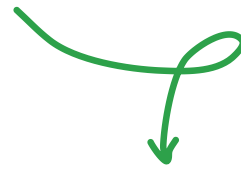


Safely Talking – Community Audience Factsheet

Young People



The Community Audience Fact Sheet provides further information on discussing suicide and suicide prevention with specific community groups. The information provided offers general guidance on key messages to share with the community group, recommended support services and where to go for further information to support your discussion. The factsheet should be utilised alongside the Safely Talking toolkit.

To download the toolkit go to www.mhct.org/safely-talking

Suicide remains the leading cause of death for young people in Australia. headspace's team of Consultants work with primary and secondary schools across Australia to embrace and adopt the Be You initiative.

Be You aims to transform Australia's approach to supporting children's and young people's mental health in early learning services and schools. Our vision is that every learning community is positive, inclusive and resilient – a place where every child, young person, educator and family can achieve their best possible mental health.

Be You promotes mental health and wellbeing, from the early years to 18, and offers educators and learning communities evidence-based online professional learning, complemented by a range of tools and resources to turn learning into action. Be You empowers educators, helping them to develop valuable mental health skills and knowledge, while also providing an effective model for implementing a whole-learning community approach to mental health and wellbeing.

If you are considering discussing suicide or suicide prevention with a group of young people, there are further safety considerations and actions required to minimise risk. Working with Be You is the best way to start. <https://headspace.org.au/professionals-and-educators/educators/programs-in-schools/be-you/>

Things to consider when discussing suicide and suicide prevention:

- Be You recognises the significant role that educators have in supporting children and young people who may be thinking about or have been affected by suicide by providing them with a range of resources to support and guide their response in these situations.

Suicide Prevention: Prevention and Response Resources:

www.beyou.edu.au/resources/suicide-prevention-and-response

- Be You recognises that schools may want to engage a speaker to talk about their personal experience of a mental health issue with students and/or educators and/or families for range of reasons. Be You provides information and guidance about why you might engage a speaker, how to choose a speaker and what to consider.

Organising Speakers Guide: www.beyou.edu.au/resources/tools-and-guides/organising-speakers-guide

Key messages to share with the community audience

“It’s important to get help early. Please talk to a GP or contact one of these services if you are worried about your mental health.”

Local services available:

- Your local headspace:
 - headspace Devonport - (03) 6424 2144
 - headspace Launceston - (03) 6335 3100
 - headspace Hobart - (03) 6231 2927
- Pulse Youth Health Service – (03) 6166 1421
- Child and Adolescent Mental Health Service State-wide:

https://www.dhhs.tas.gov.au/mentalhealth/mhs_tas/gvt_mhs/child_and_adolescent_mental_health_services
- Standby Support after Suicide - 0400 183 490

Recommended 24-hour crisis services:

- Kids helpline - 1800 551 800 www.kidshelpline.com.au
- Lifeline - 13 11 14 www.lifeline.org.au
- headspace (9am - 1am) - 1800 650 890 www.headspace.org.au/eheadspace
- Emergency Services – 000
- Suicide Call Back Service - 1300 659 467 www.suicidecallbackservice.org.au

Further information:

- eheadspace offer information and support for young people

www.headspace.org.au/eheadspace
- Be You information on suicide prevention and young people

<https://beyou.edu.au/resources/suicide-prevention-and-response>

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