

## 2.4 Support for Suicidal Patients and Those Bereaved by Suicide

The following organisations offer a free service to suicidal patients and those bereaved by suicide. In addition, many of the services listed elsewhere in Section 2 may provide assistance to individuals struggling to cope with issues which may be contributing to their suicidal ideation.

<b>Anyone at risk</b>	<b>Lifeline</b> National service coordinated locally, staffed by trained volunteers. Provides free confidential telephone counselling, information and referral. <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	<b>Phone: 13 11 14</b> 24 hour service
	<b>Choose Life Services</b> Registered charity (Church of Christ) providing free short term counselling and support by trained counsellors. <a href="http://www.parakaleo.org.au">www.parakaleo.org.au</a>	<b>Phone: 1300 132 098</b> 24 hour service
<b>Anyone at risk, their carers or those bereaved by suicide</b>	<b>Suicide Call Back Service</b> National fully accredited free service managed by the Crisis Support Service, staffed by professional counsellors, providing up to six pre-booked 50-minute telephone counselling sessions. <a href="http://www.crisissupport.org.au/SuicideCallback.aspx">www.crisissupport.org.au/SuicideCallback.aspx</a>	<b>Phone: 1300 659 467</b> 10am – 8.30pm, 7 days/week Not a crisis service
	<b>Standby Response Service</b> National free service coordinated locally by Lifeline Hobart Inc, available to anyone bereaved by suicide. Provides telephone response followed by face to face outreach or assistance with accessing other services.	<b>Phone: 0400 183 490</b> 24 hour service
<b>Bereaved by suicide</b>	<b>Support After Suicide Group</b> Support group run by Lifeline Hobart Inc for anyone bereaved by suicide. Coordinated by professionally qualified & experienced facilitators.	<b>Phone: 6224 3450</b> Mon-Fri: 9am - 5pm Not a crisis service
	<b>Aboriginal Health Service</b> Free confidential counselling service provided by Aboriginal health workers. Not limited to, but deals with, suicide issues.	<b>Phone: 1800 132 260</b> Mon-Fri, 9am - 5pm Not a crisis service
<b>Indigenous</b>		
<b>Men</b>	<b>Mensline Australia</b> National fully accredited free service managed by the Crisis Support Service, staffed by professional counsellors. Not limited to, but deals with, suicide issues. <a href="http://www.menslineaus.org.au">www.menslineaus.org.au</a>	<b>Phone: 1300 78 99 78</b> 24 hour service
<b>Migrants &amp; refugees</b>	<b>Phoenix Centre</b> Provides counselling, advocacy & support for adults & children with a background of torture or trauma prior to arrival, regardless of length of residence in Australia. Individual & group programs.	<b>Phone: 6234 9138</b> Mon-Fri, 9am - 5pm Not a crisis service
	<b>Rural Alive &amp; Well Inc</b> Not for profit group providing counselling & home visits, supporting men at risk & their families in Southern Midlands & Central Highlands area. Response within 24 hrs.	<b>Phone: 6259 3014</b> 24 hour service (calls are forwarded after hours)
<b>People in Rural Areas</b>		
<b>Veterans</b>	<b>Veterans &amp; Veterans' Families Counselling Service</b> National service, providing free confidential short-term counselling and group programs for veterans & their families. Staffed by experienced psychologists & social workers. Not limited to, but deals with, suicide issues. <a href="http://www.dva.gov.au/health/vvcs">www.dva.gov.au/health/vvcs</a>	<b>Phone: 1800 011 046</b> 24 hour service
<b>Young people</b>	<b>Kids Helpline</b> National free confidential telephone and online counselling service for young people aged 5 – 25, staffed by qualified professional counsellors. <b>NB.</b> Emails may take 2 weeks to get a response. <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>	<b>Phone: 1800 55 1800</b> 24 hour service email: <a href="mailto:counsellor@kidshelp.com.au">counsellor@kidshelp.com.au</a> on-line: Mon-Fri, 3 - 9pm Sat-Sun, 10am-5pm
	<b>Time-out</b> Weekend safe house in <b>Launceston</b> for young people aged 14-28, staffed by volunteers. Will accept referrals from anywhere in Tasmania, provided transport can be arranged. <a href="http://timeout.tasmania.net.au">http://timeout.tasmania.net.au</a>	<b>Phone: 0407 102 104</b> 6pm Friday – 9am Monday