



Suicide prevention services guide

A guide to community-based suicide prevention services in the North Brisbane and Moreton Bay region

Lifeline 13 11 14

Emergency services 000 (112 from a mobile)

phn
BRISBANE NORTH

An Australian Government Initiative

Purpose statement

The purpose of this document is to provide community members, GPs and service providers with a central place to locate information about local suicide prevention services in the North Brisbane and Moreton Bay region and to help people navigate which services to contact depending on individual circumstances. An electronic version of the guide is also available online at www.brisbanenorthphn.org.au and will be kept up to date.

Footnote

Input into this guide has been provided by people with a lived experience of suicide and key stakeholders who work in the suicide prevention sector. Many efforts have been made to extensively map existing services, however it is acknowledged that this document is not exhaustive of all suicide prevention services that are available in the region. If you are aware of additional suicide prevention services, please contact Brisbane North PHN.

The following is a self care plan developed by Roses in the Ocean. This can be used by community members or by GPs and other service providers.

My self care plan

We can't plan for an emergency once it has already happened - we need to ensure that we have a plan in place, in case an emergency arises. So it follows that we really ought to have our personal self care plan thoughtfully considered before we find ourselves in a period of significant stress, distress or crisis.

Take the time to complete your personal self care plan.

Three positive coping strategies I can use if I'm stressed or distressed:

Examples: write in a journal, call a friend, family member, mental health professional and break the problem into smaller manageable issues.

- 1
- 2
- 3

Three things I can do to relax:

Examples: Go for a run/walk, watch a movie, meditate.

- 1
- 2
- 3

Three people, professionals and/or services I can call if I need to talk:

- 1
- 2
- 3

www.rosesintheocean.com.au | 1300 411 461 | info@rosesintheocean.com.au



Roses in the Ocean
stemming the tide of suicide

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Crisis support

Who do I call if I am feeling suicidal now or am experiencing a personal crisis?

Are you in immediate danger or cannot keep yourself safe?

Call 000 or 112

If you, or someone you are with, is in immediate danger call 000 (or 112 from a mobile) or go to your nearest hospital emergency department.

Lifeline (24/7)

www.lifeline.org.au

13 11 14

Telephone crisis support service available 24/7 from a landline, payphone or mobile for anyone across Australia thinking about suicide or experiencing a personal crisis.

Also, crisis support chat available 7 days/week between 7.00pm–midnight AEST.

Suicide Call Back Service (24/7)

www.suicidecallback.org.au

1300 659 467

A nationwide service that provides 24/7 telephone support to people 15 years and over who are feeling suicidal, caring for someone who is suicidal, or who are bereaved by suicide.

Also, online text based counselling 24/7, online information and resources.

Kids Helpline (24/7)

www.kidshelpline.com.au

1800 55 1800

Free phone counselling 24/7 for children and young people aged 5–25. Talk about anything that is going on in your life to someone who will listen and care.

Also, WebChat between 8.00am–midnight and email counselling.

MensLine Australia (24/7)

www.mensline.org.au

1300 78 99 78

Telephone support and referral service available 24/7 for men with family and relationship concerns (including relationship difficulties, separation and family breakdown, parenting, family violence and emotional wellbeing). Professional counsellors experienced in men's issues.

Also, online chat counselling, video counselling and online tips and tools.

Children's Health Queensland Hospital and Health Service – Acute Response Team (24/7)

www.childrens.health.qld.gov.au

3068 2555

The Acute Response Team provides 24/7 mental health triage, assessment and referral to children and young people up to 18 years in acute crisis (suicide risk, non-suicidal self-injury, acute mental health issues).

Ongoing phone support, follow up and advice where needed.

In addition to crisis support lines above, is there someone who you feel comfortable with who you could call now to talk about how you are feeling?

Helplines (in addition to crisis lines)

Who else can I call to talk about thoughts of suicide, or of painful feelings, or about any issues (big or small) that I am trying to cope with, or... *if I just don't feel myself?*

beyondblue

www.beyondblue.org.au

1300 22 4636

For anyone who needs to talk to someone about any difficulties or concerns (big or small) going on in your life.

Phone support 24/7, online chat 7 days/week 3.00pm–midnight, email support with response within 24hrs, online forums.

Kids Helpline (24/7)

www.kidshelpline.com.au

1800 55 1800

Free phone counselling 24/7 for children and young people aged 5–25. Talk about anything that is going on in your life to someone who will listen and care.

