

how to manage

SUICIDAL THOUGHTS

Suicide is a major social issue in Australia with around 7 people dying by suicide every day and another 180 people attempting suicide. Suicide is the leading cause of death for young people under the age of 34 and men are four times as likely to die from suicide as women, partly due to method.

WHY DO I FEEL THIS WAY?

Suicidal thoughts can be confusing. Many people explain they don't want to stop living; they want to stop the pain. If you have had repeated painful experiences, especially losses, you may feel out of control and think that suicide is the only way of regaining control of your life. You or someone else may not have lived up to your standards causing you to feel intense negative feelings about yourself or your future. You may feel many different emotions like worthlessness, anger, fear and sadness.

Although it feels like things will always be this bad, you can get through this. You have more options than you realise, and once the feelings pass there is a very good chance you will see things differently.

It is common for people at some time in their life to have suicidal thoughts but the majority of people do not act on those thoughts and kill themselves. Like them you can get help.

IF YOU ARE HAVING SUICIDAL THOUGHTS:

Find a family or friend that you trust and talk about your feelings.

Visit your GP – who may recommend medication and refer you to suitable help.

See a professional counsellor – they are trained to help people address suicidal thoughts and learn to relate to their emotions in a more healthy way.

Get rid of any means of killing yourself that might be a temptation such as knives or excessive medications.

Remind yourself of the possible consequences of suicide such as becoming disabled, suffering brain damage or loss of anatomy.

Find healthy ways of releasing stress like yoga, meditation, swimming and other exercise.

Write, draw or paint your feelings in a journal.

Read books about other people who have gone through difficult times and about how you can nurture your self-esteem.

Be patient with yourself – take one step at a time & remember it will take a little while for the suicidal thoughts to diminish.

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IF YOUR FRIEND IS HAVING SUICIDAL THOUGHTS

About 80% of young people who have suicided told someone they intended to kill themselves in the weeks leading up to their death.

If someone tells you they are struggling with suicidal thoughts:

Take them seriously and tell them you care.

Acknowledge their despair and provide reassurance without dismissing the problem.

Avoid panicking, being judgemental, giving advice or interrupting with your own stories.

Stay with them if they are at high risk & ensure there is no access to lethal weapons or medication.

Get help and support from an adult or professional.

WHERE TO GET HELP

Kids Helpline 1800 551 800
Salvo Care Line 1300 36 36 22

Lifeline 13 11 14
Mens Helpline 1300 78 99 78

NEED HELP?

SALVOS COUNSELLING

salvos.org.au/more/get-help/suicide-and-suicidal-thoughts

All information on this page is provided by professional counsellors, but is not a substitute for face-to-face professional help.
If you or someone you know is struggling with this issue, please seek help as soon as possible.