

If you are having thoughts of suicide and are in immediate danger please call Emergency Services on 000.

If you need to talk to someone urgently, you can call Lifeline on 13 11 14, or the Suicide Call Back Service on 1300 659 467.

Suicidal thoughts are more common than you probably think. They can range from fleeting thoughts to invasive and persistent thoughts. The important thing to remember is that these are just thoughts; you do not have to act on them. As with all thoughts and feelings, they are temporary, even though they might not feel like it. They will most likely not stay the same tomorrow or next week or next year. These thoughts can be in response to an event (e.g. the death of a loved one, breaking up with a partner, failing your course, etc.), or intense emotional pain, or related to various mental health illnesses.

Seek support

If you are having suicidal thoughts it is important to talk to someone about it. In this situation it is best to get in contact with a GP or doctor and/or a mental health professional; someone who can give you the support you need and develop strategies to manage what is going on for you. They can also recommend things that you can do yourself to help you manage how you feel when you are on your own. You can also access the JCU Student Equity and Wellbeing counselling service for further support.

Stay safe

Whatever the reasons for experiencing suicidal thoughts, it is important to keep yourself safe.

Having a plan of how you can do this makes it easier when the thoughts are at their strongest (which may not always be during business hours when you can go and see someone). Help is available and you can call 24-hour 'helplines' such as **LifeLine (13 11 14)** or the **Suicidal Call Back Service (1300 659 467)**.

If you are working with a professional you might make (or already have) a Safety Plan. This can make it easier to recognise what your triggers are and then have a plan of what to do if you start having suicidal thoughts. You can make your own plan using the Beyond Blue 'Beyond Now' App, or web version here: <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

If you are worried about your safety you can also take yourself to the hospital emergency department. **If you are having suicidal thoughts and are in immediate danger, call Emergency Services on 000.**

Avoid drugs and alcohol

Alcohol is a great mood amplifier, which might be OK when you are feeling good, but it can make you feel much worse if you are not. Drugs and alcohol can also make you a lot more impulsive and more likely to act on your thoughts without being able to think them through properly. Even though it might seem like a good or appealing idea, it is usually best to avoid drugs and alcohol, for the time being at least.

If you are concerned about a friend or family member who may be experiencing suicidal thoughts, talk with them about what's going on. Ask them directly if they are having suicidal thoughts, listen to their experience, and seek help together.

Further information and support

- Suicide Call Back Service <https://www.suicidecallbackservice.org.au/>
- Kids Helpline <https://kidshelpline.com.au/>
- The Desk <https://www.thedesk.org.au>
- Beyond Blue <https://www.beyondblue.org.au>

- Lifeline <https://www.lifeline.org.au>
- Headspace <http://headspace.org.au>
- ReachOut <http://au.reachout.com>
- Queensland Health <https://www.qld.gov.au/health/mental-health/index.html>
- Counselling is available for all JCU students. Contact JCU Student Equity and Wellbeing for further information.

Student Equity and Wellbeing

James Cook University

Web <https://www.jcu.edu.au/student-equity-and-wellbeing>

Email studentwellbeing@jcu.edu.au

Phone Townsville (07) 478 14711 or Cairns (07) 423 21150

In person Level 1 of the Library in Townsville and Cairns

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