



Lifeline <131 114> If you, or a friend, need to talk to someone about a problem immediately, you can call Lifeline for the cost of a local call.

Vietnam Veterans Counselling Service (VVCS)
This service is available to veterans of all deployments and their families. **VETLINE** - 24 hour emergency line (Sydney/Canberra) <1800 011 046>

AUSTRALIAN DEFENCE FORCE MENTAL HEALTH STRATEGY (ADFMHS)

Defweb Address <defweb2.cbr.defence.gov.au/dpedhs/>

Internet Address <www.defence.gov.au/dpe/dhs>

Email <ADF.MHS@defence.gov.au>



ADF MENTAL HEALTH STRATEGY suicide

FACT SHEET



suicide

<the only thing that will save a human life
is a human relationship>



Although suicide remains an uncommon event it is still a tragic loss of life with devastating consequences for families, colleagues and the organisation. Preventing suicidal

behaviour is possible. It means a determined and focused commitment from all members of the Defence community.

WHAT MAKES A PERSON SUICIDAL?

Everyone has different levels of tolerance to stress and pain and we all cope as best we can during significant changes in our lives. While there is no 'typical' suicidal person, there are some common risk factors that everyone should be aware of in an effort to save lives.

- Depression
- Substance abuse
- Previous suicide attempt
- Relationship difficulties
- Legal or financial trouble

WHAT SHOULD I LOOK FOR?

Warning signs are things that alert us that someone may be contemplating self-harm or suicide. Some people become very frightened if they see these signs, but it's vital we remember that they are an attempt to communicate that a person is not coping and that they are overwhelmed by intense emotional pain.

- Talk or hints of suicide intent
- Preoccupation with death
- Giving away possessions
- Impulsive anger or behaviour
- Isolation or withdrawal
- Performance difficulties



WHAT SHOULD I DO?

If you or someone you know feel suicidal, please seek help as soon as possible. Contact your local Medical Centre, Chaplain, Psychologist, Social Worker or the Duty Officer/Officer of the Day. You do not have to deal with this alone.

MENTAL HEALTH RESOURCES

Local Medical Centre Your local medical officer can provide immediate assistance and referrals as required.

Psychology Support Section All Psych Support Sections offer a 24 hour emergency service that can be accessed through your local Duty Officer/Officer of the Day.

Defence Community Organisation
<www.dco.dod.gov.au>

The DCO provides assistance to members and families in all regional areas. They provide 24 hour assistance in crisis situations in all military locations and will help with appropriate referrals if required during office hours. The after hours service can be accessed through your local Duty Officer/Officer of the Day.

Chaplains There are Chaplains connected to all units in Australia who can provide support and appropriate referrals.

The Family Information Network for Defence (FIND) <1800 020 031 FIND> is a phone service that provides easy access to personnel information on matters of everyday interest and concern. It is a confidential service that is available to every Service person and family, anywhere in Australia.

