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## MEDIA RELEASE

Tuesday, 10<sup>th</sup> September 2024

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# LIFELINE URGES AUSTRALIANS TO GET TO KNOW ALL THE WAYS TO REACH OUT FOR SUPPORT

- In addition to 24/7 phone, text and webchat services, Lifeline is supporting and connecting Australians around the clock with toolkits, free counselling services and referral tools.
- World Suicide Prevention Day aims to raise awareness and promote action to prevent suicides globally.

This World Suicide Prevention Day (Tuesday, 10<sup>th</sup> September), Lifeline is reminding Australians that suicide does not discriminate and encouraging anybody who is doing it tough to reach out for help through the organisation's extensive range of crisis support services.

Lifeline Australia CEO Colin Seery said it is important that Australians know all the ways they can reach out for help – even if they don't think they are in 'crisis'.

"Tragically, over 3,000 Australians lose their lives to suicide every year. These people are our family, friends and loved ones."

"This World Suicide Prevention Day, we are calling on every Australian to familiarise themselves with our many tools and resources – we are here to listen and help people at any stage of their journey, 24 hours a day – not just during a crisis."

"Behind every statistic there is a person, and we acknowledge and remember those who died by suicide, and those who attempted to take their lives."

"We acknowledge the many people left behind who are learning to live a life without their loved ones. Every life lost is a tragedy that has a devastating impact on families, workplaces and communities."

For anyone who isn't ready to talk to someone else, or would simply prefer to manage things themselves first, Lifeline's Support Toolkit ([lifeline.org.au/toolkit](https://www.lifeline.org.au/toolkit)) provides practical information in plain language, as well as the best curated tools, apps, techniques and services to help individuals take the next step in their wellbeing journey.

Lifeline also provides free, professional support, no matter where you are in Australia. For free 24/7 counselling, information, and referrals for men with relationship, mental health, and wellbeing concerns call MensLine (1300 789 978).

For free 24/7 counselling via phone, online chat, and video to anyone feeling suicidal, bereaved by suicide or worried about someone else, contact the Suicide Call Back Service (1300 659 467).

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, or chat to Lifeline online and find other services at [www.lifeline.org.au](https://www.lifeline.org.au) (all 24/7).

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For Indigenous and Torres Strait Islander peoples, if you, or someone you know are feeling worried or no good, we encourage you to connect with 13 YARN [13 92 76] and talk with an Aboriginal or Torres Strait Islander 24 hours a day, 7 days a week.

## **ENDS**

## **ABOUT LIFELINE**

Lifeline is Australia's leading suicide prevention service, operating the 13 11 14 telephone line within 43 centres around the nation as well as a 24/7 crisis text, webchat service and Support Toolkit.

The organisation expects to respond to over one million requests for support this year, creating an average of 120 safety plans to keep a person experiencing suicidal ideation safe every day.

[To donate to Lifeline, click here.](#)