

WORRIED SOMEONE IS AT RISK OF SUICIDE?

When to check in:

If someone you know is struggling to cope or having a difficult time, you might feel unsure of what to say or how to help. While checking in and asking if they are okay might seem like a difficult conversation to have, it could be a life-saving one.

Everyone experiences emotional distress in different ways. Not everyone who is having a difficult time will show outward signs, however, signs to look out for if you are worried about someone might include:

- Restlessness and increased agitation
- Emotional outbursts
- Withdrawing from people they would usually connect with
- Withdrawing from regular activities
- Describing feeling helpless, hopeless or worthless
- Not wanting to do things they usually enjoy
- Increased use of alcohol or other drugs
- Not replying messages, calls or emails, or being distant
- Talking about not being around any more

If you or someone you love feels this way, it is important to seek help right away. If the person is feeling at risk call 000. For 24 hour crisis support you can call Lifeline on 13 11 14. If you would like support and advice on how to help a loved one or connect with other support services you can contact Jade, Mental Health Clinician at Commerce Ballarat, on 0439 932 063 or via email jade@commerceballarat.com.au, or you can call the Partners in Wellbeing helpline on 1300 375 330.