



RISK OF SUICIDE RESPONSE

If you are alone with the person: Bring another person into the situation

If the person is not with you: Find out where they are and who is with them

ASK

Are you thinking about suicide?

YES / NOT SURE

1. Have you thought about HOW you would kill yourself?
2. Have you thought about WHEN you would kill yourself?
3. Have you taken any steps to GET the things you would need to carry out your plan?
4. What support can they access to stay safe and get help?

RESPOND

If unsure of danger

If there is immediate danger

Not in immediate danger

Visit the GP or emergency department and ensure they are accompanied

CALL 000 IMMEDIATELY AND REQUEST AMBULANCE ASSISTANCE
Stay with them until help arrives and follow up

SUPPORT

Contact Helplines:
Lifeline 13 11 14
Suicide Call Back Service 1300 659 467
Kids Helpline (5-25yrs) 1800 55 1800
Indonesia: Ministry of Health 500-454
Stay with them while accessing help and follow direction of health professional

Encourage help-seeking and safety planning:
GP, Psychologist, Counsellor, Current support network

Stay in touch as appropriate

REPORT

Report to Pastoral Care Oversight at your campus immediately to support the person and you the responder **1300 53 53 53**

If 000 was called or a person involved is under 18 contact Safe Church
1800 557 264 safechurch@hillsong.com