



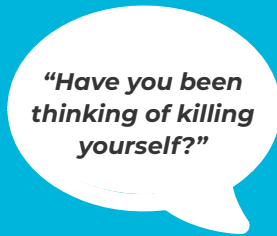
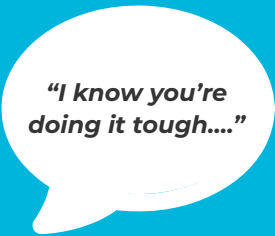
TALK

Step 4: If a man you know is doing it tough it's time to Talk about male suicide.

Men in crisis want to talk to...

- **Someone they can trust**
- **Someone they respect**
- **Someone who won't judge them**

If you want a straight answer, ask a straight question:



- **Listen without judgment**
- **Get a straight answer**
- **Agree the next steps together**

STOP MALE SUICIDE GATEKEEPER TRAINING

Stop Male Suicide can deliver male suicide prevention training in your community. We give you the skills, knowledge and confidence you need to act **F.A.S.T.** and Stop Male Suicide. You will learn:

- † **The pathways to male suicide:** which men are most at risk of suicide and why?
- † **How to spot a man with a suicide plan:** and know what action you can take.
- † **To talk or not to talk:** understanding the ways men cope and how to work with masculine strengths to help men get help.
- † **Keeping suicidal men safe:** a solution based approach to help stop male suicide.

HOW TO ACT F.A.S.T. TO STOP MALE SUICIDE



FACTS



ACTION



SIGNS



TALK

IF IN DOUBT TALK TO
SOMEONE ELSE

LIFELINE AUSTRALIA: **13 11 14**
IF LIFE IS AT RISK: **CALL 000**



**STOP
MALE
SUICIDE.**

Find out more by emailing stop@stopmalesuicide.com

THE F.A.S.T. WAY TO STOP MALE SUICIDE



FACTS

Step 1: Get the Facts about male suicide.

? Suicide kills 6 Australian men a day

? 3 in 4 suicides are men

? Suicide is the leading killer of men under 55

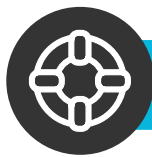
? 75% of male suicide attempts are not linked to mental health issues

? Most male suicides are 1st attempts

? Suicide kills 1 man a minute worldwide

? Male suicide is preventable

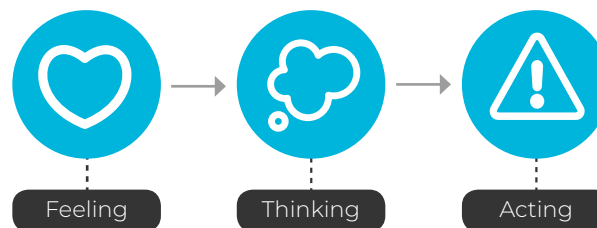
? You can help Stop Male Suicide



ACTION

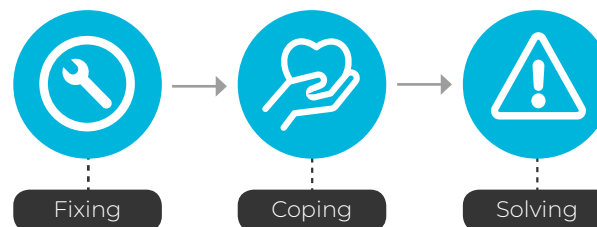
Step 2: Know when to take Action to stop male suicide.

THE INSIDE-OUT PATH...



Men who feel, think and act suicidal (e.g. planning or attempting suicide) are at increased risk of taking their own lives. Tune into what the men in your life are feeling, thinking and doing so you know when to take action.

THE OUTSIDE-IN PATH...

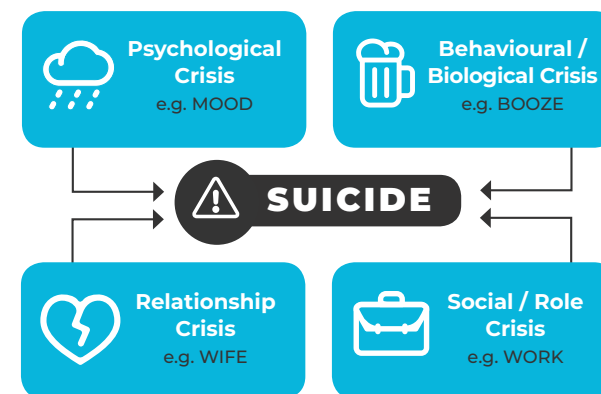


When men face problems they can't fix and can't cope with, they may consider suicide as a solution to those problems. Listen out for the men in your life. How well are they coping with the challenges they face?



SIGNS

Step 3: See the Signs of crisis that can put men at risk.



- ⚠️ **Psychological crisis** includes depression, anxiety, mental illness and trauma
- ⚠️ **Behavioural/Biological crisis** includes drug/ alcohol abuse, self-harm, risk-taking, physical illness
- ⚠️ **Relational crisis** includes separation, conflict, bereavement and violence/abuse
- ⚠️ **Social/Role crisis** includes issues with work, money, housing, the law and social status

When a man you know is struggling to cope with one or more of these issues it's time to take action and have 'the talk' about male suicide.