#chatsafe for communities: Using social media for suicide prevention and postvention

Edition two

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Contents

What is #chatsafe?

#chatsafe is a suicide prevention program that aims to equip young people, parents, and adults in the community with the skills and knowledge to communicate safely online about self-harm and suicide.

In 2018, Orygen developed the world's first evidence-informed guidelines for young people aged 12-25 to communicate safely online about suicide (1), with input from young people, and suicide prevention and communications professionals. We then worked with young people from across Australia to turn the guidelines into a social media campaign (2), which has, to date, reached more than 6.5 million social media users with evidence-based and age-appropriate suicide prevention information. The guidelines are also supported by a suite of resources for parents, educators, and communities, which are available on the #chatsafe website: **orygen.org.au/chatsafe**

Edition two of the guidelines were launched in 2023, to include new guidance about self-harm as well as information about things like online trends, challenges and hoaxes (3). The #chatsafe resources are regularly updated, expanded, and translated into various languages or for various contexts. We recommend visiting the #chatsafe website for the most up-to-date resources.

#chatsafe guide for communities

In 2020, Orygen developed edition one of the #chatsafe guide for communities as a resource to support community organisations to use social media as part of their **postvention** response activities and to help prevent **suicide clusters**. The initial version of the resource was focused on supporting communities impacted by suicide and was developed to be used by Primary Health Networks (PHNs), community groups and organisations, policymakers, service providers and commissioners.

In 2024, the #chatsafe team undertook consultations with PHNs and other community services to get feedback on edition one of this resource. We then updated the resource to include new evidence-based information from edition two of the #chatsafe guidelines and to reflect the broad range of people and groups within communities that play an important role in the lives of young people.

Postvention refers to initiatives that aim to support people or communities that have lost someone to suicide. This often includes activities to reduce the risk of further self-harm or suicidal behaviour within the community, as well as activities to promote help-seeking and healthy grieving.

Suicide clusters refer to when multiple self-harm events, suicide attempts, or suicide deaths happen in the same community or area in a short period of time.

Who is this resource for?

Edition two of the #chatsafe guide for communities is a resource for PHNs and their commissioned services who may provide postvention responses for communities, as well as community groups and organisations (e.g. mental health organisations, local charities, sporting clubs, religious groups) and the key adults who interact with young people within communities (e.g. sports coaches, religious leaders, mentors, volunteers).

Young people often tell us that the adults they spend time with in their community, such as sporting coaches, religious leaders, and mentors, are important role models and sources of support. Community organisations or groups such as local health centres, youth groups, or community centres can also play an important role in sharing information and support to young people, including for their mental health.

For these reasons, it's important for key adults, organisations and groups within local communities to have the knowledge to support young people when it comes to sensitive topics like self-harm and suicide, and to know what they can do to keep young people safe following a suicide in the community. That is where this resource will help.

This new #chatsafe guide for communities focuses on:

- **The role social media can play in preventing youth suicide**, and how #chatsafe uses social media as part of suicide prevention approaches,

- How community organisations and key adults can use #chatsafe information in a proactive way to **encourage safe online communication about self-harm and suicide** among young people in their community,

- The ways young people might **use social media to communicate after the suicide of someone in their community**, and how to support them at this time, and

- Sharing **practical examples**, including findings from the #chatsafe project, as well as links to online and downloadable resources.

Throughout this resource, you'll find direct links to the #chatsafe website and #chatsafe Instagram page. We've also included links to youth-friendly videos that speak to the topics we cover in this resource. The information, resources and linked videos here can be shared with schools, parents and carers, or young people in the community, or you can use them as conversation starters.

A guide, rather than a set of rules

The information in this resource is designed to support a wide range of community organisations, groups, and key adults. This may include organisations that have a dedicated suicide prevention or postvention team, as well as volunteers or individual community members who interact with young people in other settings, like sporting or hobby groups.

We are aware that individuals, organisations and groups will have different levels of resource (e.g. budget, staff, time) and might interact with young people in the community in different ways (e.g. mostly in-person, or mostly online). Different communities will also have unique needs, cultural considerations and different levels of exposure to suicide, which might need to be taken into account.

This is intended to be a guide for things you might consider, rather than a set of rules to follow.

If you or your organisation does not have a social media account or online presence, you can still use this resource to:

- Understand how young people may use social media to communicate about self-harm and suicide, and the risks and benefits of this,

- Learn how to support young people to be safe online,

- Know how to encourage help-seeking for those who might be going through a hard time or who have been impacted by a suicide,

- Learn how to report any unsafe or harmful suicide-related content you or a young person in the community may see online, and

- Know what to do if you or a young person in the community is worried about someone based on what they are sharing online.

The information included in this resource is informed by the evidence-based #chatsafe guidelines, existing postvention frameworks and toolkits (e.g. **headspace School Support Suicide Postvention Toolkit**), and insights from PHNs, community organisations, and young people, that we have gathered through #chatsafe research activities and consultations.

1

What role does social media play in suicide prevention and postvention?

Social media and suicide prevention

Young people are spending more time on social media, and we know that they often see social media platforms as safe places to talk about their thoughts and feelings.

Young people have told us that social media:

• Allows them to build a sense of community and social connection,

• Provides an accessible and appropriate way to seek help and find information, and

• Is a platform for them to discuss their feelings in a non-stigmatised way.

