

What is OzHelp?

The OzHelp Foundation is a workplace based early intervention suicide prevention and social capacity building program. It is built on a vision to enhance the resilience of employees in the work place, while at the same time strengthening the leadership and support roles of the industry leaders.

OzSupport is a dedicated field based support service ensuring that apprentices and workers are able to keep moving forward in their personal and professional lives. The service includes:

APPRENTICE SUPPORT

The move from school and the first few years in the industry can be hard. If you are needing some new ideas for issues at home or at work the OzHelp Support Services have a whole range of resources that might help.

WORKER SUPPORT

The workplace can sometimes be tough, and problems find a way of affecting us all, no matter how resilient we might think we are. Whether it be stress at work or at home, relationship difficulties, or you've been feeling down for too long, talking to someone can help.

Contact OzHelp if there are personal, work or home related issues that are holding you back from enjoying life or affecting your ability to work safely and efficiently onsite. Family members are also eligible for support. All OzHelp Counsellors are professionally trained, understand the industry and are committed to working in a confidential and respectful manner.

OzHelp can assist you in dealing with the following areas:

- Conflict resolution and communication
- Financial stress and debt management
- Relationship and family difficulties
- Dealing with anger and other strong emotions
- Addictions
- Depression
- Thoughts of self harm
- Dealing with grief and loss
- Problem solving at work and home

If any of the above are issues which affect you, contact OzHelp for confidential support.

Toughing it out (dealing with suicidal thoughts)

KNOW THE THOUGHTS AND OUTSMART THEM

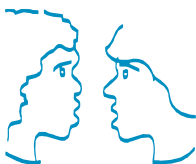
Suicidal thoughts come in waves. The thoughts will reach a peak and then subside - usually over a few hours. The thoughts try to stay hidden. They discourage you from sharing them with friends or family.

They isolate you.

Often the thoughts peak at night. They will try and trick you into the idea that there is no future.

Worst of all they try and trick you into the idea that the family would be better off without you. This is never the case.

TO BEAT THE THOUGHTS AND STAY ALIVE



When you feel them coming on, be with other people. People rarely suicide in company. Break the silence and talk.



If you are alone, use the phone. Ring a friend, family member or counselling service.

BE AWARE



Avoid alcohol and illegal drugs. These will often feed negative thoughts, that can make you feel sad or bad.



Remove anything in the house that could make it real easy to suicide if the thoughts have their way.

GETTING STRONGER



Over time, with help, you will get back your old strength. This strength will put the suicidal thoughts in their place. But it takes time. Having survival skills buys us time to work on turning things around.

THE DEPRESSION OR CRISIS WILL PASS

Sooner or later you will get out of this hole and wonder how these thoughts ever got such a strong grip on you.

SERVICES YOU CAN CONTACT

- **The OzHelp Foundation**
1300 OZHELP (1300 694 357)
www.ozhelp.org.au
- **Beyondblue** www.beyondblue.org.au

DO YOU HAVE DEPRESSION?

For more than TWO WEEKS have you:

Tick if Yes

1. Felt sad, down or miserable most of the time?

2. Lost interest or pleasure in most of your usual activities?

If you answered 'YES' to either of these questions, complete the symptom checklist below. If you did not answer 'YES' to either of these questions, it is unlikely that you have a depressive illness.

3. Lost or gained a lot of weight? OR Had a decrease or increase in appetite?

4. Sleep disturbance?

5. Felt slowed down, restless or excessively busy?

6. Felt tired or had no energy?

7. Felt worthless? OR Felt excessively guilty? OR

Felt guilt about things you should not have been feeling guilty about?

8. Had poor concentration? OR Had difficulties thinking? OR Were very indecisive?

9. Had recurrent thoughts of death?

Add up the number of ticks for your total score:

WHAT DOES YOUR SCORE MEAN?

(Assuming you answered 'YES' to question 1 and/or question 2)

4 or less ticks: Unlikely to have a depressive illness

5 or more ticks: Likely to have a depressive illness

For further assessment, please contact your family doctor.

Information in this fact sheet has come from the following sources: American Psychiatric Association. Diagnostic and statistical manual of mental health disorders. 4th edn (DSM-IV). Washington DC: APA, 1994; and the Geneva World Health Organisation. International classification of diseases and related health problems. 10th rev. 1992-1994.