

# Help give hope

## Suicide is preventable.

The reasons people attempt to take their own life are complex. To understand how to prevent suicide, we need to know what puts people at risk (risk factors), what protects people from these risks and helps them cope (protective factors) and how to recognise and respond to warning signs.

### Risk and protective factors can be influenced by many things...

Here are some examples for Pasifika people.

#### Risk factors

- ✗ Poor mental and/or physical health.
- ✗ Exposure to violence, trauma or abuse.
- ✗ Failure to meet unrealistic expectations.
- ✗ Conflict about sexual identity.
- ✗ Unemployment.
- ✗ Alcohol and drug misuse.
- ✗ Intergenerational misunderstandings.
- ✗ Sense of shame.
- ✗ Relationship problems.

#### Protective factors

- ✗ Social connectedness.
- ✗ Secure cultural identity.
- ✗ Spirituality.
- ✗ Church participation.
- ✗ Supportive family and friends.
- ✗ Problem solving skills.
- ✗ Access to support and help.
- ✗ Self-esteem and a sense of belonging.
- ✗ Meaningful contribution.

### Warning signs

Someone who is thinking about suicide may show warning signs. Warning signs can be a cry for help and provide an opportunity to prevent the suicide from happening.

#### Here are some examples of warning signs to look out for.

- ✗ Increased use of alcohol or other drugs.
- ✗ Feelings of rage, revenge, disappointment, sadness or hurt.
- ✗ Expressing feelings of being trapped, like there's no way out.
- ✗ Abnormal sleep patterns – not sleeping or sleeping all the time.
- ✗ Saying they have no reason for living or have no purpose in life.
- ✗ Sense of helplessness, hopelessness and worthlessness.
- ✗ Talking about unbearable pain, saying things like "I am in pain", "I am being a pain" and "I want to end the pain".
- ✗ Talking or writing about "being better off dead", death or suicide.
- ✗ Withdrawing from family and friends, isolating themselves.
- ✗ Suicide notes, threats and earlier suicide attempts.
- ✗ Anxiety, depression or dramatic changes in mood.

### Conversations matter

One way to really know if a person is thinking about suicide is to ask them.

Asking someone about suicide in a supportive way will not put them at greater risk of suicide.

Some people are relieved when other people reach out and start the conversation about suicide.

If we discuss suicide in the right way, we can actually reduce the risk.

Talking about suicide in the right way increases our understanding and reduces stigma.

Having a conversation about suicide encourages us to seek help.

### Your five steps to helping



### Get help

**In an emergency call 111**  
Contact your nearest hospital emergency department, local general practice or local mental health crisis service.

**Free health advice when you need it**  
Call Healthline on 0800 611 116 (24 hours, 7 days a week) or visit [www.healthline.govt.nz](http://www.healthline.govt.nz).

### If you need to talk or help someone else...

**Lifeline**  
0800 543 354  
[www.lifeline.org.nz](http://www.lifeline.org.nz)

**Suicide Prevention Helpline (TAUTOKO)**  
0508 828 865 (12 noon to 12 midnight, 7 days a week)

**Kidslife**  
0800 54 37 54 (up to age 14, 4pm-6pm weekdays)  
[www.kidslife.org.nz](http://www.kidslife.org.nz)

**Depression Helpline**  
0800 111 757  
[www.depression.org.nz](http://www.depression.org.nz)

**The Lowdown**  
Free txt 5626  
[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

**Netsafe (txt/cyber bullying)**  
0508 638 723  
[queries@netsafe.org.nz](mailto:queries@netsafe.org.nz)  
[www.netsafe.org.nz](http://www.netsafe.org.nz)

**What's Up Helpline**  
0800 942 8787 (5-18 year olds, 1pm-11pm)  
[www.whatsapp.co.nz](http://www.whatsapp.co.nz)

**LGBTIQ - OUTlineNZ**  
Confidential telephone support for sexuality or gender identity issues.  
0800 688 5463  
[www.outline.org.nz](http://www.outline.org.nz)

**Pacific Island Safety and Prevention: Preventing Family Violence and Support for LGBTIQ**  
0800 PASEFIKA (0800 727 33452) or 0800 PASIFIKA (0800 727 43452)

**Youthline**  
Free txt 234  
0800 376 633  
[talk@youthline.co.nz](mailto:talk@youthline.co.nz) or [parentalk@youthline.co.nz](mailto:parentalk@youthline.co.nz)  
[www.youthline.co.nz](http://www.youthline.co.nz)

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