Because of this, some young people turn to social media to communicate about self-harm and suicide.

We know that exposure to self-harm and suicide content online can pose a risk to young people, especially if information is shared in an unsafe or unhelpful way. For example, content that includes graphic information or images may cause distress or lead young people to imitate what they see or read about (4).

However, research has shown that suicide rates can reduce when information about suicide in mainstream media is shared responsibly and sensitively (5). For this reason, the #chatsafe guidelines were created to help young people have these conversations safely online and to encourage them to create and share information in a safe and responsible way.

Social media can also be an effective way to reach large numbers of young people with suicide prevention information and promoting help-seeking and support. This approach may be particularly useful for young people who live remotely or do not have many in-person supports. Research has shown that young people, including those with lived experience of self-harm, suicide, or **bereavement**, find social media to be a safe and acceptable way of reaching them with suicide prevention information (6-8).

> **Bereavement** is the experience of grief or loss when someone important to us dies. In this case, it refers to the experience of losing someone to suicide.

Social media and postvention

When a suicide occurs within a community, it's common for information about the death to be shared online, and for young people to use social media to talk about and make sense of what has happened. Many people who are bereaved by suicide turn to social media to share how they're feeling, seek support, or remember the person who died.

While this can be a helpful and protective way for communities to come together after a suicide, it's important to be aware of the ways that social media can potentially cause further distress or harm. For example, misinformation and rumours can spread rapidly online, and content that portrays suicide in a sensationalised or stigmatising way can increase the risk of distress or harm in some young people (4). Unsafe media reporting or communication about a suicide can also increase the risk of suicide clusters (9).

Research suggests that young people may experience heightened risk of suicide after being exposed to the suicide of another young person, and most suicide clusters involving young people occur shortly after the suicide of a peer, friend, or someone they knew who was around the same age and from a close location (10). However, young people might also be strongly impacted by the suicide of an influential adult within the community, such as a coach or teacher, or a high-profile figure or celebrity.

In these situations, social media can be a quick and effective way to promote help-seeking and support, validating what young people in the community might be feeling, and providing contact information for local or national services where people can get help if they need it.

Many postvention frameworks and resources (documents that give advice for schools, health organisations or other groups about what to do after a suicide; see page 37) recommend that communities monitor social media after a suicide has occurred. Social media can be a valuable tool for community organisations, groups or key adults to keep an eye on how young people in the community are going, identify young people who might be at risk, and connect them to support services. It can also be used to provide accurate information about the suicide in a safe way, to correct misinformation, and to respond to unsafe online content.

Findings from #chatsafe research

Tables 1 and 2 below summarise what we know about online communication about self-harm and suicide, and provide examples of how social media can be used proactively to support safe communication among young people, as well as to minimise the risk of a suicide cluster after a suicide has occurred.

Table 1. Using social media for suicide prevention

What we know	How you can use social media to help
Young people find social media to be a safe and acceptable way of receiving suicide prevention information.	• Share or promote suicide prevention information with young people in the community. This could include sharing online posts or videos from the **#chatsafe social media accounts**, or other reliable and youth-focused organisations like Orygen or Kids Helpline. You may wish to share this information around key awareness dates, in response to something that has happened in the community, or throughout the year.
Some young people prefer to seek support for their mental health, including self-harm and suicide, online. Others may seek support online if they have limited access to in-person supports.	• Support young people to have online conversations about self-harm and suicide in a way that is safe for themselves and others (see Section 2 for more information). • Learn about the kinds of online support services or resources that young people can access if they need help, particularly services that are free, confidential, and trustworthy (e.g. eheadspace online counselling; see pages 35 and 36 for more services). • Educate young people in the community about where they can turn for help, and share these services online with anyone who might need them.
Unsafe online content regarding self-harm or suicide (e.g. content that is graphic, detailed, or instructional), as well as jokes or comments encouraging self-harm or suicide can be very distressing and can increase the risk of harm for some young people.	• Learn about what can be considered safe and unsafe when it comes to self-harm and suicide content (see the #chatsafe guidelines) and share this information with young people. • Equip young people with the skills and confidence to report content that makes them feel upset or unsafe online. • Report any unsafe content that you encounter online, so it can be removed (see page 27).

