



# RISK OF SUICIDE - RESPONSE QUESTIONS

For when a person says they are thinking about suicide, feeling suicidal, or their behaviour is of concern.

**IF YOU ARE ALONE WITH THE PERSON:** Bring another person into the situation.  
**IF THE PERSON IS NOT WITH YOU:** Find out where they are and who is with them?  
**CONTACT YOUR TRIBAL LEADER, YOUTH PASTOR OR PASTORAL CARE IMMEDIATELY**

## ASK

### ARE YOU THINKING ABOUT SUICIDE?

If the person says **YES** or **NOT SURE**: it is important to try and find out if they are in immediate danger by asking:

- Have you thought about **HOW** you would kill yourself?
- Have you thought about **WHEN** you would kill yourself?
- Have you taken any steps to **GET** the things you would need to carry out your plan?
- What support can they access to stay safe and get help?

## RESPOND & SUPPORT

### If at risk of immediate harm:

- Call emergency services 000 and follow their directions  
**STAY WITH THEM UNTIL HELP ARRIVES AND FOLLOW UP**

### If unsure of danger:

- Visit the GP or Hospital – Emergency Dept
- Contact Helpline:
  - Lifeline 13 11 14
  - Suicide Call Back Service 1300 659 467
  - Kids Helpline (5-25yrs) 1800 55 1800
  - Indonesia: Ministry of Health 500-454

**STAY WITH THEM WHILE ACCESSING HELP AND FOLLOW DIRECTION OF HEALTH PROFESSIONAL**

### If in no immediate danger:

Encourage Help Seeking and Safety Planning: GP, Psychologist, Counsellor, Current Support Network

**STAY IN TOUCH AS APPROPRIATE**

## CHURCH CARE & SUPPORT

PASTORAL CARE: 1300 53 53 53 (24/7)

Report to Pastoral Care immediately to support the person and you the responder.

SAFE CHURCH: 1800 557 264 (24/7 Helpline)

If you have contacted 000 or have child protection concerns report also to SAFE CHURCH via [safechurch@hillsong.com](mailto:safechurch@hillsong.com) or 1800 557 264