



TASMANIAN
SUICIDE
PREVENTION
COMMUNITY
NETWORK

This document is designed to help guide you as to who to contact if you or someone you know is at risk of suicide. It covers both an emergency situation where a person's life is at risk of immediate danger, and a crisis situation where a person is thinking about suicide and needs to talk to someone urgently.

A much wider referral guide is available through the 'Directory of Suicide Prevention Services in Tasmania' available at suicidepreventiontas.org.au. It provides a broader list of suicide prevention services that can be accessed during business hours and may have a waiting time.

This short guide and the 'Directory of Suicide Prevention Services in Tasmania' have been developed by the Tasmanian Suicide Prevention Community Network.

In an Emergency

If a person's life is at risk or they are in immediate danger:

- Call 000
- Or take them to your nearest public hospital emergency department.

Immediate danger means the person has already made the suicide attempt, is in the process of attempting, or appears likely to make an attempt and needs to be stopped.

Crisis Support

If a person is thinking about suicide, please contact any of the following services

Name	Contact	Details
General Practitioner	Call your local General Practitioner	If your General Practitioner is quite busy, ask for an urgent appointment and let them know you need to talk to them about suicide as soon as possible.
Mental Health Service Helpline	Call 1800 332 388, 24 hours a day 7 days a week.	The Mental Health Services Helpline is operated by mental health professionals who will give you advice and help to arrange mental health assessment and intervention for persons in need. The service is provided by the Tasmanian Government.
Lifeline	Call 13 11 14, 24 hours a day 7 days a week. Online chat is available at lifeline.org.au from 7pm to 4am 7 days a week	Lifeline's Crisis Support Chat provides short-term support for people who are overwhelmed and having difficulty coping or staying safe. It provides confidential one-to-one chat with a Lifeline Crisis Supporter.
BeyondBlue	Call 1300 224 636, 24 hours a day 7 days a week. Online chat is available at beyondblue.org.au from 3pm to 12pm 7 days a week. Emails will be responded to within 24 hours.	The Beyondblue Support Service offers support and referral suggestions by professional counsellors.
Suicide Call Back Service	Call 1300 659 467, 24 hours a day 7 days a week. Online chat is available at suicidecallbackservice.org.au . Please note that when you enter the online counselling area you may have to wait some time, depending on how busy the counsellors are.	The Suicide Call Back Service provides telephone and online counselling to people 15 years and older in the following categories: people who are suicidal; people caring for someone who is suicidal; people bereaved by suicide; health professionals supporting people affected by suicide. In addition to providing immediate counselling and support in a crisis, up to six further sessions with the same counsellor can be arranged
Men's Line Australia	Call 1300 789 978, 24 hours a day 7 days a week. Online and video counselling is available mensline.org.au .	MensLine Australia is staffed by professional counsellors, experienced in men's issues.
Kids Helpline	Call 1800 551 800, 24 hours a day 7 days a week. Online and email chat is available at kidshelp.com.au .	Kids Helpline provides telephone and online counselling for young people aged between 5 and 25.
Rural Alive and Well	Call 1300 HELP MATE (1300 4357 6283), 24 hours a day 7 days a week.	Rural Alive and Well provides outreach workers in Southern Midlands, Glamorgan Spring Bay, West and North West, Circular Head, Waratah-Wynyard, Central Coast, South East, Central Highlands, Huon Valley, Launceston and North, Meander Valley, Northern Midlands, Dorset, Break 'O Day.
Choose Life Services	Call 1300 132 098, 24 hours a day 7 days a week.	Choose Life Services offers client counselling and support services for issues of suicidality. The service is based in Devonport.