



suicide & self-harm violence

www.weekwithoutviolence.ywca.org.au

Increasingly people are inflicting violence on themselves by engaging in self mutilation, self-harm or attempting to take their own lives.

What can be done to stop it?

Most people contemplating or engaging in suicidal behaviour often tell someone they know. Others commonly display signs such as mood swings, drug and alcohol abuse, risk taking or distancing themselves from family and friends. Research has shown that 80% of those who have taken their own lives did reach out for help in the weeks prior to their deaths.

Warning signs to look for

Mood swings, drug and alcohol abuse, risk-taking behaviour, depression, withdrawal, hopelessness & helplessness

What can I do?

If someone confides in you or displays concerning behaviour listen and support them, take action and get help. If you are worried about a friend talk to them, find out how they are feeling, don't be afraid to ask directly whether they are contemplating suicide. Listen to what they have to say and try to understand.

Where to get more information

Assist the person to find professional support by contacting Kids Help Line Ph: 1800 551 800, Lifeline 131114 or Reachout – <http://www.reachout.com.au>

**Imagine a week of open minds not closed fists
– let's make it a reality**