Also, WebChat between 8.00am–midnight, email counselling.

Lifeline (24/7)

www.lifeline.org.au

13 11 14

Telephone crisis support service available 24/7 from a landline, payphone or mobile for anyone across Australia thinking about suicide or experiencing a personal crisis.

Also, crisis support online chat available 7 days/week between 7.00pm–midnight AEST.

MATES In Construction National Helpline (24/7)

1300 642 111

www.matesinconstruction.org.au

Support for workers (and their families) in the building and construction industry who need assistance with any personal issues, emotional issues or general support and help.

Check the website for details, or call the 24/7 helpline above.

MensLine Australia (24/7)

www.mensline.org.au

1300 78 99 78

Telephone support and referral service available 24/7 for men with family and relationship concerns (including relationship difficulties, separation and family breakdown, parenting, family violence and emotional wellbeing). Professional counsellors experienced in men's issues.

Also, online chat counselling, video counselling and online tips and tools.



QLife

www.qlife.org.au

1800 184 527

QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, transgender, and/or intersex (LGBTI). QLife provides nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.

QLife phone and online chat are available 3.00pm–midnight.

ReachOut.com (under 25yrs)

www.au.reachout.com

If you are under 25 years of age, ReachOut.com can provide you with information and support for a variety of topics and difficult issues (e.g. bullying, exam stress, alcohol, depression and violence).

Visit the website now to get the tools you need to make life easier.

SANE Australia

www.sane.org

1800 18 7263

For anyone who requires information, guidance, referrals and support. SANE Australia does not provide crisis support. Please see page 5 for crisis lines.

SANE helpline and helpline chat available weekdays, 10.00am–10.00pm AEST. Check site for more details.



Suicide Call Back Service (24/7)

www.suicidecallback.org.au

1300 659 467

A nationwide service that provides 24/7 telephone and online counselling to people 15 years and over who are feeling suicidal, caring for someone who is suicidal, or who are bereaved by suicide.

Advice for health professionals supporting people affected by suicide is also available. Additionally, the service can provide up to six further telephone counselling sessions with the same counsellor scheduled at times best suited to your needs.

Phone counselling 24/7, online text based counselling 24/7, online information and resources. Check site for more details.

1300 MH CALL (24/7)

1300 64 22 55

A centralised telephone triage service that provides the North Brisbane and Moreton Bay community with access to local mental health information and advice 24/7.

This service is available to all community members including mental health patients, carers, GPs and health professionals.

Face-to-face specialist support

Who can I see in person to talk about thoughts of suicide, or of painful feelings, or about any issues (big or small) that I am trying to cope with, or... *if I just don't feel myself?*

Psychology and counselling (all ages)

Better Access Initiative

www.health.gov.au

Mental health clinicians are trained and skilled to support people experiencing emotional, behavioural or psychological issues or who are feeling suicidal. A GP can complete a Mental Health Care Plan, which enables you to access up to 10 individual counselling sessions in a calendar year under the Better Access initiative and refer you to the most appropriate clinician or service. Talk to your GP about costs and if you are experiencing financial difficulties.

See link above and follow these tabs for more information: *For Consumers > Education and Prevention > Mental Health > Programs > Better Access to Psychiatrists, Psychologists and General Practitioners through the MBS (Better Access) initiative*

Brisbane MIND Initiative

www.brisbanenorthphn.org.au

Depending on your individual needs, age and if you are experiencing financial hardship, your GP may make a referral for you into the Brisbane MIND, Brisbane MIND4KiDS, or Brisbane MIND Suicide Prevention program, where there is no out of pocket fee to access psychological services.

This service is available for people living in the North Brisbane and Moreton Bay regions.

See website and follow these tabs for more information: *Health Professionals > Mental Health Services > Brisbane MIND Services.*

Local doctor

www.nhsd.com.au

A General Practitioner (GP) can provide you with support and guidance and discuss different referral options for where you can access further support. Your GP is usually familiar with different local services and can recommend a particular service depending on your individual circumstances. If you do not have a regular GP and would like to locate a practice close to you – refer to the National Health Services directory above.

headspace (12–25yrs)

www.headspace.org.au

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it as easy as possible for a young person and their family to access the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. There are a variety of health workers who can assist you such as a GP, psychologist, social worker, alcohol and drug worker, counsellor, vocational worker or youth worker.

