

The Maitland Region Suicide Prevention Network operates in the Maitland region for the families of the Maitland region and surrounding areas.

The Network gratefully receives funding and support from **Xstrata Coal**, **Lifeline Newcastle & Hunter** and **Wesley Mission's LifeForce Program**.



For more information please contact the network by email:  
[mrspn@lifelinehunter.org.au](mailto:mrspn@lifelinehunter.org.au)

**The Maitland Region Suicide Prevention Network is NOT a crisis service.**

**If you think you or someone you know might be in danger, seek urgent help.**

**Call Emergency Services  
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Or call

- ◆ Lifeline 13 11 14
- ◆ Kids Help Line 1800 55 1800
- ◆ 24 Hour Mental Health Emergency Number 1800 655 085

Or go to your local hospital emergency department.

The Maitland Region Suicide Prevention Network meets on the 1st Wednesday of each month at East Maitland Bowling Club at 4:00 pm.  
- ALL WELCOME -



Working together to reduce the incidence and impact of suicide in our community by:

- Improving community understanding
- Inviting community ownership
- Enhancing information and education
- Sharing and promoting good practice

## Concerned about a Friend ? You can Help.



**LOOK**

*For the signs of depression*



**LISTEN**

*To your friends' experiences*



**TALK**

*About what's going on*



**SEEK HELP**




*Together*

### WHAT IS THE MAITLAND REGION SUICIDE PREVENTION NETWORK?

The Maitland Region Network is an independent community based network made up of concerned people; individuals living in the community and workers from health service providers, not for profit organisations, local government, community groups and organisations and government agencies, with a role or interest in suicide prevention.

### WHAT WILL THE MAITLAND REGION SUICIDE PREVENTION NETWORK DO?

The aims of the Network are:

-  To raise public awareness of services to assist Suicide Prevention.
-  To provide information, resources and education programs about suicide prevention.
-  To assist service providers to collaborate to provide better services for those in need of help.

### RESOURCES

**Youthbeyondblue**  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**Living is for everyone**  
[www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)

**Reach Out!** [www.reachout.com.au](http://www.reachout.com.au)  
This information made available through Youth beyond blue website.

**Living is for everyone (LIFE)**  
[www.livingisforeveryone.com.au](http://www.livingisforeveryone.com.au)  
Information resources or individuals and organisations involved in suicide and self-harm prevention activities.

### WHERE TO GET HELP

Lifeline – 13 11 14  
Cost of a local call; 24 hours.

Kids Help Line – 1800 55 1800  
Free call from a land line; 24 hours.

Suicide Call Back Service – 1300 659 467  
Free national telephone support service for people at risk of suicide, their carers and those bereaved by suicide.

Salvo Care Line (Salvation Army)  
Offers a crisis counselling service available throughout Australia.  
Visit [www.salvos.org.au](http://www.salvos.org.au) for the number in your state.

SANE Helpline – 1800 18 SANE (7236),  
[www.sane.org](http://www.sane.org) offers a range of information on mental illness and suicide prevention.

Hunter Headspace Maitland —02 4931 1000  
Open 9-5 week days. A youth friendly health service for young people aged 12-25 years and their families.

Awabakal Medical Service – 1800 292 225  
Medical services for Aboriginal and Torres Strait Islander people, open 9-5 week days.

24 Hour Mental Health Emergency Number  
1800 655 085