

Thank you for taking the time to complete this survey.

We appreciate the emotional energy it may take to respond to questions about suicide prevention and value your generous sharing of knowledge from your lived experience. Please take care and reach out to the supports that work for you, if you need.

If you would like to talk to someone for support, you can call any of the following support services 24 hours a day, 7 days a week.

- **Mental Health Line:** 1800 011 511
- **13YARN** 13 92 76
- **Lifeline:** 13 11 14
- **Kids Helpline:** 1800 55 1800
- **Suicide Call Back Service:** 1300 659 467
- **StandBy Support After Suicide:** 1300 727 247
- **Beyond Blue Support Service:** 1300 22 4636
- **1800RESPECT:** 1800 737 732
- **Alcohol Drug Information Service (ADIS):** 1800 250 015

You can find more support services listed at:

- Roses in the Ocean: rosesintheocean.com.au/i-need-help-now/
- ACON's LGBTQ+ suicide prevention hub: HERE.org.au/services/
- NSW Health: www.health.nsw.gov.au/mentalhealth/services

For more information about the Mental Health Commission of NSW, please visit [Mental Health Commission of New South Wales \(nswmentalhealthcommission.com.au\)](https://nswmentalhealthcommission.com.au).