

# You can HELP PREVENT SUICIDE

Learn about suicide prevention,  
join our WSPD events.

*If you get  
the feeling something  
is not right with someone:*

**Act! Ask: "I'm a bit worried  
about you... Can we talk?"**

**Listen without judgement**

**Give support and understanding**

**Keep them safe**

**Get professional help\***

*\*Source: Conversations Matter*

Lifeline 13 11 14 • Suicide Call Back Service 1300 659 467 • MensLine 1300 78 99 78

**WORLD  
SUICIDE  
PREVENTION  
DAY**

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

Join your local event

Date \_\_\_\_\_ Time \_\_\_\_\_

Location \_\_\_\_\_

More events listed at [rosesintheocean.com.au](http://rosesintheocean.com.au)

Proudly supported by

  
**Roses in the Ocean**  
stemming the tide of suicide



**Australian Institute for  
Suicide Research and Prevention**