A GP can make a referral under the Better Access initiative, so that there is no out of pocket payment.

Check the site for details and for your nearest headspace centre.



TALK SUICIDE Support Service (15+)

www.caps.org.au/about-talk-suicide-support-service

1800 008 255

A free outreach service for people 15 years and over in the North Brisbane and Moreton Bay region, which provides practical, non-clinical support to people at risk of suicide, as well as their families and friends. Both telephone and face-to-face support is available. The location will be chosen together, often outdoors, in a relaxed and neutral environment. It may be a park, a beach or even a coffee shop, but it will be somewhere that is conducive to conversation and establishing a supportive relationship based on confidence and trust.

Monday–Friday 9.00am–4.30pm however after hours and weekends is also provided. Check site or call for details.

The Way Back Support Service (15+)

1300 180 608

The Way Back Support Service provides wrap around support for people in the first few months following a suicide attempt. This trial service based at Redcliffe, integrates, complements and works collaboratively with the Redcliffe Hospital to improve the immediacy of follow-up response for people who have recently attempted suicide. A staff member from The Way Back Support Service will make contact with you within 24 hours of receiving a referral from Redcliffe Hospital, to check in and see how things are going. The Way Back team at the Redcliffe site consists of both clinical and non-clinical staff, who will work together with you to identify what personalised support you require and help you to access services you may need. You are also welcome to make contact with us any time during the three months after you leave hospital. Wherever possible the service will work with and provide support to the families and carers of people at risk.

This trial service is currently funded until June 2018. As the trial progresses and dependent on demand, the service may extend referrals more broadly across the Redcliffe and Redcliffe Peninsula region, to other service providers (e.g. GPs, community mental health clinics, police, ambulance etc.) where people may present following a suicide attempt.

This service is free to access and operates seven days per week including after hours and on weekends.

Specific population group services

Where can I start if I am looking for a service within my community?



Aboriginal and Torres Strait Islander

Institute for Urban Indigenous Health (IUIH)

www.iuih.org.au

1800 254 354

IUIH was established in 2009 by the four Community Controlled Health Services in SEQ to provide for the needs of Australia's second largest Indigenous population. This service is for Aboriginal and Torres Strait Islander people and is focused on strengths based resilience building and suicide prevention.

IUIH Connect will link you to the Social Health team, who will refer to either a social health team practitioner, or the MomentIM school based program (for youth). Check site or call for further details.

See website above and follow these tabs:
Services > Clinical Service Delivery > IUIHconnect

Children and youth support (for young people and their carers)

School-based support

If you are a young person who is having difficulties or challenges, not feeling yourself, feeling sad or anxious, or feeling suicidal, there are school staff who can support you and provide information and guidance on where you can go to access further specialist support (e.g. a counsellor or psychologist). Different schools will have different support staff. Try starting with your school Guidance Officer or Counsellor, a school nurse, school chaplain, or a trusted teacher or coach.

A guidance officer or counsellor can also assist you by organising a referral to a GP or local service provider.

Your school may also be able to support you to access additional assistance at school whilst you are experiencing these difficulties.

If you still can't get the help you need, try the services below or call one of the crisis lines on page 5.

headspace (12–25yrs)

www.headspace.org.au

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it as easy as possible for a young person and their family to access the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. Young people can access the type of health worker they need, for example a GP, psychologist, social worker, alcohol and drug worker, counsellor, vocational worker

or youth worker. A number of centres also have Aboriginal and Torres Strait Islander health workers, welfare workers and family therapists.

A GP can make a referral under the Better Access initiative, so that you are bulk billed (no out of pocket payment). Check the site for details and for your nearest headspace centre.

Kids Helpline (5–25yrs)

www.kidshelpline.com.au

1800 55 1800

For children and young people aged 5–25. Talk about anything that is going on in your life to someone who will listen and care. Free call including from mobiles.

Phone counselling 24/7, WebChat between 8am–midnight, email counselling. Check site for more details.



ReachOut.com (under 25yrs)

www.au.reachout.com

If you are under 25 years of age, ReachOut.com can provide you with information and support for a variety of topics and difficult issues (e.g. bullying, exam stress, alcohol, depression and violence).

Visit the website now to get the tools you need to make life easier.

