

## COMMON MYTHS ABOUT SUICIDE

**MYTH** People who talk about suicide won't do it

**FACT** Talking About suicide is a cry for help and should be responded to. It is estimated that eight out of ten people talk about suicide before they make a attempt.

**MYTH** Suicide occurs without warning

**FACT** Eight out of Ten people give warning signs

**MYTH** People who talk about suicide are just attention seeking

**FACT** This is often the final attempt to get help and help should be given

**MYTH** A promise to keep a friend's plan for suicide secret should be kept

**FACT** This is one secret you should not keep. You may lose a friend temporarily but it may save your friend's life. Ask your friend who they would like you to contact for professional help

**MYTH** A break-up of a relationship won't cause a person to attempt or complete suicide

**FACT** A break-up of a relationship can be devastating and may be a contributing factor in a suicide

**MYTH** Adolescents that are suicidal will tell their parents instead of their friends

**FACT** Approximately ninety percent of adolescents tell their friends

**MYTH** All suicidal people are mentally ill or unstable

**FACT** The majority of people who suicide have no history of mental illness, though their current thinking may be unclear

**MYTH** Only certain types of people consider suicide

**FACT** Suicidal thoughts can affect anyone

**MYTH** Suicidal people are intent on dying

**FACT** NO. If they wanted to die they wouldn't give warning signs. They want to stop their emotional pain

**MYTH** Talking about suicide may put the idea into their heads

**FACT** Asking directly and openly shows you have been listening and that you care

SEE the warning signs

ASK about suicidal intentions

LISTEN to what they are experiencing

TELL the person where they can get qualified help

SHOALHAVEN  
Suicide Prevention  
&  
Awareness Network



For more information on the Shoalhaven Suicide Prevention Network please contact one of the following people

Bruce Murphy	44232657
Steve Sweeney	0409399290
Wendi Hobbs	44231784

## LOCAL SERVICES: 24 HOUR CRISIS SERVICES:

Police & Ambulance Emergency 000

Lifeline 13 11 14

Kids Help Line 1800 551 800

Salvo Care Line 1300 363 622

D&A Helpline 1300 652 226

Mental Health Access line 1300 552 289

Mensline Australia 1300 789 978

Indigenous Women's Legal Contact Line 1800 639 784

G-Line (Help for Gamblers) 1800 633 635

NSW Department of Community Services  
(DOCS) Helpline 1800 066 777

Child Abuse Prevention Service 1800 688 009

Rape Crisis Centre 1800 424 017

Domestic Violence Line 1800 656 463

Family Drug Support Australia 1300 368 186

Alcohol & Drug Information Service 1800 422 599

Poison's Information Centre 13 11 26

Beyondblue Information Line 1300 22 4636

## COUNSELLING & SUPPORT SERVICES:

Parent Line 13 2055

Vietnam Veterans Counselling Service 1800 011046

Relationships Australia 1300 364277

Sane Australia (Referral & Info Service) 1800 187263

Grow Support Groups 1800 032120

Association of Relatives & Friends of the mentally ill  
(ARAFMI) 1800 655 198

National Association for Loss & Grief  
(NALAG) 02 6882 9222

Alcoholics Anonymous 02 9799 1199

Law Access NSW 1300 888 529

Credit & Debt Hotline NSW 1800 808 488

Gay & Lesbian Counselling Service of NSW 1800 184 527

Compassionate Friends  
(for bereaved parents & suicide survivors) 1800 671 621

Grief Support Line 02 9489 6644

Dads in Distress 1300 853 437

## HOSPITALS:

Shoalhaven Hospital 02 4421 3111

Milton - Ulladulla Hospital 44 551 333

## LOCAL COMMUNITY SERVICES:

Nowra Police Station 02 4421 9699

Police & Community Youth Club 02 4421 8588

Nowra Community Health Centre 02 4422 8111

All Saints Community Care 02 4423 1099

Nowra Neighbourhood Centre  
(Mon – Fri 9am -3pm) 02 4421 5077

Nowra Mental Health Service 02 4422 6066

Drug & Alcohol Helpline 1300 652 226

Aboriginal Medical Service  
(AMS) 1800 215 099

(Mon – Fri 9am – 5pm) 02 4428 6666

BBCRI Youth & Community Centre  
Sanctuary Point 02 4443 9244

Shoalhaven Youth Accommodation Adolescent & Family  
Counselling Services 02 4422 7584

Nowra Family Support Service 02 4421 5499

Shoalhaven Women's Health Service 02 4421 0730

Crossroads Youth Health Service 02 4423 1784

Nowra Youth Centre 024422 1988

Shoalhaven Women's Refuge 02 4421 8276

Shoalhaven Youth Accommodation Service 02 4423 2804

Salvation Army Welfare Assistance  
(Mon, Tues, Thurs Fri 9:30am -12pm) 02 4421 7261

Salvation Army Shoalhaven Bridge Program 02 4422 4604

St Vincent De Paul Society Nowra Men's Hostel

02 4423 3558

Anglicare Counselling 02 4423 1018

Centacare Wollongong 02 4421 8248

Wesley Uniting Employment 02 4422 1886

Centrelink 13 10 21

## SOME USEFUL WEBSITES DEPRESSION

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.ybblue.com.au](http://www.ybblue.com.au)

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au)

[www.crufad.unsw.edu.au](http://www.crufad.unsw.edu.au)

[www.infrapsych.com](http://www.infrapsych.com)

<http://www.justask.org.au/>

## GAMBLING

<http://www.gisnsw.org.au/>