Table 2. Using social media to support young people after a suicide has occurred

| What we know	How you can use social media to help
News about a suicide in the community can spread rapidly via word of mouth, text message, and social media. This can cause heightened uncertainty, anxiety and distress among some individuals.	• Share information on social media about help-seeking resources and services available in the community to support those who may be affected by the suicide, or at risk of suicide. • Provide accurate information about the suicide, if appropriate. Encourage young people to look out for information that comes from a reliable source or that has been verified, rather than speculating or sharing information that may not be true. • Gently remind young people that detailed images or descriptions of the suicide method or location can be distressing to others, and to avoid posting, sharing or engaging with this kind of content.
For some people, the first time they will learn that their friend or loved one has died by suicide will be on social media.	• Encourage young people to pause and reflect before posting or sharing news of the suicide, particularly if they are unsure whether the information is true and accurate.
Information about a suicide is likely to circulate widely among the community, and some people may be at heightened risk of self-harm or suicide at this time. Even people who did not personally know the individual who died can still be deeply affected.	• Post content that encourages young people to reach out to the supports in their lives (loved ones, school counsellor, or other trusted adults), and to check in on each other. • Share information on how to respond to someone who you think may be at risk of suicide (see pages 25 and 26 and the #chatsafe guidelines). • Include the details of national services like Lifeline and eheadspace, as well as information for local services that are available in the community.
It's normal for people who have lost a loved one to suicide to feel a range of emotions, and seeing posts shared online about suicide might bring up these feelings or make them stronger.	• Remind young people that they can decide whether or not they want to engage with content about suicide. They can hide, mute, snooze or unfollow certain content or accounts, or take a break from social media if they notice it makes them feel worse (see the #chatsafe guidelines for more information). • Share content that validates that it's normal for people to feel a range of emotions when they have lost someone to suicide, and that help is available.
News of a suicide may lead others to share their own experiences of suicidal thoughts or behaviours online.	• Share tips for how young people can safely share their own experiences online (e.g. by avoiding detailed descriptions of methods, and affirming that help is available; see the #chatsafe guidelines for more information). Remind them that they do not need to share their story if they don't want to, or just because they see other people talking about their own experiences. • Share information on how to respond to content that might be harmful; for example, by reporting the content to the platform (see page 27 and the #chatsafe guidelines for more information).
It is common for people to make online posts or groups to remember and memorialise their loved one who died.	• Encourage people to only share information that they know to be true, and avoid speculating about the death or sharing information that may not be accurate (see page 31 for more tips). • If you come across memorial posts or groups that share inaccurate information, or content that is detailed, graphic, or depicts when/how/where the person died, you might want to reach out to the person or group privately to talk about why this kind of content might be distressing to others, and to share information about how to communicate safely about the suicide (such as Section 7 of the #chatsafe guidelines).

What young people with lived experience of self-harm, suicide, and bereavement have told us

• Talking online about their experiences of self-harm and suicide can help some young people feel acknowledged and provide relief for their distress, especially if they don't feel safe or able to talk to their family or friends about these topics.

• Seeing graphic pictures or posts related to self-harm or suicide can be upsetting. But it can help for young people to know what to do if they come across this content, including knowing about platform safety features and reporting tools.

• Online content that includes stories that are hopeful or describe people getting help for self-harm or suicide can be comforting and protective.

• After losing someone to suicide, community connection and support from schools, friends and family members are really important to them.

• Even though some young people might not actively post or engage with social media content about someone they have lost to suicide, seeing what other people are sharing online about the person who died can help them process what has happened.

• It's important to promote support services that young people can contact in a range of ways, including in-person, over the phone, or by text or web chat.

What we have heard through consultations with PHNs and community organisations about social media postvention responses

• Many professionals who work in these organisations felt that social media is not inherently an unsafe environment, but there are valid concerns about aspects of social media communication that may be harmful to individuals or communities after a suicide (e.g. misinformation or rumours, risk of contagion, unmoderated or closed groups, overly detailed descriptions of a suicide).

• Staff members in these organisations who have taken up the responsibility of monitoring social media immediately following a suicide in their community have said that this work can be very difficult and taxing, especially if the workplace does not have clear protocols or support for staff.

• This work is often constrained by staffing, financial costs, and the willingness and ability of the community to plan ahead for how they will respond if a suicide occurs.

