



Scan QR code
top open in
WellMob.org.au

Suicide Prevention Resources for Aboriginal & Torres Strait Islander 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 and friends 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.

 **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

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.



Click here to connect to WellMob
for other resources
www.wellmob.org.au

