

The depression or crisis will pass

Sooner or later you will get out of this hole and wonder how these thoughts ever got such a strong grip on you.

Getting stronger

Over time, with help, you will get back your old strength. This strength will put the suicidal thoughts in their place.

But it takes time. Having survival skills buys us time to work on turning things round.



Counselling services you can ring

During business hours:

24 hour service:

Lifeline	13 11 14
Kids Help Line	1800 55 1800
Mensline Australia	1300 789 978
Police / Ambulance	000

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For general information on depression go to the
www.toughinitout.com link page.

Toughin' it out

Survival skills for dealing with suicidal thoughts

www.toughinitout.com

Know the thoughts and outsmart them

Suicidal thoughts come in waves. The thoughts will reach a peak and then subside - usually over a few hours.



The thoughts try to stay hidden. They discourage you from sharing them with friends or family.

They isolate you.

Often the thoughts peak at night.

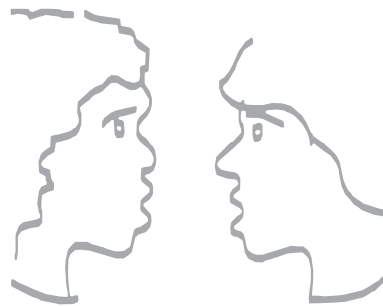
They will try and trick you into the idea that there is no future.

Worst of all they try and trick you into the idea that the family would be better off without you. This is never the case.

To beat the thoughts and stay alive

When you feel them coming on, be with other people.

People rarely suicide in company. Break the silence and talk.



If you are alone, use the phone. Ring a friend, family member or counselling service.



Be aware

Avoid alcohol and illegal drugs. These will often feed negative thoughts, that can make you feel sad or bad.



Remove anything in the house that could make it real easy to suicide if the thoughts have their way.