TALK SUICIDE Support Service (15+)

www.caps.org.au/about-talk-suicide-support-service

1800 008 255

A free outreach service for people 15 years and over in the North Brisbane and Moreton Bay region, which provides practical, non-clinical support to individuals at risk of suicide, as well as the families and friends of people at risk. Both telephone and face-to-face support is available. The location will be chosen together, often outdoors, in a relaxed and neutral environment. It may be a park, a beach or even a coffee shop, but it will be somewhere that is conducive to conversation and establishing a supportive relationship based on confidence and trust.

Monday–Friday 9.00am–4.30pm however after hours and weekends is also provided. Check site or call for details.

Youth beyondblue

www.youthbeyondblue.com

Going through tough times? Stress, anxiety and feeling down can affect anyone, and in fact happens to a lot of us at some point in our lives. We all have good days and bad days. However, if you're feeling sad, down or anxious and these feelings have started to affect what you would normally enjoy or do, then it's important to find out what's going on and what you can do about it.

Visit the website for more information.

Construction industry

MATES in Construction (MIC)

www.matesinconstruction.org.au

07 3063 7055 or 1300 642 111

The MIC program is a suicide prevention program that encourages workers (and their families) to seek help, often with the help of their mates, before an issue gets so big that they consider suicide.

MIC provides case management, critical incident support, and postvention support for people who are referred by MATES in Construction. Check site for details for how MIC can come to your worksite.

See website above and follow these tabs:
About Us > How MIC Works



Culturally and linguistically diverse community

QPASTT Nexus Program (12–24 years)

www.qpastt.org.au

07 3391 6677

Free, individual counselling and group programs for young people aged 12–24 years, who are from refugee backgrounds. This services is delivered across Brisbane North and Brisbane South PHN regions.

Call for further information about eligibility criteria and referral pathways or see website above and follow these tabs:
What we do > Children & Youth Programs

Queensland Transcultural Mental Health Centre

www.metrosouth.health.qld.gov.au/qtmhc

1800 188 189

The Queensland Transcultural Mental Health Centre (QTMHC) is a statewide service which provides an information, referral, resource and clinical consultation service. Services are provided free of charge. The QTMHC's mission is to work in partnership with mental health services, ethnic communities and other agencies to improve the quality, accessibility and appropriateness of services and promote the mental health and wellbeing of culturally and linguistically diverse communities in Queensland.

Office hours are Monday–Friday
8.30am–5.00pm. Check site or call for more details on available services.

Current or ex-serving military

Veterans and Veterans Families Counselling Service

www.vvcs.gov.au

1800 011 046

A free nationwide counselling and support service for war and service-related mental health conditions such as posttraumatic stress disorder, anxiety, depression, sleep disturbance and anger related issues. Support is also available for relationship and family matters that can arise due to the unique nature of military service.

During business hours you will be connected to your nearest VVCS centre. After hours you will be connected with the Veterans Line. Check site for eligibility criteria for active servicemen/women, veterans and family members.

MATES4MATES

[www.mates4mates.org/our-services/
psychological-services/](http://www.mates4mates.org/our-services/psychological-services/)

1300 4 MATES (1300 4 62837)

For current or ex-serving Australian Defence Force personnel, this service offers a range of evidence-based therapies tailored to the individual, couple or family members of any eligible 'Mate.'

See link above and follow these tabs: *Our Services > Psychological Services*

Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI)

QLife

www.qlife.org.au

1800 184 527

QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, transgender, and/or intersex (LGBTI). QLife provides nationwide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.

QLife phone and online chat are available 3pm-midnight. QLife is also a referral service.



Perinatal support

PANDA

www.panda.org.au

1300 726 306

Information and support for people experiencing perinatal anxiety and/or depression and their partners and carers. Information for during pregnancy, after birth, factsheets and resources.

**Phone support Monday-Friday
9.00am-7.30pm AEST**

Peach Tree Perinatal Wellness

www.peachtree.org.au

0430 046 326

Peach Tree is a peer-led organisation supporting and educating new, existing, and expecting parents. Some services include parent groups, Sunshine parenting program, parenting workshops and regular events.

See link above or call for further information.

Pregnancy Counselling Link

www.pcl.org.au/about-pcl.php

1800 777 690

Pregnancy Counselling Link (PCL) is a community agency, staffed by tertiary qualified, professional counsellors, which supports women on issues affecting them, in the areas of pregnancy, parenting, relationships, navigating life changes, fertility issues and loss and grief. Support is also available for partners and other family members. Counsellors provide non-directive counselling, information and emotional support.

