

MEDIA RELEASE

#YOUCANTALK CAMPAIGN ASKS AUSTRALIANS TO START A CONVERSATION WITH LOVED ONES THIS HOLIDAY SEASON

Leading mental health and suicide prevention organisations across the nation collaborate to encourage, empower and equip Australians to play a more active role in suicide prevention

[AUSTRALIA, 4 December 2019] Today #YouCanTalk is launching a two-week campaign calling on all Australians to play a more active role in preventing suicide in their own communities.

Suicide is currently a significant public health issue in Australia and across the world, with recent statistics showing just over 3000 Australians died by suicide in 2018.

The holiday period can be a particularly difficult time for many Australians.

Feelings of loneliness and isolation during the Christmas and New Year period can be common and the opportunity for alcohol and substance abuse is high.

While it can be difficult to talk about suicide, research shows anyone can have a positive influence on a friend, family or work colleague they are worried about by starting a conversation and supporting them to seek help.

"There can be many different signs that someone is thinking about suicide. It is different for everyone. Sometimes the signs can be easier to spot and sometimes they can be very subtle.

"For instance, you might notice someone feeling withdrawn or having regular mood swings. Equally, you might not notice more subtle signs like someone taking less care of their appearance", says ReachOut Chief Executive Office, Ashley de Silva.

"We know families, friends and communities are playing a critical role in suicide prevention, especially in our rural and remote communities. #YouCanTalk is about getting resources and tools into the hands of people who need them so they can navigate important conversations with people around them," says National Suicide Prevention Advisor and CEO of the National Mental Health Commission, Christine Morgan.

#YouCanTalk campaign is endorsed and supported by leading Australian mental health and suicide prevention organisations. Learn more about how to start a conversation with a loved one and where to go for support at lifeinmindaustralia.com.au/youcantalk.

****ENDS****

lifeinmindaustralia.com.au/youcantalk

000 if life is in danger

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Beyond Blue: 1300 22 46 36



About #YouCanTalk

First launched in 2018, #YouCanTalk is a national collaboration of leading Australian mental health and suicide prevention organisations including Beyond Blue, Black Dog Institute, Everymind, Headspace, Lifeline, ReachOut and RU OK?, SANE Australia, Roses in the Ocean and The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention.

#YouCanTalk was first developed in response to University of Melbourne research commissioned by Beyond Blue showing Australians wanted to do more to prevent suicide but were uncertain how.

Support resources to be included in all reports

If you are concerned about someone, you can learn more about how to have a conversation and provide support at lifeinmindaustralia.com.au/youcantalk.

If you or someone you know needs support or is considering suicide, call Lifeline (13 11 14), Kids Helpline (1800 55 1800), Beyond Blue (1300 22 4636) or 000 if a life is in immediate danger.

Contacts

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