Feeling suicidal

Suicidal thinking can happen to any of us. But when you’re suicidal - you’re not thinking clearly. You might be feeling overwhelmed, in pain or in complete despair. You might feel like you’ve run out of options. Many, many people have been in this place before. Don’t act on your feelings. There is a way back to feeling normal again and there are people who want to help you get there.

You can get through this, and you won’t be on your own.

What to do right now

**If you need immediate help:**

**Australia:** call Lifeline 13 11 14 or emergency services on triple zero (000)

**New Zealand:** call Lifeline NZ on 0800 543 354 or emergency services on 111.

Pause
Take some deep breaths.

Just because you’re thinking about suicide doesn’t mean you have to act on it.

Give yourself time, at least a few hours, and try to think clearly. These thoughts will pass.

**Keep physically safe**
If you are near any items that you are thinking about using to hurt yourself, put them away and out of reach.

If you’ve been drinking alcohol or taking drugs, stop. It will only make you feel more out of control.

**Talk to someone**
The best way we have to cope with overwhelming thoughts is to share them with another person.

Talk to someone. This will give you some perspective on what you’re feeling right now.

If you don’t have someone you can think of to call, these telephone lines are answered by people who care and are ready to listen.

### Telephone lines Australia

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifeline</td>
<td>13 11 14</td>
</tr>
<tr>
<td>Suicide call back service</td>
<td>1300 65 94 67</td>
</tr>
<tr>
<td>Men’s line</td>
<td>1300 78 99 78</td>
</tr>
<tr>
<td>Kids Help Line</td>
<td>1800 55 1800</td>
</tr>
<tr>
<td>Beyondblue</td>
<td>1300 22 4636</td>
</tr>
<tr>
<td>SANE Helpline</td>
<td>1800 18 7263</td>
</tr>
</tbody>
</table>

### Telephone lines New Zealand

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Lifeline NZ</td>
<td>0800 543 354</td>
</tr>
<tr>
<td>NZ Suicide crisis helpline</td>
<td>0508 82 88 65</td>
</tr>
<tr>
<td>(0508 TAUTOKO)</td>
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<tr>
<td>Depression helpline</td>
<td>0800 111 757</td>
</tr>
<tr>
<td>Healthline</td>
<td>0800 611 116</td>
</tr>
<tr>
<td>Youthline</td>
<td>0800 376 633</td>
</tr>
<tr>
<td>What’s Up (under-18)</td>
<td>0800 942 8787</td>
</tr>
</tbody>
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If you can’t get through on the first try, choose another helpline from the list or try calling back straight away.

If you can’t bring yourself to pick up the phone right now, click straight through to chat online.

### Online chat Australia

- Suicide call back service online chat, 24/7 [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)
- Beyondblue web chat, 3 pm – midnight AEST, 7 days [beyondblue.org.au/get-support/get-immediate-support](https://beyondblue.org.au/get-support/get-immediate-support)

### Text chat New Zealand

- The Lowdown free text to 5626 [thelowdown.co.nz](http://thelowdown.co.nz)
- What’s Up [whatsup.co.nz](http://whatsup.co.nz)
Get professional help

Even if your suicidal thoughts have passed, you might still feel confused, guilty, anxious or depressed.

Get professional help to talk through what’s been going on. Suicidal thoughts can come back.

Your GP (family doctor) can help. They may refer you to see a psychiatrist or psychologist if you need it. If your GP thinks you are at high risk of suicide they might suggest you go to a hospital emergency department.

First steps to get help
yourhealthinmind.org/first

Make a safety plan

A safety plan is a list of activities, people and things you can turn to when you’re feeling suicidal. It provides you with a routine and set of steps to take that suit you best.

It might include: your warning signs, telephone numbers of people you can call, and a list of activities that make you feel calm.

Having a safety plan ready can make you feel prepared for when suicidal thoughts come back.

Usually you would make a plan with help from a health professional.

These links have templates and information on how to create your own safety plan.

- beyondblue beyondbeyondbeyondnow safety plan beyondblue.org.au
- Suicide Call Back Service safety plan suicidecallbackservice.org.au
- Youthline NZ safety plan youthline.co.nz

Stories from survivors

Read stories from all sorts of people who have experienced suicidal thinking or a suicide attempt and recovered.

- Attempt Survivors attemptsurvivors.com

More information

- Tihei Mauri Ora – helping whānau though suicidal distress mentalhealth.org.nz
- Mental Health New Zealand – after a suicide attempt mentalhealth.org.nz
- SANE guide to staying alive sane.org/guide-to-staying-alive

Remember

- You can get through this, and you won’t be on your own.
- Pause, then talk to someone.
- Get professional help to keep you safe.
- Make a safety plan so you know what to do if you start thinking of suicide again.

This fact sheet is also available online at yourhealthinmind.org

About us
Psychiatrists are doctors who specialise in mental health.
The Royal Australian and New Zealand College of Psychiatrists:
• trains and supports psychiatrists
• advocates for better mental health for our communities
• sets standards in psychiatry.

This is a general guide only, and does not replace individual medical advice. Please speak to your doctor for advice about your situation. The RANZCP is not liable for any consequences arising from relying on this information. Subject matter experts, people with lived experience of mental illness and carers all contributed to this fact sheet.