See link above or call for further information.

University students

Many universities offer counselling and crisis support.

Contact your university or check their website to find student support services.

Friends, family, community members

Where can I find guidance on what to say and actions to take if I am concerned that someone is at risk of suicide?

Black Dog Institute

www.blackdoginstitute.org.au

Provides guidance on four steps to take if you are worried that someone is thinking about taking their own life.

See link above and follow these tabs: *Clinical Resources > Suicide & self-harm > Warning signs*

Conversations Matter

www.conversationsmatter.com.au

Online resources which provide basic tips to help you with how to talk to someone who may be thinking about suicide.

See link above and follow these tabs: *Community Resources > Resources for individuals and community*

RUOK? website

www.ruok.org.au/how-to-ask

Provides step-by-step guidance on how to ask, listen, encourage action and support someone who you are concerned about.

Check site for more details.

Suicide Call Back Service

www.suicidecallbackservice.org.au

1300 659 467

Provides guidance on how to start a conversation about suicide, how to talk with someone about their suicidal thoughts, and steps to take if you or someone is at immediate risk.

See link above and follow these tabs: *I'm worried about someone > How can I talk to them about it?*



Parents and guardians

What services are available if I am concerned that a child or young person is at risk of suicide?

Local doctor

www.nhsd.com.au

If you are a parent/guardian who is concerned that a young person is not themselves or is at risk of suicide, a GP can provide support and discuss with you different referral options for how and where you can access further support. Your GP is usually familiar with different local services and can recommend a particular service depending on your individual circumstances. If you do not have a regular GP and would like to locate a practice close to you – refer to the National Health Services directory above.

For information about psychology and counselling services (Better Access Initiative and Brisbane MIND Initiative), please see specialist face-to-face support on page 8.

School-based support

If you are a parent/guardian who is concerned about a young person, or if they just do not seem themselves, talking to school staff can provide you with initial help, support, information and guidance on where you can go to access further specialist support (e.g. a counsellor or psychologist). Different schools will have different support staff. Try starting with your school guidance officer or counsellor, a school nurse, school chaplain, or a trusted teacher or coach. A guidance officer or counsellor can also assist with facilitating a referral to a GP or local service provider, and may be able to support your young person to access additional assistance at school whilst they are experiencing difficulties.

headspace

www.headspace.org.au

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12–25 year olds. The service is designed to make it as easy as possible for a young person and their family to access the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. Young people can access the type of health worker they need, for example a GP, psychologist, social worker, alcohol and drug worker, counsellor, vocational worker or youth worker. A number of centres also have Aboriginal and Torres Strait Islander health workers, welfare workers and family therapists.

A GP can make a referral under the Better Access initiative, so that you are bulk billed (no out of pocket payment). Check the site for details and for your nearest headspace centre.

Parentline

www.parentline.com.au/about-us/

1300 30 1300

Support and advice for parents and carers (e.g. managing challenging behaviours, relationship and custody issues, emotional wellbeing of children and young people).

Phone support 7 days/week, 8.00am–10.00pm. Check site for details.

TALK SUICIDE Support Service (15+)

www.caps.org.au/about-talk-suicide-support-service

1800 008 255

A free outreach service for people 15 years and over in the North Brisbane and Moreton Bay region, which provides practical, non-clinical support to individuals at risk of suicide, as well as their families and friends of people at risk. Both telephone and face-to-face support is available. The location will be chosen together, often outdoors, in a relaxed and neutral environment. It may be a park, a beach or even a coffee shop, but it will be somewhere that is conducive to conversation and establishing a supportive relationship based on confidence and trust.

Monday–Friday 9.00am–4.30pm however after hours and weekends is also provided. Check site or call for details.

ReachOut

www.au.reachout.com

If you are a parent or guardian who would like to find articles, information or tools to help support a young person, ReachOut.com helps under 25s with a variety of topics and difficult issues (e.g. bullying, exam stress, alcohol, depression and violence).

Visit the website now for more information.



Suicide bereavement

I've lost a loved one by suicide, where can I get support?

Lifeline

www.lifeline.org.au/static/uploads/files/survivors-of-suicide-booklet-wftsozqanpxf.pdf

Survivors of Suicide – Coping with the Suicide of a Loved One provides bereavement support and information prepared by people with a lived experience of suicide.

