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Updated with new resources August 2024

## Suicide Prevention Resources for People Experiencing Suicidal Ideation

First Nations Australians are more than twice as likely to die by suicide than non-Indigenous Australians. This is due to complex, interrelated historical, political, economic, systemic, social, and intergenerational factors.

These resources can support Aboriginal and Torres Strait Islander people who are experiencing tough times and suicidality. However they are not an alternative to counselling/ other support for people at risk.

### Resources For People Experiencing Suicidality



Apps

#### BEYOND NOW: SUICIDE SAFETY PLANNING APP

Helps you make a 'safety plan' that you can use if you have suicidal thoughts. You can select an Aboriginal and Torres Strait Islander version in the app settings.



Documents

#### FINDING OUR WAY BACK

This booklet provides information for those who have attempted suicide and explains what families and friends can expect and do.



Videos

#### ELDERS AND LEADERS VOICES: MESSAGES OF HOPE

Videos aimed at young people with three Elders sharing their stories about connecting to culture for social and emotional wellbeing.



Documents

#### TOOL KIT - HELP WHEN YOU ARE FEELING DOWN

Tips on what to do when feeling down, sad, angry, helpless or lonely.



### 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

## Additional Resources for Men



Videos

### MEN CAN GET SUPPORT

Several men from the town camps in Mparntwe (Alice Springs, NT) talk about what helped with their mental health and suicidality, including the importance of talking to others about what is happening.



Videos

### JOE WILLIAMS INDIGENOUS MAN AND SUICIDE ATTEMPT SURVIVOR

Joe Williams, Wiradjuri man and professional athlete, talks about his struggles with mental illness and suicidality and how connecting with Culture has helped him heal.



Videos

### LIFE'S HIGHWAY VIDEO

Encourages men to look out for each other if they notice someone is not alright.



Videos

### STORIES FROM COUNTRY - ANDREW BACON (YAMAJI)

An animated video that aims to encourage Aboriginal and Torres Strait Islander people to seek help when they are having difficulty coping.



## Additional Resources For LGBTQIA+ People



Documents

### REALISING OUR TRUE SELVES

Raymond Zada talks about his experiences of realising he is gay, his fear of not being accepted by his community, and the importance of ensuring young people know that it is safe to be who they are.



Videos

### YARNS HEAL VIDEOS

Stephen Oliver, Yarns Heal Campaign Ambassador, talks about coming out and trusting connecting with his community. Taz LGBTQIA+ Sistergirl and Brotherboy Ambassador, talks about the importance of connecting with community, and what hope means to him.



Websites

### HERE FOR LGBTQIA+

Information about suicide, how to talk about it, how and where to get help, and how to support someone who is suicidal.



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

