WORRIED ABOUT SOMEONE?

Ask about suicide directly

"Sounds really hard. Are you thinking about suicide?"

Listen without judgment

TIP: Try reminding yourself it's their experience and it can be different to yours

Set your boundaries

"Thanks for sharing with me. Let's get help from others too. Why don't we try calling a helpline together?"

LGBTIQA+ SUICIDE SAFETY

switchboard

STARTING THE CONVERSATION

"Life is getting really hard and I don't know what to do. **Will you help me?**"

- Someone didn't understand the first time? **Try telling someone else**

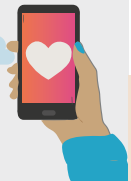
"I am really upset and worried about what I think I might do"

"Things have been really difficult for me lately, **can we talk about it**?"

"I feel so overwhelmed, **I need help**"

THINKING ABOUT SUICIDE?

- **It's not uncommon to have thoughts of suicide**
  Reach out, there's help – other LGBTIQA+ people have experienced thoughts of suicide
- **It can feel scary thinking about suicide**
  Talk to somone about what you are feeling
- **Connect with LGBTIQA+ community**
  Connecting with supportive LGBTIQA+ community can be a great step toward feeling better



Switchboard via Rainbow Door
10am to 5pm (AEST) 1800 729 367
www.rainbowdoor.org.au

Rainbow Door

MY SAFETY CONTACT IS

A close friend • A family member • Someone you trust

How to use this card

- When you feel ready or calm, take a moment to fill in your Suicide Safety Supports
- You might like to fill in this card with help from someone you trust like a close friend, helpline worker, family member, counsellor or psychologist
- Once completed, keep your card somewhere it is easy to find. Your responses can help you stay safe when you're experiencing suicidal thoughts or feelings

Want to fill it in again?
Download a copy at www.switchboard.org.au

MY SUICIDE SAFETY SUPPORTS

Signs that show me I'm becoming overwhelmed

(e.g. feeling sad, anxious, angry, hopeless, not getting out of bed, eating less or more, tired all the time, withdrawing from friends, struggling to go to work or school)

I can tell someone when I'm thinking about suicide

I will tell

I will call them on

Somewhere I can go to feel safe

I will make my surroundings safer by

I feel connected when I am

(e.g. with my LGBTIQA+ community, listening to music, dressing how I like)

Ask yourself, what has helped me in the past?

My ideas for keeping safe *(e.g. my pet rabbit, playing guitar, growing plants, getting enough sleep)*

A helpline or emergency service I will contact if I can't keep myself safe

SAFETY CHECKLIST

- [ ] Call a helpline
- [ ] Go somewhere safe
- [ ] Distract yourself. Thoughts of suicide come and go
- [ ] Know your limits and reduce drugs and alcohol use
- [ ] Be around other people
- [ ] Make an appointment with a counsellor or GP

If you or someone else is in immediate danger **call emergency services 000**

LGBTIQA+ helplines

Rainbow Door 10am – 5pm (AEST) 1800 729 367
QLife 3pm – midnight (AEST) 1800 184 527

24/7 services

Suicide Call Back Service 1300 659 467
Beyond Blue 1300 22 46 36
Kids Helpline (5 – 25 yr olds) 1800 551 800
Lifeline 13 11 14