Available online, following link above or contact Lifeline on 13 11 14.

StandBy Support After Suicide (24/7)

www.unitedsynergies.com.au

0438 150 180

Provides 24/7 support to people and communities exposed to or bereaved by suicide via a locally based coordinated community response. StandBy also responds to school settings, work places, community groups and other types of multiple bereavement experiences. Access is available regardless of when the bereavement occurred. Face-to-face support can be provided 7 days a week.

See link above and follow these tabs: *Home > How we help > Support after suicide > Standby Support After Suicide – All Ages*

Suicide Call Back Service (24/7)

www.suicidecallbackservice.org.au

1300 659 467

A nationwide service that provides 24/7 telephone and online counselling to people 15 years and over who are feeling suicidal, caring for someone who is suicidal, or who are bereaved by suicide. Advice for health professionals supporting people affected by suicide is also available.

The service can provide up to six further telephone counselling sessions with the same counsellor scheduled at times best suited to your needs.

Information and resources about suicide bereavement, looking after yourself, who you can talk to and supporting children and adolescents bereaved by suicide is also available.

See link above and follow this tab: *I've lost someone to suicide*

Survivors of Suicide Bereavement Support Association (SOSBA)

www.sosbsa.org.au/Home.php

secretary@sosbsa.org.au

A support group based at Annerley for people who have lost a loved one to suicide. The SOSBSA acknowledges and accepts all individuals.

If you would like more information or are seeking support – check site for details and for support groups across Australia.

Survivors Of Suicide Fighting Against Suicide Toll (SOS Fast)

www.facebook.com/sosfasttttt/

A Facebook page dedicated to people who have died by suicide and to provide support for people bereaved by suicide.



Community Postvention

Someone in my community has died by suicide and I am concerned about the impact on others – where can I get support?

headspace School Support

www.headspace.org.au/schools

0455 079 803

Outreach assistance for Australian school communities to prepare for, respond to and recover from the death of a student by suicide.

Call or check site for further details.

MATES in Construction

www.matesinconstruction.org.au/about/how-mic-works/

07 3063 7055 or 1300 642 111

The MIC program is a suicide prevention program that encourages workers (and their families) to seek help, often with the help of their mates, before an issue gets so big that they consider suicide.

MIC provides case management, critical incident support, and postvention support for people who are referred by MATES in Construction. Check site for details for how MIC can come to your worksite.

See website and follow these tabs: *About Us* > *How MIC Works*

StandBy Support After Suicide (24/7)

www.unitedsynergies.com.au

0438 150 180

Provides 24/7 support to people and communities exposed to or bereaved by suicide via a locally based coordinated community response. StandBy also responds to school settings, work places, community groups and other types of multiple bereavement experiences. Access is available regardless of when the bereavement occurred. Face-to-face support can be provided 7 days a week.

See link above and follow these tabs: *Home* > *How we help* > *Support after suicide* > *Standby Support After Suicide – All Ages*

Peer Support

Who can I contact if I have a lived experience of suicide and would like to be involved in suicide prevention efforts in the community?

Brisbane West Suicide Prevention Network – Power of Us

1800 100 024

The Brisbane West Suicide Prevention Network has recently been established. This new network is open to all community members, organisations and service providers.

For more information contact Wesley LifeForce on the phone number above.

Moreton North Suicide Prevention Network

[facebook.com/Moreton.north.suicide.prevention.network](https://www.facebook.com/Moreton.north.suicide.prevention.network)

moreton.suicideprevention@gmail.com

The Moreton North Suicide Prevention Network is a community group developed by concerned residents of the Moreton North community in 2014 to assist in addressing the issue of suicide. Our mission is to actively engage the community to work together to reduce suicide and its impact through education and conversation, raising awareness of suicide prevention by attending and organising community events, and raising funds to enable the group to achieve its objectives.

Check site above or email for more information.

Roses in the Ocean

www.rosesintheocean.com.au

1300 411 461 or 0410 640 803

As a lead organisation for lived experience of suicide in Australia, we are focused on building a safe, trained and supported lived experience “workforce” with the expertise and skills needed to bring the lived experience as a voice of change in all aspects of suicide prevention.

Check website for information about events including World Suicide Prevention Day, training, mentoring programs, the speakers hub and the lived experience collective.



