



Suicide touches us all

It's everyone's  
business

# Myths & Facts

Myth: Don't talk about suicide

Fact: It is important to talk about suicide to reduce stigma

Myth: Once someone is suicidal they will always be suicidal

Fact: People can and do recover from patterns of suicidal thoughts

Myth: Only people with mental illness consider suicide

Fact: Many people with mental health conditions are not suicidal, not all people who take their own lives have a mental health issue

# Tips & Tricks

Listen closely

Listen deeply

Listen to learn

Listen to others and

Listen to self



# Good questions to lean in and listen with

Tell me more

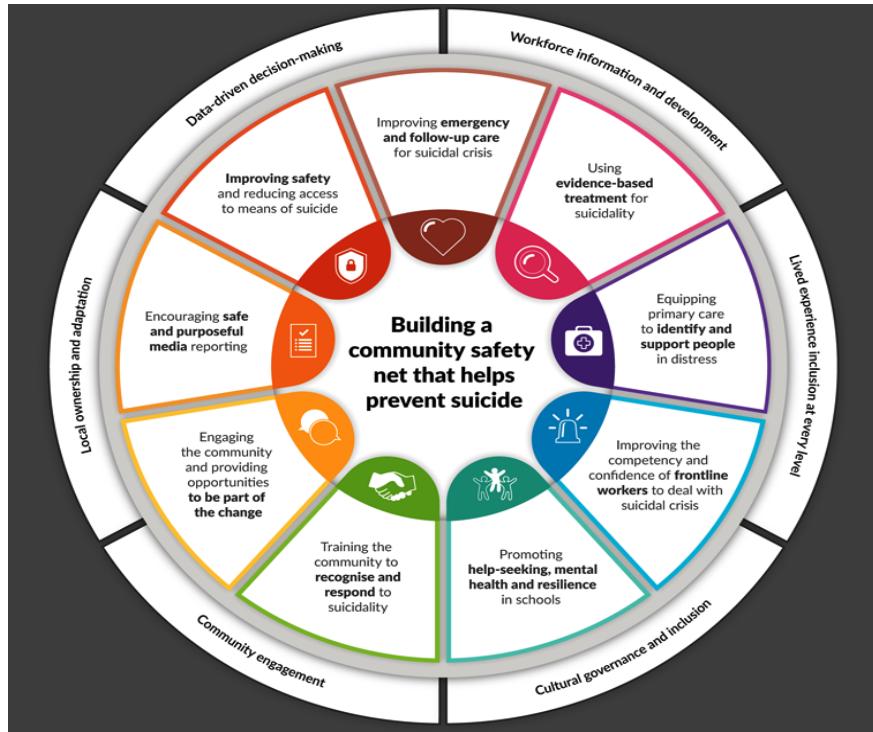
That sounds tough

Why is that?

Reflect how you feel

Ask what you can do

# Black Dog Institute Lifespan Model



1. Improving emergency and follow-up care for suicidal crisis
2. Using evidence-based treatment for suicidality
3. Equipping primary care to identify and support people in distress
4. Improving the competence and confidence of frontline workers to deal with suicidal crisis
5. Promoting help-seeking, mental health and resilience in schools
6. Training the Community to recognise and respond to suicidality
7. Engaging Community and providing opportunities to be part of the change
8. Encouraging safe and purposeful media reporting
9. Improving safety and reducing access to means of suicide

What rock stars say



# Useful contacts

Lifeline 131124

Beyond Blue [www.beyondblue.com.au](http://www.beyondblue.com.au)

SPCAP [www.cairnsandhinterlandspcap.com.au](http://www.cairnsandhinterlandspcap.com.au)

Beacon Strategies [www.beaconstrategies.net](http://www.beaconstrategies.net)

Personal Medicine [www.commongroundprogram.com](http://www.commongroundprogram.com)

Roses in the Ocean [www.rosesintheocean.com.au](http://www.rosesintheocean.com.au)

Nerelle Nicol (artist) Instagram nicolnerelle



Final thoughts

Be kind

Be generous

Be curious

# Snapshot statistics

- **Aboriginal and Torres Strait Islander people aged 15 - 24 accounted for the highest number of deaths**
- **suicides in Cairns and Hinterland region are higher than the national Average by approximately 7%**
- **Males aged 35-44 had highest rate of suicide**
- **Females aged 15-24 had the highest incident count**
- **LGBTIQAP+ are more likely to attempt suicide specifically youth aged 16-27**
- **For young people the suicide rate is high for both males and females and particularly for the age groups 15-24.**
- **Suicide rates increase with increasing socioeconomic disadvantage**
- **Relationship breakdowns and unemployment are a major risk factor in suicide statistics**