

SANE

FACTSHEET

STAYING SAFE WHEN YOU'RE FEELING SUICIDAL

QUICK FACTS

- Feeling suicidal means feeling more pain than you can cope with at the time. But remember: no problem lasts forever.
- With help, you can feel better and keep yourself safe. People get through this — people who feel as badly as you feel now. So get help now. You can survive.

IF YOUR LIFE IS IN DANGER

- Tell someone how you feel
- Contact an emergency service to help keep you safe, such as:
 - Call 000
 - Call your local hospital and ask for the Mental Health Team
 - Go to your emergency department
 - Call a crisis helpline - they're listed at the end of this article

IF YOU'RE FEELING SUICIDAL BUT NOT IN DANGER RIGHT NOW

- Try to distance your thoughts and actions. Say to yourself, 'I will wait 24 hours before I do anything', so you can seek help during that period.
- Put any items you could use to hurt yourself out of reach or destroy them. Or ask a trusted friend to look after them.
- Do something that has brought you even a small amount of pleasure or distraction before, such as taking a walk, listening to music, taking a hot bath, watching a funny movie, reading or some slow deep breathing.
- Get together with others, even if you don't feel like it, so you are not alone.
- Reduce drug or alcohol use. These can make it more likely that you may harm yourself, by making you more impulsive and increasing feelings of depression.
- Write about your thoughts and feelings. Remember especially to write about the things

in your life that you value and appreciate, no matter how small they may seem to you.

- If you have developed a safety plan before, look at this again to remind yourself of strategies and ideas you have written before

LONG-TERM SUPPORT

Most suicidal thoughts are associated with underlying causes such as mental health issues (for example, depression), a trauma or difficult life events.

Psychological treatments can help, as can medication and support, or a combination of these. Remember people do get through this – even people who feel as badly as you feel now. Read more about [what treatment and support is available for mental health issues](#).

Or contact [SANE counselling support online or on 1800 187 263](#), Monday to Friday 10am-10 pm AEST/AEDT for support, information and referrals.

Some people develop safety plans to help them if they are feeling suicidal. If you haven't developed a safety plan, you can create one yourself – or with a trusted friend, family member, or professional – using the [Beyond Now](#) webpage or app.

WHERE TO CALL FOR HELP

For immediate assistance:

- Emergency Services: 000
- Crisis Assessment Team (CAT) or Psychiatric Emergency Team (PET) at your local major hospital
- [Suicide Call Back Service](#): 1300 659 467
- [Lifeline](#): 13 11 14
- [Kids Helpline](#): 1800 55 1800

CONNECT WITH OTHERS AND HEAR REAL STORIES

- [Visit the SANE Forums](#) to chat with others who get it. Start connecting with others who have been through mental health issues or suicidal thoughts and actions.
- [Visit Better Off With You](#) to find real stories of people who have survived suicidal thoughts and actions, and discovered how much they matter to the people around them.