

toughin 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.

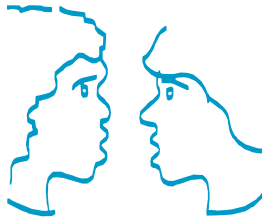
The thoughts try to stay hidden. They discourage you from sharing them with friends or family.

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 round.

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 RING

- **The OzHelp Foundation**
1300 OZHELP (1300 694 357)
www.ozhelp.org.au
- **Lifeline** 13 11 14
- **Kids Help Line** 1800 55 1800
- **Mensline Australia** 1300 789 978
- **Police /Ambulance** 000

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Created by Dr Simon Bridge
Kiriranan publishing
toughin.it.out@kiriranan.com

For general information on depression go to the www.toughinitout.com link page.



Australian Government
Department of Health and Ageing