

World Suicide Prevention Day

10 September



“**Real mates listen;
Real mates speak up.
Checking isn't
weakness—it's how we
keep each other alive.”**

- Joy, Embrace Multicultural Lived Experience Group member

This World Suicide Prevention Day, be the mate who checks in.

A simple question, asked with care, can be the difference someone needs.



Check out more resources on our website to help **change the narrative.**

#StartTheConversation

#WSPD

#MentalHealthAustralia

#EmbraceProject

If you or someone you know needs support

- In immediate danger call **000**
- Lifeline **13 11 14** 24/7 crisis support
- BeyondBlue 24/7 mental health and wellbeing support **1300 22 4636**
- Suicide Call Back Service **1300 659 467**
- Translating and Interpreting Service (TIS) **131 450.**


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