

**Make Every
Conversation
Matter** 

this World Suicide Prevention Day

10 September

Suicide Prevention Starts with Human Connection

Anyone can approach conversations about suicide safely and respectfully. Checking in on a colleague, family member, or friend can foster connection, make a significant difference, and even save lives.



Look for signs

When recognising someone is not their normal self, withdrawing, acting recklessly, or talking about wanting to die, approach them to have a conversation.



Ask and listen

It is safe to ask someone directly if they are thinking about suicide. You will not put the idea in their head. Let them know you care, listen without judgement, and let them speak openly.



Connect to support

Connect them to supports like crisis lines, doctors, or trusted services. Also reach out for support for yourself if needed.

A caring approach can instil hope in someone who may be struggling with thoughts about suicide and show them there is always someone to turn to.

They are not alone. You are not alone. Every conversation matters.

Want to learn more?

Become a Mental Health First Aider or contact your workplace MHFAider or Instructor.

Need support?

Lifeline | 13 11 14

13Yarn | 13 19 76

Suicide Callback Service | 1300 659 467

mhfa.com.au



**MENTAL HEALTH
FIRST AID®**

For Anyone. For Everyone.