University Counselling
Suicide

Are you concerned about a student, friend, family member or other person?

Are you feeling distressed or depressed?

Have you had suicidal thoughts?

Suicide warning signs may include, but are not limited to:

• Thinking about, communicating about or planning suicide
• Withdrawal or avoidance of being around others
• Sudden changes in behaviour or mood
• Feeling alone or isolated
• Feeling worthless
• Being aggressive or angry
• Making negative comments about self or talking about death a lot
• Substance abuse
• Feelings of hopelessness and helplessness or being ‘out of control’
• Getting into risky or dangerous situations
• Giving away possessions or making a will
• Previous suicide attempts or increased self-harming behaviours

What can you do if you are experiencing warning signs?

• Reach out for support – connect with someone or a service. There is always help available.
• Talk to a trusted friend or relative.
• Make an appointment to see a GP, counsellor or local mental health service.
• Call Lifeline on 13 11 14, or Suicide Call Back Service on 1300 659 467.

How you can help someone who is experiencing warning signs.

• If you think that someone’s life is in immediate danger call 000 (Australia only) and stay with them until help arrives.
• If someone says they’re thinking about suicide, it’s important you take it seriously.
• Tell them that you care about them and you want to help.
• Offer to help them make an appointment with a counsellor or GP.
• For confidential advice and support call a crisis support line – such as Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

For further advice contact Beyond Blue
Phone 1300 22 4636 or visit www.beyondblue.org.au/the-facts/suicide