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Updated with new resources August 2024

# Suicide Prevention Resources for Families and Communities

Connection to family, community and culture can play a crucial part in supporting Aboriginal and Torres Strait Islander people who are experiencing suicidality.

Evidence suggests yarning about suicide can help people feel heard and not feel so alone, and that doing activities with family, friends on country helps individuals feel connected.

These online resources can support families and community members who want to understand how they can support people through tough times.

  
 Documents

### LITTLE RED THREAT BOOK

A booklet with information on why people may be suicidal or self-harming, what the warning signs are to look out for, and how to respond to them.



  
 Documents

### NSW ABORIGINAL SUICIDE PREVENTION CAMPAIGN STAKEHOLDER KIT: CONNECT, REACH OUT AND HEAL OUR WAY

A campaign that provides practical tips on how to reach out, yarn and offer support to someone who is suicidal.



  
 Documents

### FINDING OUR WAY BACK

A booklet that provides information for those who have attempted suicide and information for families and friends on what to do and what to expect.



  
 Documents

### PRIORITISING FIRST NATIONS SOCIAL AND EMOTIONAL WELLBEING AFTER TRAUMA

A fact sheet for community with information about how you may feel after a traumatic event and signs you might need support.



## We recommend providing these crisis numbers

**13YARN: 13 92 76**  
**Kids Help Line: 1800 55 1800**  
**Suicide Call Back Service: 1300 659 467**  
**Lifeline: 13 11 14**  
**National Indigenous Postvention Service: 1800 805 801**  
**Beyond Blue: 1300 224 636**



Videos

### STRONGER TOGETHER CAMPAIGN

A campaign that includes many resources including videos and a conversation guide on what to do if someone answers 'No, I'm not OK'.




Documents

### TOOLKIT: SUICIDE PREVENTION INFORMATION FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

A leaflet that has information about the risk factors and warning signs to look out for when someone may be suicidal and how to respond to someone experiencing suicidality.



Videos

### YARNS HEAL VIDEOS

3 short videos from Aboriginal and Torres Strait Islander people yarning about what is important to them and what helps them through tough times.



Documents

### HOW ARE YOU GOING POSTER

A poster that highlights questions to understand someone's mental health and how they are going and recommends what to do if they are not going so well.



Videos

### VOICES FROM THE ABORIGINAL AND TORRES STRAIT ISLANDER LIVED EXPERIENCE

Seven short videos of people talking about their lived experiences with suicide.



Documents

### 13YARN FACT SHEETS

Fact sheets that provide information and practical tips on topics including grief, loss, sorry business, understanding trauma and being worried about someone.



Videos

### ELDERS AND LEADERS VOICES: MESSAGES OF HOPE

Videos aimed at young people with Elders sharing their stories about connecting to culture.



Click here to connect to WellMob  
for other resources  
[www.wellmob.org.au](http://www.wellmob.org.au)

