

#chatsafe

# Top 10 tips



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## Self care

1. Take care of your own health and wellbeing. If you are feeling upset or overwhelmed by what you're seeing online, there are a few things that you could try:

- Seek support from a family member, friend, or professional.
- Physically step away for a while, log off completely, or do something different that doesn't involve social media.
- Hide posts on your feed or unfollow content that may cause you distress.

## General information

2. Mute, snooze or hide content, unfollow or block a person or account, or report a post if you think it could be harmful for others.

3. Provide links to support services when talking online about suicide.

4. Avoid using words that glamourize, romanticize, or make suicide seem appealing, or judgmental phrases which reinforce myths, stigma, and stereotypes.

## Sharing your own story

5. When sharing your own story, emphasise parts of your experience that demonstrate the importance of seeking help early and messages that reduce stigma and promote hope and recovery.

6. Consider providing a specific content or trigger warning as a heads-up before your content is viewable to others.

## Communicating about others

7. Don't post or share detailed information or photos about suicide or attempted suicide methods, location, or photos of the person appearing distressed.

8. Only post or share accurate information about a suicide and try not to speculate or repeat posts.

## Responding to others

9. Before responding to someone who may be at risk of suicide, check-in with yourself and remember that it is ok not to respond. You're not alone and if you don't feel comfortable responding, talk to a trusted person or professional, or report the content on the social media platform you're using.

10. If you feel comfortable responding to someone who may be at risk of suicide, contact them privately, acknowledge their feelings and tell them why you are worried about them, and remember it's ok to ask them if they are thinking about suicide.

- If they are not at immediate risk, provide links to support services.
- If they are at immediate risk, contact emergency services (i.e. 911) and a member of their family or trusted friend. Where possible, tell the person of your actions and ask if it's ok.

For more information and tips check out the [#chatsafe website](#).

If you need crisis support, contact: Crisis Text Line by texting 'HOME' to 941-941 or the National Suicide Prevention Lifeline on 1800-273-TALK (8255). **If someone's life is in immediate danger, call 911.**

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