• Communities have varying levels of readiness for suicide postvention, and approaches need to consider the specific needs, demographics, values and services available within each community.
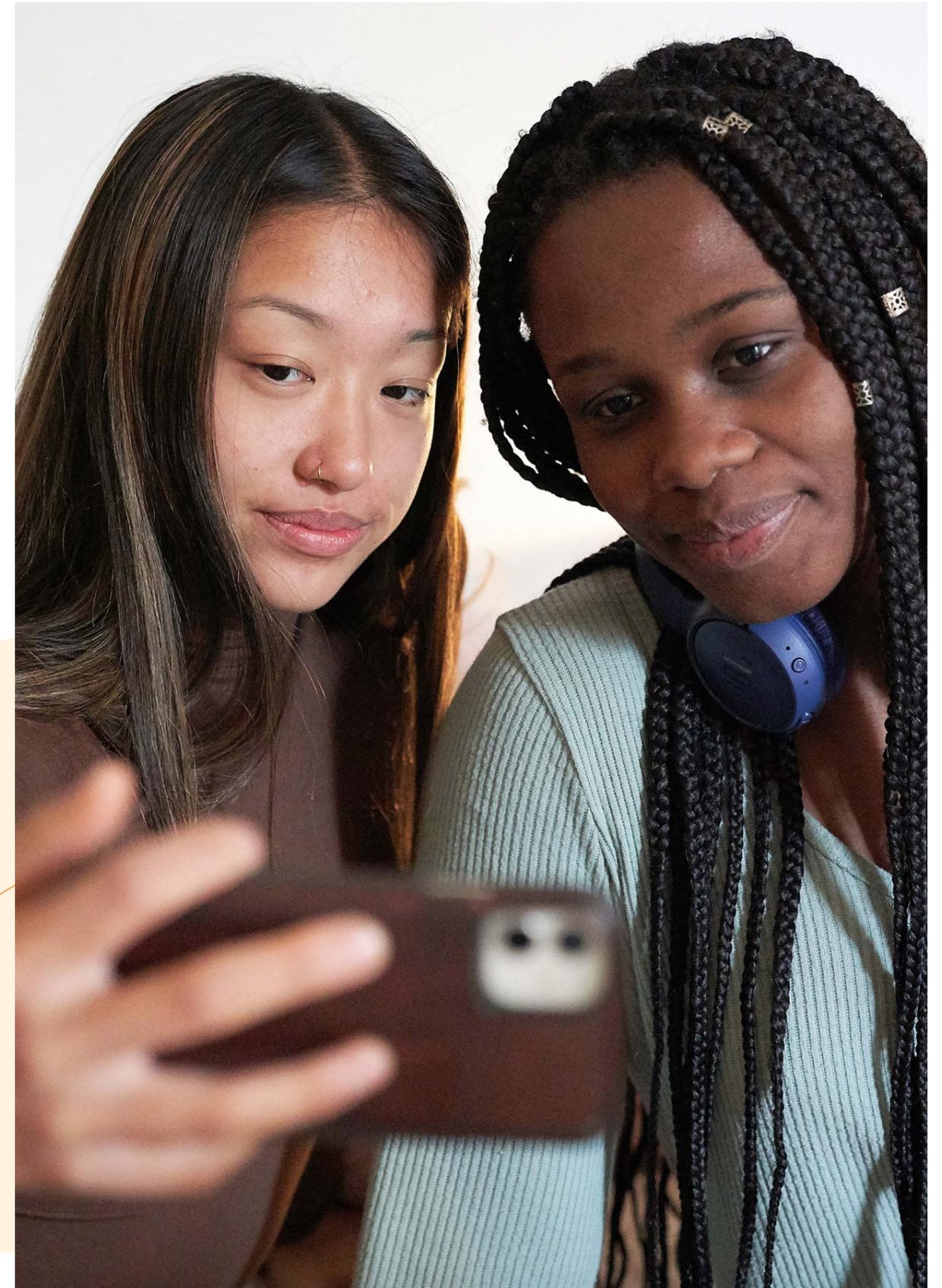
2

General tips

It's safe and important to talk about self-harm and suicide

Adults, organisations and community groups can play an important role in supporting, empowering and mentoring young people, including when it comes to sensitive topics like self-harm and suicide. This might involve modelling safe language when communicating about self-harm and suicide, creating space for open conversations about these topics, and helping young people understand how to stay safe online if they share or see content about self-harm or suicide. They can also play a key role in supporting young people to get help if they need it.

We often hear that conversations about mental health, self-harm, and suicide can feel uncomfortable, and many adults avoid these topics because they are unsure about what to say or afraid of causing harm. However, research has shown that talking about suicide with young people does not increase the risk of harm (11–13). In fact, when done safely and with care, talking about suicide can reduce risk for young people who are already experiencing distress but don't know who they can turn to for support.

What are experiences of self-harm and suicide?

When we talk about "experiences of self-harm and suicide", we mean any time someone has experienced self-harm or suicide, or known someone else who has. This will be different for each person but can include young people who have self-harmed or had suicidal thoughts or feelings themselves, as well as young people who have seen or heard about other people having these experiences. This can happen online or offline.

Myths and facts about self-harm and suicide

There is a lot of stigma and misinformation around self-harm and suicide, which can have real-world consequences for people with these experiences.

Table 3 below challenges some common myths and misconceptions about self-harm and suicide. More information is available in the **#chatsafe guidelines**.

Table 3. Myths and facts about self-harm and suicide

Myth…	Fact…
Self-harm is an attempt at suicide or means that the person is suicidal.	Self-harm is often a coping mechanism, and people self-harm for a range of reasons. It is not necessarily a suicide attempt, and does not always mean the person is thinking about suicide. However, people who self-harm are at increased risk of suicide. A person can also accidently harm themselves more seriously than they intended, which can put their life at risk.
Self-harm is attention seeking.	Most people who self-harm are not trying to get attention. In fact, many people try very hard to hide their self-harm behaviour.
It is not a good idea to ask someone if they are feeling suicidal.	Using the word 'suicide' and asking a person directly about suicidal thoughts or attempts does not increase feelings of distress or risk of harm.
Talking about suicide will put the idea in someone's head or encourage them to attempt suicide.	Talking about suicide safely does not put ideas into someone's head or increase the likelihood of suicidal thoughts or behaviours, and avoiding talking about suicide does not make it go away. In fact, giving a person the opportunity to talk about their thoughts, feelings, or behaviours related to suicide can be helpful for them, and can reduce the risk of harm.
Only certain people will feel suicidal in their lifetime, for example, people experiencing mental ill-health.	While lots of factors can make a person vulnerable to suicidal thoughts or behaviours, suicide can affect anyone.
Suicide is the result of a single cause or event.	Suicide is a complex issue and cannot be explained by any single cause or event. Most of the time, several factors contribute to a person's risk of suicide. These will impact each person differently, and a risk factor for one person may not be the same for someone else.
People who experience suicidal thoughts or attempts are determined to die.	Sometimes people who experience suicidal thoughts or make a suicide attempt do not necessarily want to die. Instead, they may believe that they have no other options or ways to cope. Getting support at the right time can reduce this distress and prevent suicide.
There is nothing anyone can do to stop suicide. Suicide attempts and death happen without warning.	Suicide is preventable. Appropriate help is very effective at preventing suicide attempts and deaths. It is important to know how to recognise when a person is at risk, and to be able to support them to seek help.

