How would they feel if you were gone?
- Consider the future, and the activities you enjoy, or once enjoyed.
- Don't isolate yourself, try to stay around other people and talk to your mates.
- Avoid drugs and alcohol as they can make you feel worse. Try and reduce these as much as you can.
- Accept support, people who are suicidal often believe they are being a burden to others. You are not a burden, let others help you.
- Be patient, these thoughts may seem overwhelming but they will pass.

My Safety Plan

A safety plan includes strategies to help cope with suicidal thoughts and what to do if you are feeling overwhelmed.



KEEP SAFE CARD IF IN AN EMERGENCY CRISIS

Go to the nearest hospital Emergency Department or call 000
Call the Mental Health Line on. **1800 011 511**

CRISIS SUPPORT PHONE SERVICES

Lifeline **13 11 14**
Kids Helpline **1800 551 800**
Beyond Blue Suicide Support **1300 224 636**
Suicide Call Back Service **1300 659 467**
SANE Helpline **1800 187 263**
Mensline Australia **1300 789 978**

The Keep Safe Card above can be used if you are having suicidal thoughts. Fill out the back and cut it out to keep in your wallet.

What supports are available?

Public mental health and counselling services

South Western Sydney Local Health District Mental Health Services offer assessment, treatment, and short-term support for people who are suicidal. You or your GP can refer by calling **1800 011 511**.

Primary and Community Health also have counselling services for children and young people who are not currently in crisis. You or your GP can refer your child to the Child Psychology Service on **8788 4200**. If you are a young person, you can refer to Youth Health Services.

Private and Non-Governmental Organisation counselling services

South Western Sydney PHN operates a suicide prevention service. This service is for people with suicidal thoughts who are not at high risk. The suicide prevention service provides referrals for treatment and phone support. Speak to your GP about a referral to this service.

There are three Headspace centres for young people under age 25. The centres are in Bankstown, Liverpool, and Campbelltown. Visit headspace.org.au.

There are a large number of private mental health providers in South Western Sydney. Talk to your GP about what rebates are available.

Safe Haven

Safe Haven provides a free, non-clinical alternative to the Emergency Department for suicide support. [View brochure](#).

Want more information?

If you or someone you know is struggling, the following free resources can help.

South Western Sydney Local Health District Mental Health Services are available in Bankstown, Liverpool, Fairfield, Campbelltown and Bowral. Call the Mental Health Line on **1800 011 511** or visit their website www.swslhd.health.nsw.gov.au/MentalHealth.

Head to Health hubs are located in Bankstown and Liverpool. Call **1800 595 212** Monday to Friday, 8.30am to 5pm (except public holidays) to talk to a trained professional about the appropriate support for you.

Other useful websites

- Beyond Blue: beyondblue.org.au
- Black Dog Institute: blackdoginstitute.org.au
- Kids Helpline: kidshelpline.com.au
- LIFE Fact Sheets: livingisforeveryone.com.au
- Lifeline: lifeline.org.au
- Men's Line Australia: mensline.org.au
- Reachout: au.reachout.com
- SANE Australia: sane.org

What questions could I ask my doctor?

- Who can I talk to if I don't have any support at home?
- Who can I talk to if it gets really bad?
- What can I do if I go home and start to feel worse again?
- Should I avoid drinking/taking drugs?
- What can I do to work on this myself?
- How can I get past these thoughts that there's no way out of my current situation?



Strategies I can use if I am starting to have suicidal thoughts:

1. _____

2. _____

3. _____

Support person I can call: _____

Their phone number: _____

Confidentiality

Whatever you tell your GP is private. Your GP will always take steps to protect your safety if you are at serious risk of self-harm, harm to others, or harm from others.

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs