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FASHION SUICIDE SHOWS NEED FOR HELP-SEEKING

Lifeline Australia is today calling on all Australians to seek help if they are thinking about suicide. The suicide prevention service provider is also calling on everyone to look for signs of suicide on the social network sites of their friends and family.

The call comes following the death of UK based fashion designer, Alexander McQueen, who posted a number of emotional messages on his twitter page in the days leading to his suicide.

“People who are suicidal will often provide clues to how they are feeling to people who they care about. In our modern world, these invitations are increasingly appearing on social networking sites like facebook and twitter,” Lifeline CEO Dawn O’Neil said today.

“That’s why we are calling on people to take comments that they might see posted by the friends, family, or colleagues social networking sites seriously. Or comments they might hear in person. Often, talking through feelings with someone can be literally life saving.

“Basically, we are calling on everyone to keep an eye on their own social network.

“If you do read something, or if what you are hearing makes you feel uncomfortable and you don’t know what to do, then escalate it to someone who can help. They may be able to better engage with the person you suspect is at risk.

“In this way the person will be able to get the help that they need when they need it.”

Lifeline is a service that can assist to help people who are suicidal or suspects someone who is at risk. Lifeline speaks take around 50 suicide related calls every day on 13 11 14 and can connect people to ongoing support and care.

“Another benefit to asking a person how they are feeling, or acknowledging their clues or invitations, is that we can give them a message of hope, and let them see that they are cared for and that help is available,” Dawn said.

“This in itself can also save lives.”

Anyone who is experiencing, or knows someone experiencing, suicidal thoughts can call Lifeline anytime on 13 11 14.

To download Lifeline’s ‘*Tool kit for helping someone at risk of suicide*’ log on to http://www.lifeline.org.au/find_help/info_service/toolkits

For further information or comment contact:

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