

NORTHERN BEACHES ADOLESCENT

SUICIDE ACTION PLAN

WHAT TO DO & WHO TO CALL

When a young person aged 12+ on the Northern Beaches is in danger of suicide

- Breathe stay calm
- Ask questions
- Reassure them
- Get support
- Phone any of these numbers
 DO NOT DELAY

LIFELINE 13 11 14

MENTAL HEALTH LINE 1800 011 511

KIDS HELPLINE 1800 55 1800

PARENTLINE 1300 1300 52

LIFE IS
IN DANGER
THERE IS
IMMEDIATE RISK OF
HARM OR DEATH

Call 000
Stay with them
Reassure them

HAVE A PLAN -GOING TO ACT HAVE A PLAN -NOT ACTING ON IT SUICIDAL
IDEATION - THEY
ARE THINKING
ABOUT IT
NO PLAN YET

1. CAN'T LISTEN TO REASON: BUT THEY WILL GO WITH YOU TO A SAFE PLACE

- Breathe stay calm
- Stay with them
- Take to closest hospital emergency dept eg Northern Beaches Hospital

NOT WILLING TO GO WITH YOU:

Call 000

- Available 24/7 Youth Response Team 1800 011 511

- 7 days 2pm- 9pm

2. CAN REASON: THEY WANT HELP - YOU HAVE TIME

- Breathe stay calm
- Stay with them
- Under 16 take to emergency at Westmead or Randwick Children's Hospital if practical. All ages Northern Beaches Hospital Emergency Dept

- Breathe stay calm
- Access support
 -Lifeline etc see above
- Help them access
 Beyond Now Suicide
 Safety Plan app
- or ReMinder Suicide Safety Plan App