Life supports

I have other factors impacting on my wellbeing, where can I start to find the help and support I need?, where can I start to find the help and support I need?

Alcohol and other drug support

Alcohol and Drug Information Service (ADIS)

www.qld.gov.au

1800 177 833

Provides a free counselling, information and referral service for anyone with concerns about their own or someone else's use of alcohol or other drugs.

Anonymous and confidential service available 24/7. Check site or call for more information.

See link above and follow these tabs: *For Queenslanders > Health and wellbeing > Staying healthy > Alcohol, smoking and drugs > Drug use > Drug use: help and treatment*

Domestic and family violence, sexual assault or child abuse

1800RESPECT

www.1800respect.org.au

1800 737 732

National sexual assault, domestic and family violence counselling service.

Telephone and online counselling 24/7.
Check site for details.

Child Wise National Child Abuse Helpline

www.childwise.org.au

1800 99 10 99

Providing Australians with access to expert advice from trained counsellors and an opportunity to speak up about child abuse.

Monday–Friday, 9.00am–5.00pm AEST.
Check site for more details.

Eating disorder support

The Butterfly Foundation

www.thebutterflyfoundation.org.au

1800 33 4673 (1800 ED HOPE)

Butterfly's National Helpline is Australia's national eating disorders support service. Counsellors are experienced and professionally trained in supporting people affected by an eating disorder and provide information and guidance on treatment options and referral pathways.

Phone and web chat are available Monday–Friday 8.00am–9.00pm AEST (except public holidays). Email also available. Check site for details.

Note: The announcement of new funding to support the expansion of Butterfly's National Helpline ED HOPE, allowing hours of the service to be increased so it remains open from 8.00am to midnight seven days a week, will be implemented by February 2018.



Employment

Australian Government – Department of Employment

www.employment.gov.au/help-workers-who-have-recently-lost-their-job

13 62 68

Information about employment assistance for people who have recently lost their jobs, including for workers made redundant from eligible companies in specific industries.

www.qld.gov.au/jobs

13 QGOV (13 74 68)

Information including career advice, finding and applying for jobs, employee rights and returning to work.

Check sites for more details.



Financial difficulties

National Debt Helpline

www.ndh.org.au

1800 007 007

National Debt Helpline is a not-for-profit service that helps people tackle their debt problems.

Professional financial counsellors offer a free, independent and confidential service.

If you are having problems with debt talk to a free telephone financial counsellor (minimum opening hours are 9.30am–4.30pm Monday–Friday). Check site for details.

Gambling support

Gambling Help Online (24/7)

www.gamblinghelponline.org.au

1800 858 858

Support for anyone affected by gambling or for people who are concerned that someone they know is gambling too much.

Free, confidential and available 24/7. Online text chat and SMS support. Check site for more details.

Grief and bereavement

Australian Centre for Grief and Bereavement

www.grief.org.au

1800 642 066

The Australian Centre for Grief and Bereavement is an independent, not for profit organisation which is the largest provider of grief and bereavement education in Australia. Online resources including grief information sheets and supporting children and adolescents are available.

See link above and follow these tabs:
Publications & Resources > Resources for the Bereaved > Grief Information Sheets

Support Groups for Grief and Bereavement

www.bcl.com.au/brisbane/connect-qld/death-queensland.htm

See link above for information about various Brisbane support groups for grief and bereavement.

Legal advice

Legal Aid Queensland

www.legalaid.qld.gov.au

1300 65 11 88

Legal Aid provide assistance to people who are financially disadvantaged. Support includes legal information and advice, help in court, lawyer assisted dispute resolution, and referrals to other organisations.

Office hours are Monday–Friday 8.30am–5.00pm AEST.

Youth Legal Advice Hotline – 1800 LAQ LAQ (1800 527 527) is available Monday–Friday 8.00am–9.00pm and Saturday 7.00am–12.00pm. This hotline will be trialled from 15 November 2017 until 30 June 2018.

Indigenous information line – 1300 65 01 43
Monday–Friday 8.30am–5.00pm.



Homelessness

Homeless Hotline (24/7)

www.qld.gov.au/housing/emergency-temporary-accommodation/homeless-persons-information-qld

1800 474 753

Homeless Hotline is a 24/7 phone information and referral service for people who are experiencing homelessness or are at risk of homelessness. When you call, we will provide information about where you can find support, accommodation, meals or showers.

See link above or call the 24/7 helpline for further information.



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