When might conversations about self-harm and suicide occur?

There are several reasons why conversations about self-harm or suicide might arise among young people in the community, or why you may want to start a conversation or share information with young people about these topics. These might include:

- You are worried about a young person in the community and their safety,
- A young person in the community has told you about their self-harm or suicide-related thoughts or behaviours,
- A suicide has occurred that impacts young people in the community, for instance, through local schools or sporting clubs,
- A public figure or celebrity has died by suicide and is being discussed in the media or among young people in the community,
- Information about self-harm or suicide is being shared in the community, or
- A TV show or movie that's popular with young people in the community mentions or shows self-harm or suicide.

When these things happen, it's important that key adults in the community feel comfortable and confident talking about self-harm or suicide with the young people they interact with, and that community organisations and groups know how to support safe conversations and promote help-seeking among young people.

Ignoring or avoiding these topics when they arise can increase stigma and may lead young people to think that they should also avoid talking about self-harm or suicide (14), which might stop them from seeking help when they need it.

Creating a safe space

Many young people want to have open discussions about self-harm and suicide. It's common for them to be curious about these topics, and to seek information from various sources. Creating open communication is a valuable way of providing support to young people and can help keep them safe.

If you interact with young people in the community, you can create a safe space for open communication by considering the following tips:

- **Be clear and direct in your language**. While it can feel confronting to say the word "suicide", using the word directly and without judgment can model helpful behaviour and reduce stigma.
- **Be honest**. It is okay to be open if you feel like the conversation is awkward or uncomfortable. They may also feel that way, so by talking about your feelings, you can show that it is safe for them to do the same.
- **Address unsafe language or gestures**. We know that some young people might express frustration, feeling overwhelmed, or other feelings through jokes, inappropriate comments, or gestures that relate to self-harm or suicide. It can be helpful to call out this behaviour by talking about why it may be harmful to others and reminding young people that there are other ways to express their feelings.
- **Let them know about support services and resources that can help**. This could include having a list of local and national support services that you can refer young people to if they need help. We have included some support services on pages 35 and 36, and have a downloadable support services poster available on the #chatsafe website, which you may wish to display in any setting where you interact with young people in the community (e.g. on bulletin boards, at the local library or at sports clubs.
- **Leave conversations about self-harm or suicide in a supportive way**. Let young people know that you appreciate them sharing their thoughts and feelings about these topics. Emphasise that suicide is preventable, and that help is available.

Be mindful of trends

In recent years, information about self-harm and suicide-related games, pacts, hoaxes, and online communities has circulated widely in the news and online. While it can be helpful to stay informed about current events or trends related to self-harm and suicide, we encourage you to be mindful that information about these topics can spread quickly among adults and young people within communities and can cause panic or confusion, even if it has not been confirmed to be accurate or truthful.

To avoid causing panic or confusion when talking about self-harm or suicide trends, it can be helpful to:

- Only share information that comes from a credible source or that you know to be true.
- Avoid talking about self-harm or suicide in a sensationalised way (see Section 3 for information about safe language).
- Correct any misinformation you hear about these topics.

More information about online safety for self-harm and suicide-related livestreams, games, pacts, hoaxes and communities is available in the **#chatsafe guidelines**.
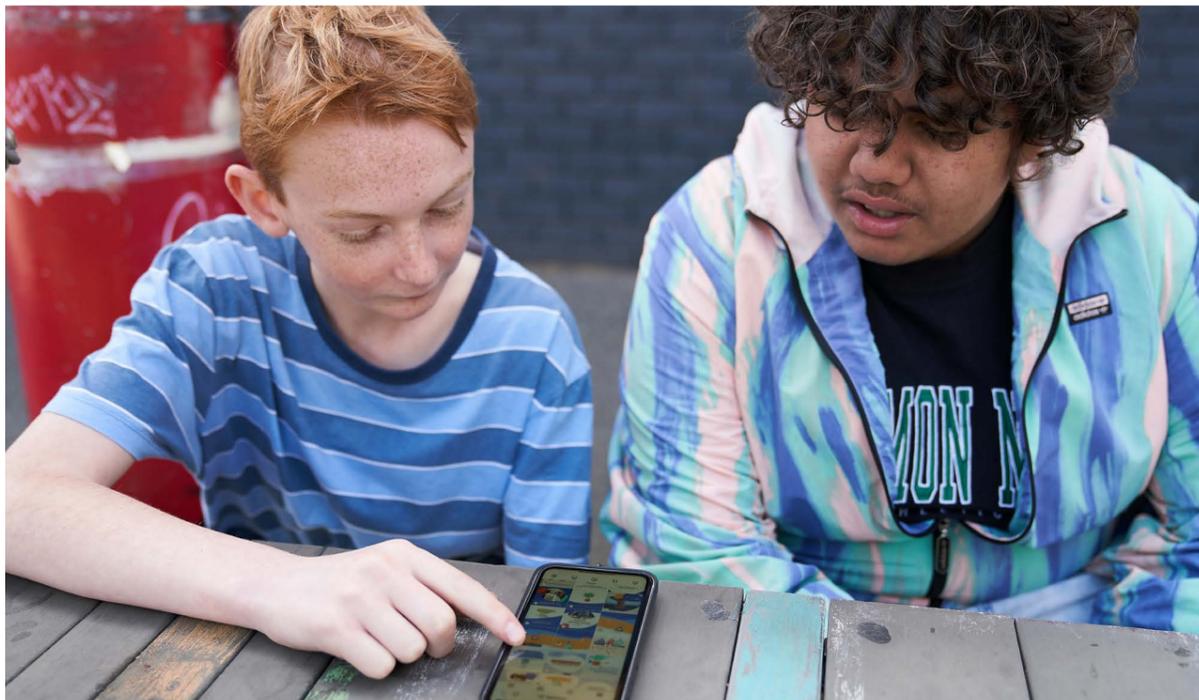
Responding to potential risk of harm in a young person

