

# Friend or Family Member Suicidal?

What can you **Say** or **Do**?

## You can start a **WhatsApp Support Group**

Save a Life. Send a Text. We offer 100's of examples.

# InToughTimesText

### What You Can **ASK**:

"Do you wish you did not wake up in the morning"

### What You Can **SAY**:

**"You would never advise a friend to die.** Tell yourself what you'd tell a friend."

### What You Can **DO**:

"I will keep messaging you until this is over. Please talk... it helps the pain. Let's arrange a GP appointment or we can go to an emergency department."

A world-first initiative from Australian psychiatrists, psychologists and GPs with real-life experience.

## Multiple Connections Save Lives

[www.ittt.org.au](http://www.ittt.org.au)

SAVE A LIFE. SEND A TEXT.  
#ittttext #hotl @ASPForg



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