



What to do in a Suicide or self-harm incident

1

Make sure the person is safe. If medical treatment is required call 000 then advise Security on 7777. If the person is off-campus ask for their address before calling 000.

2

If **immediate** support is needed:

- See if a Mental Health First Aid Officer is available in your School or work unit or call (07) 3735 7111.

For students, call:

- The 24/7 Griffith Mental Wellbeing Support Line on **1300 785 442**

For staff, call:

- **1300 MH CALL** to speak to the 24 hour mental health service

3

Calm, reassure and stay with or online with the person until help arrives.

4

If **non-immediate** support is needed, assist the person to contact their support network and encourage them to seek professional advice through the university or a GP.



Health and Medical Services and Counselling and Wellbeing are **not** Emergency Services and may not be able to provide immediate support.