Key adults who interact with young people in their community, such as sports coaches, volunteers or mentors, are well placed to notice behaviours that may indicate a risk of harm in young people, and may be trusted adults who young people turn to when they want to disclose thoughts or behaviours related to self-harm or suicide.

If you're an adult who interacts with young people in the community, you can provide valuable support by noticing signs that indicate they might be at risk, expressing your concerns, listening without judgement, and encouraging them to seek help from a trusted adult or support service.

However, it is important to remember that you are not solely responsible for their wellbeing, and to refer them to an appropriate adult or service (e.g. their parent, a helpline, their school counsellor) for further support.

If you work or volunteer for an organisation that has policies and procedures related to the safety of young people in the community, you should follow these at all times.

Expressing concern and responding to disclosures

When expressing your concerns to a young person or responding to a young person telling you about their self-harm or suicide-related thoughts or behaviours, it can be helpful to:

- Use safe and non-judgmental language.
- Give the young person time to express themselves.
- Try not to be reactive or panic.
- Remember that you don't need to have a solution.
- Take any disclosures or behaviours that may indicate a risk of harm seriously, and encourage or assist the young person to seek appropriate professional support.

What to do if you are worried about someone based on what they post online

If you see content on social media (including videos, comments, hashtags, images, pages, groups, events, etc.) that indicates a young person or group of young people in the community is at risk of self-harm or suicide, you can:

- Reach out to the young person or group directly, if you have a pre-existing relationship with them or feel this is appropriate.
- Encourage them to seek support and provide links or contact details for support services.
- Get in touch with their family or school (if known, and if appropriate) to ensure that they are aware of any potential risk and able to provide support.
- Report the concerning content to the platform (see page 27 for information about how to report). If the content was posted by an individual, the platform may send them resources or information about support services. If the content relates to a group, page or event, the platform may remove it.

Responding to risk in-person

- **If a young person is at immediate risk of harm, and they are with you or you know their location, call Triple Zero (000), and then contact the person's family or another trusted adult in their life (if known) to let them know what has happened.**
- If you are concerned about a young person but there is **no immediate risk of harm**, you can encourage or assist them to reach out to an appropriate support (see pages 35 and 36 for national support services).

Responding to risk online

If you come across content that indicates a young person is at **immediate risk of harm** (for example, they explicitly mention their intent to harm themselves, or have posted a goodbye note that suggests they are seriously thinking about suicide), and you know the young person or can provide information about their possible location or emergency contacts, call Triple Zero (000) immediately. Then contact the person's family or another person who is close to them, to let them know what is happening.

3

Encouraging safe online communication about self-harm and suicide

Words matter

Safe online communication is key to #chatsafe, and includes things like the language young people use, the types of information they share online, and the support young people can provide to each other.

It's helpful for adults and organisations that support young people in local communities to know the difference between safe and unsafe language, and to practice safe communication themselves – both online and offline. This is because young people might copy the language they hear others using, and while safe communication can reduce stigma around self-harm and suicide, unsafe language can reinforce harmful stigma (15). Modelling safe language can also open up conversations and let young people know that they can reach out if they're feeling unsafe.

Examples of safe and unsafe language related to self-harm and suicide are included in Table 4 below. We know that in some places it's very common for people to use language that we have listed below as being unsafe, and that it can be hard to change these habits. However, we encourage adults to use safe language when talking about these topics, and to understand why this is important.

Table 4. Unsafe and safe language

Unsafe language	Safe alternatives	Why?
Describing suicide as criminal or sinful, for example, "committed suicide".	Use non-judgemental language, for example, "took their own life", "died by suicide", or "suicide death".	Describing suicide as criminal or sinful increases stigma for those with lived experience of suicide thoughts or attempts, and for people who have lost someone to suicide. This can also be isolating for people who are at risk and may discourage them from seeking help
Describing suicide as a "solution" to life problems, stressors, or mental health disorders. For example, "they are in a better place now" or "their suffering has ended".	Emphasise help, hope, and recovery. Be clear that suicide is preventable and not inevitable.	Describing suicide as a "solution" can make it appealing. This can also encourage people who are at risk to see suicide as a real option, instead of using coping strategies, support, and professional help.

