

Steps to Report Sexual Violence:



People living in rural communities are two times more likely to take their life by suicide than those in the cities and suicide is the leading cause of death for Australians aged between 15 and 44, according to the Australian Bureau of Statistics (2022).

Knowing what to do when someone you know is considering suicide can save their life, so we've listed some useful tips on how to help via phone, but these are also useful in person as well:

1. **Remain calm and non-judgmental:** Listen to the person and let them know that you care.
2. **Encourage them to seek help:** Offer support and encourage them to reach out to a mental health professional, a crisis helpline, or emergency services.
3. **Offer hope:** Reassure the person that there is help available and that their situation can improve.
4. **Stay with them:** If possible, stay on the phone with the person and try to keep them engaged until they can get help.
5. **Remove access to lethal means:** If the person is in immediate danger, ask if they have access to firearms, medications, or other lethal means, and encourage them to remove these items from their immediate surroundings.
6. **Call for help:** If the person is in immediate danger, call 000 or the local emergency services number.
7. **Follow up:** After the call, follow up with the person to check on their well-being and offer additional support.

It's important to remember that mental health emergencies can be very challenging, and it may be necessary to seek additional support from a mental health professional or crisis helpline (Lifeline 13 11 14). In an emergency call 000.