



RISK OF SUICIDE - RESPONSE QUESTIONS

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?

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:

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

RESPOND & SUPPORT

If at risk of immediate harm:

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

If unsure of danger:

1. Visit the GP or Hospital – Emergency Dept
2. 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

Report to Pastoral Care immediately to support the person and you the responder.
PASTORAL CARE 1300 53 53 53.

If you have contacted 000 or have child protection concerns report also to SAFE CHURCH via safechurch@hillsong.com or 1800 557 264