Unsafe language	Safe alternatives	Why?
Describing suicide as glamourous, romantic, or appealing, for example, "joining a loved one".	Use neutral language, for example, "suicide attempt" or "suicide death".	Glamourising suicide can influence people who are at risk to think it is appealing. Talking about someone who has died by suicide using this unsafe language may encourage others to imitate their suicide behaviour or attempt.
Talking about suicide in ways that make it seem like it is not serious and complex. For example, blaming a suicide on one single event or implying suicide was the result of a single cause, such as bullying or depression.	Talk about warning signs for suicide and remind people that there is no single cause. Be mindful not to speculate about the specific causes or risk factors that may have led to a particular suicide. Gossiping in this context can be intrusive and harmful.	Suicide is a complex issue and is rarely the result of a single cause. Oversimplifying suicide can contribute to harmful stereotypes and make it more difficult for people to become aware of different warning signs and risk factors. Simplifying causes of suicide can also put people who identify with a specific cause at increased risk.
Sensationalising suicide, for example, "suicide epidemic", or "skyrocketing rates" or "everyone is killing themselves".	Use more neutral and accurate language, for example, "increasing rates of suicide". Emphasise that suicide is preventable.	Exaggerated or sensationalising language can make suicide feel like an expected or unstoppable outcome, which may create a sense of hopelessness for people who are at risk.
Being judgemental and repeating myths, stigma, or stereotypes. For example, "suicide is for cowards", or "it is a trend, fashion, or emo or goth thing".	Use non-judgemental language and provide facts about suicide to combat myths or stereotypes.	Myths and stereotypes about suicide may stop you from recognising when someone is actually at risk. Stigma also contributes to harmful ideas about people who are vulnerable to suicide risk and can make them feel isolated or discouraged from seeking help.

Visuals matter

Like words, certain visual content can also be harmful. Visual content refers to photos, videos, pre-recorded and live streams, GIFS, memes, stories, reels, animations, emojis, stickers, and other image-based content.

The #chatsafe guidelines include information about different types of unsafe visual content that may have a negative effect on those who create and view them. For example, unsafe images can violate privacy, cause distress, promote certain methods or locations of self-harm and suicide, and influence people who are at risk to copy self-harm or suicide-related behaviours.

Unsafe visual content can be reported to the platform or to Australia's eSafety Commissioner: esafety.gov.au

More information about dealing with unsafe content, including how to report, is provided on pages 26 and 27.

Important social media reminders

When talking about self-harm and suicide in the context of social media, it can be helpful to remind young people in the community of the following:

- Pause and reflect before posting.
- The internet can be permanent: 'once on the internet, always on the internet'.
- Posts can go viral. The person might not be able to control who sees their content, and anyone and everyone could possibly see their content. Other people may also share, download, screenshot, screen record, or alter their content. This can have long-lasting effects, and may negatively impact them, their relationships, and their career.
- Inaccurate, stigmatising or unsafe content could have a negative impact on others.
- Their social media algorithms can be influenced by their posts and the content that they engage with. This means that they might unintentionally see more self-harm and suicide-related content if they post about or engage with these topics.

- It can help to have a plan in place, in case they don't feel good after creating content or viewing or responding to someone else's.
- If they come across distressing or unsafe content or find themselves in online communities that promote self-harm or suicide, they can choose to disengage (e.g. unfollow, unfriend, mute, hide, block, or delete people/content) and report this to the platform.

Supporting young people to reach out to someone that they're worried about online

Reaching out to others online can be an important source of validation, connection and support. If a young person is concerned about someone because of something they saw online, the #chatsafe guidelines encourage them to talk to that person directly, either online or offline. It would also be helpful for them to tell a trusted adult and seek professional advice where possible.

If a young person in the community is concerned about someone because of something they saw online, here are some things you can remind them of:

- They should always take any content that suggests a person may be thinking about suicide seriously, but make sure to set boundaries about the type of support they are able to offer and when they are able to offer it.
- Before reaching out to the person, they should check in with themselves by considering things like: How am I feeling? Am I able to provide support to this person? Do I know where to seek support if it's needed? Will this make me feel unsafe or upset?
- It's important for young people to know that they do not need to keep these conversations secret. If they need support in this situation, they should tell a trusted adult, seek professional advice, or report the content to the relevant platform.

If the content they see is distressing or if they do not feel comfortable responding, that's okay. Young people must recognise the limits of the support they can provide and understand that someone else's safety is not their responsibility. They can still take action by reporting the content to the social media platform, who may then send resources or information to the person who posted the content. Reports are anonymous and will not get the person into trouble.

What should they do next?

If the young person knows someone who is at **immediate risk** of serious harm or suicide, or in the process of making a suicide attempt, the young person should do the following:

- **If they are not already engaged in conversation with the person, if the person is not open to receiving help, or there is no time to spare, call Triple Zero (000) immediately.**
- **If they are already engaged in conversation with the person, and it is appropriate, the young person can encourage the person to call Triple Zero (000) themselves.**
- **After emergency services have been contacted, and if it's possible, the young person can contact the person's family or another adult who is close to them, and let them know what has happened**.

