

SARAH & CLARE

When your friend is thinking about suicide...



Clare

23 mins • 🌐 • Instagram 👤

I don't want to be here anymore 😞



I'm really worried about Clare. She's been acting different and something's not right...

SARAH THINKS ABOUT CHANGES SHE HAS SEEN IN CLARE LATELY...

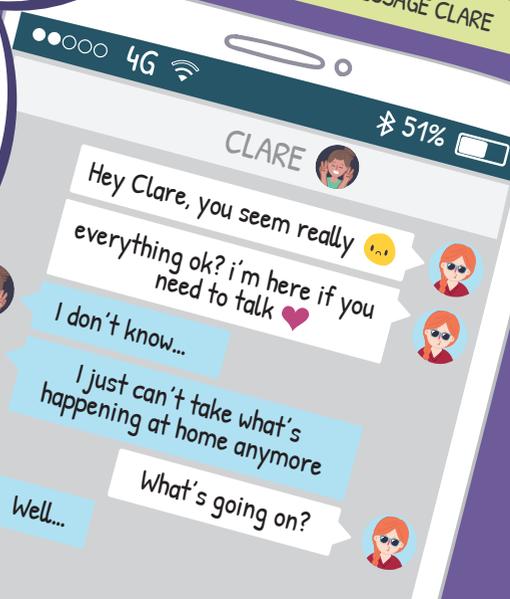
CLARE ALWAYS SEEMS SAD

THERE'S BEEN PROBLEMS AT CLARE'S HOME

CLARE HASN'T BEEN HANGING OUT AS MUCH OR GOING TO NETBALL

CLARE HASN'T BEEN EATING HER LUNCH AT SCHOOL

SARAH DECIDES TO MESSAGE CLARE



CLARE TELLS HER STORY...

Oh no! That sucks 😞

you don't have to go through this alone

i'm here for you

Nothing's going to change tho

Life just isn't worth living...

I'm worried about you 😞

Can we hang out after school tomorrow?

Ok

What should I say? What if she is thinking about suicide? How could I help her? What should I do?

SARAH CHECKS OUT THE KIDS HELPLINE WEBSITE - SHE FINDS AN ARTICLE CALLED: 'MY FRIEND IS THINKING ABOUT SUICIDE'

Could they be thinking of suicide?

Here are some signs that they may need help

- Seem sad or depressed
- Get bullied at school or online
- Talk about being unhappy with their life
- Post stuff online about suicide or wanting to die
- Suddenly appear happy after being sad for a long time
- Have problems at home
- Self-harm
- Use drugs or alcohol to cope
- Stop talking to you about stuff and keep to themselves
- Text/talk about not wanting to be 'here' anymore

Uh-oh... a lot of these sound like Clare



“When someone wants to end their life it can be scary to talk about and you might not know what to do. We’re here to help. Give us a call on 1800 55 1800 or start a WebChat”

Sarah decides to WebChat Kids Helpline and talks to a counsellor who gives her some additional support



Kids Helpline Counsellor

Let her know that you care and she isn't alone



Kids Helpline Counsellor

It's ok to ask her if she's thinking about ending her life



Kids Helpline Counsellor

You don't need to have all the answers but you can help her to stay safe while she gets other support



Kids Helpline Counsellor

Encourage her to talk with someone who can help - her parents, a teacher, her doctor or she can call Kids Helpline



Kid

If she's thinking about suicide, don't keep it a secret, it's ok to speak up and let a trusted adult know

SARAH GETS OFF THE CHAT AND FEELS MORE CONFIDENT TO TALK WITH CLARE TOMORROW.

NEXT DAY, SARAH MEETS UP WITH CLARE AFTER SCHOOL. AFTER TALKING FOR A WHILE...

I'm freaking out about what you said last night. Are you thinking about suicide?

Yeah... it's bad.

I'm scared for you & care about you. Please don't.

I was a bit worried you might think I was saying it for attention or something. I'm scared... I don't want to die - I just want the pain to stop. I don't know how else to cope.

I'm glad you told me. I think you need help to feel better & be safe.



I don't know... I'm worried about what other people might say. I don't want them to think of me differently.



There are people who can help. You need to tell someone!



I'm just not sure who to talk to...



Well...

WHAT HAPPENS NEXT?

OPTION A

Sarah encourages Clare to talk to her mum...

Turn to page 7

OPTION B

Sarah tells Clare about the Kids Helpline website

Turn to page 8

OPTION C

Sarah suggests Clare talks with the school counsellor

Turn to page 9

OPTION A



I don't know... I did want to tell my mum, but I'm worried she won't believe me. She's got a lot of other important stuff to worry about.



What about telling your mum?

This is important too!

I guess...

How can I help?

Can you be there when I tell her?

Yeah, for sure.

CLARE & SARAH SIT DOWN WITH CLARE'S MUM. CLARE TELLS HER WHAT'S GOING ON AND HOW SHE FEELS. HER MUM COMFORTS HER & LETS HER KNOW SHE'S HERE TO HELP HOWEVER SHE CAN.



OPTION B

Have you heard of Kids Helpline?

Yeah, but I've never talked to them before. I wouldn't know what to say!

I've talked to them. The counsellor was nice and helped me to talk things through.

I guess I could try it out...

I'll message you their number and website!

CLARE GETS HOME AND LOOKS ON THE KIDS HELPLINE WEBSITE AND SEES THAT SHE CAN CALL, WEBCHAT OR EMAIL WITH A COUNSELLOR. SHE ALSO SEES THAT THEY HAVE LOTS OF INFO ON THE SITE ABOUT HOW TO DEAL WITH DIFFERENT ISSUES. SHE STARTS A WEBCHAT EXPLAINING WHAT'S HAPPENING. THE REPLY IS REALLY HELPFUL SO SHE CONTINUES TO WEBCHAT BACK & FORTH FOR SEVERAL MONTHS.



OPTION C



CLARE GOES TO SEE HER SCHOOL COUNSELLOR. THE COUNSELLOR TALKS THROUGH SOME DIFFERENT OPTIONS FOR HOW SHE CAN GET HELP.



A FEW MONTHS LATER...

So, how have you been feeling lately?

I'm good. I feel much better these days. Sometimes I still feel crap but not as bad as I did



An illustration of two young girls standing on a grey path in a park-like setting. The girl on the left has brown hair in a bun, wears a light blue backpack, a white shirt, a purple skirt, and blue shoes. The girl on the right has red hair, wears a pink backpack, a white shirt, a purple skirt, and purple shoes. The background features large trees with orange and yellow foliage and green bushes. Two speech bubbles are positioned above the girls, one on the left and one on the right.

Thanks for helping me.
I'm not sure I could've
got through this
on my own

I'm just glad
you're ok



kids
help
line

anytime.any reason.

[kidshelpline.com.au](https://www.kidshelpline.com.au)

1800 55 1800

FREE CALL
24/7



Talking helps!

**We're here for you 24 hours a day, 7 days a week
Check out our website for lots of tips too**

Kids Helpline is a service of yourtown for 5-25 year olds
In an emergency call 000