

MEDIA STATEMENT

Tuesday, May 3, 2011

New Suicide Statistics Affirm the Need for Professional Services

Crisis Support Services Inc (CSS), provider of the national Suicide Call Back Service and SuicideLine Victoria, have said that the latest figures on suicide in Australia are no surprise. According to the Australian Bureau of Statistics (2009 – Causes of Death data) suicide remains the 14th leading cause of death in Australia, with 2132 Australians taking their own lives in 2009.

CSS' Clinical Services General Manager, Mr Christopher Groot said that the new figures simply reaffirmed the need for professionally staffed, 24 hour support services for people at risk of suicide, their carers and those who have lost a loved one to suicide.

"International research tells us that people who access professional support via professional telephone counselling are up to six times less likely to die by suicide," he said.

Australian men are at a greater risk than women, and represent more than three quarters (76.6% per cent) of all suicides in the country.

The Suicide Call Back Service is Australia's only professionally staffed, 24 hour helpline for people at risk of suicide, their carers and people bereaved by suicide. In addition to the crisis line, we provide a unique call back service offering people up to six free telephone counselling sessions - with the same counsellor - at a time that suits the client. Our website also provides a source of ongoing support through a suite of online resources including a range of e-therapy tools. Our professional counsellors provide specialised support to almost 6000 Australians a year.

SuicideLine Victoria operates 24 hours a day, seven days a week offering free, anonymous professional support to Victorians, supporting almost 8,000 people each year.

Mr Groot said the figures released today weren't a full reflection of the impact suicide has on the community.

"Losing a loved one to suicide has deep and long lasting impact on friends and family. Suicide has a huge emotional and psychological impact on those left behind, and in many cases those directly affected are at increased risk of suicide themselves.

"I urge anyone who knows someone who has been affected by suicide to encourage them to seek professional support from the Suicide Call Back Service or SuicideLine Victoria - it could save a life," he said.

Anyone who is experiencing suicidal thoughts, worried for a loved one or bereaved by suicide should seek free, professional support from:

Suicide Call Back Service – 1300 659 467. Available Nationally 24 hours a day, seven days a week.
www.suicidecallbackservice.org.au

SuicideLine Victoria – 1300 651 251. Available in Victoria 24 hours a day, seven days a week.
www.suiceline.org.au

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