



Suicide prevention resources

Defence Community Organisation

[SuicideLine](#) is available throughout Victoria 24 hours a day, seven days a week, providing information on why a person becomes suicidal, helping someone who is suicidal, what to do in an emergency and how to cope with a death by suicide.

[Suicide Prevention Australia](#) provides links and referrals to suicide prevention helplines and services throughout Australia.

[Support After Suicide](#) provides information and resources for people bereaved by suicide and for health professionals.

The [Suicide Call Back Service](#) is an information and referral to assist people at risk of suicide, their carers, and people bereaved by the suicide of a loved one.

[Living Is For Everyone](#) provides information, activities and resources for people across the community who are involved in suicide and self-harm prevention activities.

[Lifeline](#) provides 24 hour crisis support on 13 11 14. The website also provides a range of mental health related self-help resources and a search directory to find mental health services in your local area and links to local Lifeline Centres.

[SANE Australia](#) is a national charity helping all Australians affected by mental illness, by campaigning, educating and researching.

[Foundation 49](#) raises awareness of men's health, particularly by encouraging men to get regular health checks.

For more information on this factsheet and other Defence Community Organisation support services visit www.defence.gov.au/dco or call the all-hours Defence Family Helpline on 1800 624 608.

The Defence Community Organisation offers a wide range of support services for the families of ADF members.

The best way to access these services is to call 1800 624 608. The all-hours Defence Family Helpline is staffed by qualified human services professionals including social workers and psychologists.

