

## Key messages

### Helping others

We all have a role to play in preventing suicide.

You can help prevent suicide by looking out for your mates and those you are close to.

Question, Persuade and Refer (QPR) training is a one-hour online course for just \$10, which will help you recognise and confidently respond to warning signs for suicide.

Sign up to QPR at [www.suicidepreventioncollaborative.org.au/QPR](http://www.suicidepreventioncollaborative.org.au/QPR)

### Help seeking

Just like our physical health, everyone's mental health will vary during their life.

When you're feeling down, take action to call in extra support to help you take control of your mental health.

### End of story statement example

If you need support now, please call Lifeline 24/7 on 13 11 14

*Include all relevant support services*

*(A list of support services can be found at [www.suicidepreventioncollaborative.org.au/need-help/](http://www.suicidepreventioncollaborative.org.au/need-help/))*

## Join the Collaborative's awareness campaign via social media

- Take a photo with your QPR online certificate and share on social media using **#care2qpr**
- Share the QPR online training on Facebook or Twitter ([www.suicidepreventioncollaborative.org.au/QPR](http://www.suicidepreventioncollaborative.org.au/QPR))
- Add our Facebook frame to your profile picture (<https://www.facebook.com/profilepicframes/>)
- Follow the Suicide Prevention Collaborative on Facebook & Twitter