

## 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?"*

## STARTING THE CONVERSATION

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

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

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

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

*"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 LGBTIQ+ people have experienced thoughts of suicide

### ▶ It can feel scary thinking about suicide

Talk to someone about what you are feeling

### ▶ Connect with LGBTIQ+ community

Connecting with supportive LGBTIQ+ community can be a great step toward feeling better



# LGBTIQ+ SUICIDE SAFETY



Switchboard via Rainbow Door  
**10am to 5pm (AEST) 1800 729 367**  
[www.rainbowdoor.org.au](http://www.rainbowdoor.org.au)



## 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](http://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 LGBTIQ+ 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**

### LGBTIQ+ 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