

ASSISTANCE AND RESOURCES

WEBSITE AND PLACES TO CALL:

- Suicide Prevention Information New Zealand:
www.spinz.org.nz
- Help4Youth: www.help4youth.com
- American Foundation for Suicide Prevention:
www.afsp.org
- Suicide Prevention Helpline 12pm-12am
Ph; 0508 Tautoko
- Youthline Free txt 234; Ph 0800 376 633
- Samaritans offer a 24 hour call in service;
Ph: 0800 726 666 www.samaritans.org.nz
- Mental Health Crisis Teams
Go to <http://www.mentalhealth.org.nz/page/303-in-crisis>
for regional numbers.
- Lifeline 0800 543 354
Chinese Lifeline 0800 888 880

OTHER SOURCES OF HELP:

GP, counsellor, spiritual leader. Most libraries have helpful self-help books which many people find helpful.

STUDENT COUNSELLING SERVICES
SKILLS – INSIGHT - SUPPORT

WHERE DO I GO FROM HERE?

If you would like to make an appointment to see a counsellor to learn more about this topic, please contact the counselling service on your campus.

Distance students can contact any one of the campuses. Please tell the receptionist if you need an urgent appointment.

CONTACT DETAILS

ALBANY

Health and Counselling

Hours 8.30am - 5.00pm

Monday - Friday

Phone (09) 443 9783

Email: Studenthealth@massey.ac.nz

MANAWATŪ

Student Counselling Service

Turitea Campus, Palmerston North

Hours 8.30am - 5.00pm

Monday - Friday

Phone (06) 350 5533

Email: s.counselling@massey.ac.nz

WELLINGTON

Student Counselling Service

Hours 8.30am - 5.00pm

Monday - Friday

Phone (04) 801 25 42

<http://crow.massey.ac.nz>

<http://health-counselling.massey.nz>

0800 MASSEY | MASSEY.AC.NZ

IF A FRIEND IS SUICIDAL

STUDENT COUNSELLING



SUICIDE

We are told that New Zealand has one of the highest youth suicide rates in the world. Unfortunately this may mean that someone close to you (or even you) may be contemplating or have attempted suicide.

SOME MYTHS ABOUT SUICIDE

Suicidal people really want to die.

- Most people just can't see any other way out of their situation, rather than actively wanting to die.

Suicides happen out of the blue.

- Most people do give signs that they are thinking about suicide. These signs can include different ways of saying goodbye and putting affairs in order (eg giving treasured possessions away).

People who think about suicide are crazy.

- Anyone can contemplate suicide if they are distressed enough.

People who talk about suicide won't really do it.

- Most people who think about suicide will mention it in some way.

You shouldn't talk to a depressed person about suicide—it might give them ideas.

- Suicidal thoughts are common among persons who are depressed as well as among those who are not depressed. It is better to talk about the feelings than avoid the subject.

WHAT ARE THE WARNING SIGNS?

Most people who think about suicide do communicate this to others in some way. Commonly this will be verbal—"life is too hard" and "others would be better off without me"

A friend who is suicidal may:

- Withdraw from people and things they have been interested in
- Become uncharacteristically tearful or reckless
- Take less care with hygiene or personal grooming
- Experience changes in sleeping or eating patterns, either sleeping or eating more than usual or not sleeping or eating well
- Seem preoccupied with death
- Start giving personal possessions to you and your friends
- Suddenly seem cheerful even though the situation remains the same. This may indicate that a decision has been made to commit suicide.



HOW CAN I HELP?

- Listen carefully and ask. Sometimes the cues are quite subtle and easy to miss if you aren't really listening. Don't be afraid to ask someone if they are thinking about suicide. It won't give them ideas.
- Take your friend seriously—even if they are talking about it flippantly.
- Offer support, but don't try to handle this on your own.
- Try to persuade your friend to get professional help. If they won't, ask a professional for advice yourself. Don't allow yourself to be 'trapped' by promises of secrecy. Where someone else's life is in danger confidentiality must come second.
- Show the person you care. Sometimes just some thoughtful gesture or words, or even a hug helps.
- Acknowledge that things are difficult for them. Don't try to cheer them up or tell them to 'snap out of it'.
- Suggest that if they are willing for others to help that there may be some really good, new solutions to the problems which currently seem insurmountable.
- Most people who think about suicide are so overwhelmed by the enormity of the problem that they can't see any other way out. However, there are other ways of dealing with things. Only by being alive can one put them into practice. Most people welcome alternatives that work, but it may take some time and some talking to discover them.