If the person is **not at immediate risk** of serious harm or suicide, but the young person is still worried, they can:

- Respond only if they feel able and willing to do so. There are different levels of responding. For example, they can react, send a one-off comment with links to helplines and well wishes, or engage in a conversation. The young person should only engage in a conversation if they feel comfortable.
- Encourage the person to call a helpline or seek professional help. This can include providing links to national helplines or local supports.
- Report the content to the relevant social media platform. Do not assume someone else has done this.

Remember that if someone has posted about self-harm, they may not necessarily be in immediate danger, but might need information and support.

Dealing with unsafe online content

Key adults, organisations and groups in a community may come across unsafe online content through their own social media use, through formal monitoring of social media as part of a suicide prevention-related role, or may have content shared with them by concerned young people or other members of the community.

Unsafe content related to self-harm and suicide can spread quickly and increase the risk of distress or harm in young people, particularly those who have lived experience of self-harm, suicide or bereavement. Knowing what to look out for can help you determine how to respond.

Unsafe content may involve images, text, videos or livestreams, comments, captions, post descriptions or hashtags. It may have been posted by the user or shared from a different source (e.g. another user, news sites, influencers, fundraising platforms, memorial websites, social media groups or events, or other social media platforms).

Examples of unsafe content includes content that:

- Depicts the location of self-harm or suicide (when and where),
- Depicts the method, process, or lead up to self-harm or suicide (what or how),
- Includes photos or videos of suicide or the body of a person who died, for example, at the location of their death,
- Describes or shows how to engage in self-harm or suicide behaviour, or how to access means of suicide,
- Provides information about suicide plans or pacts,
- Includes photos, text or descriptions of suicide notes,
- Glamourises or sensationalises self-harm or suicide behaviour,
- Encourages people to harm themselves or attempt suicide,
- Shames people who are experiencing self-harm or suicidal ideation, or
- Blames people who have lost someone to suicide for the death.

This is not an exhaustive list, and we encourage you to use your judgement and knowledge of the community in determining whether other content is unsafe.

More information about safe and unsafe content is available in the **#chatsafe guidelines**.

Reporting or removing content

If you encounter unsafe content that has been shared by others to social media accounts that you or your organisation manage or control, you should remove it.

If you encounter unsafe content on social media that you cannot remove, you should report it to the platform or eSafety (see reporting tips in Box 1 below). This includes content that was originally posted by users overseas or from a different source (e.g. news sites or other platforms).

If you know the person who shared the content, you might choose to reach out to them directly to discuss your concerns and suggest how they might make the content safer, if appropriate. Be mindful that they may have been well-intentioned or trying to express their own experiences through the content, and consider how you might communicate in a way that is appropriate for your relationship, or lack of relationship.

Box 1. Tips for reporting to the platform and eSafety

Reporting to the platform		
Familiarise yourself with the community standards and reporting features for the relevant platform (available on each platform's safety centre), as these will differ between platforms and may change from time-to-time. Across most platforms, reporting follows similar steps:		
Step 1	Navigate to the post, video, page, group or other content type that you wish to report.	
Step 2	Click on the menu icon. This may look like a gear symbol, three dots, a downward arrow, or a different icon.	⚙ ⋯ ⌄ ☰
Step 3	Click '**Report**'. You may need to have an account with the platform and be signed in to report.	💬
Step 4	Select the reason you are reporting the content and provide information as prompted.	
Reporting to eSafety		
You can report content to eSafety that involves *serious online abuse or illegal and restricted online content*. In many cases, reports can be anonymous. Visit **esafety.gov.au/** for more information.		
Step 1	**Collect as much evidence as possible:** This can include the webpage address (URL), account information (e.g. username or profile URL), screenshots of the content, or other information about where the content is located.	
Step 2	**Report harmful content:** Visit **esafety.gov.au/report**, select the relevant reporting form, and provide the requested information.	

4

Using social media to support the community after a suicide has occurred

This section includes guidance for how social media can be used to support young people in a community that has been impacted by suicide.

Some of this guidance might be most relevant to PHNs or government agencies who implement postvention responses, or for community organisations or groups with dedicated social media accounts that they can use to share information with young people in their community after a suicide has occurred. However, the information in this section can also help any adult in the community consider how they might be able to provide support at this time.

Social media can play an important role after a suicide

After losing someone to suicide, many young people will use social media to express what they're feeling, seek information and support, and to try to make sense of what's happened. Even those who might not appear to be active online during this time are still likely to use social media to see information or content shared by other people.

Losing someone to suicide or hearing about a suicide that has happened in a local community can increase the risk of suicidal thoughts and behaviours in others, and for many young people, it can be hard to know where to turn for support or how to express what they're feeling. Social media can be a quick and effective way to reach large numbers of young people in the community with information about helplines and services available to them, and to encourage them to reach out to their loved ones or other supports.

Plan ahead

Organisations involved in postvention activities

If you work for a PHN, government agency or community organisation that is involved in postvention activities, you might choose to use information in this resource to inform internal strategies or procedures regarding the use of social media for postvention, alongside existing postvention frameworks and toolkits. Some of the postvention resources we have included on page 37 also include things to think about for social media.

You might wish to develop a postvention response plan for your organisation that includes social media. Developing a plan early can help relevant individuals within your organisation know what to if suicide occurs, and can facilitate a quick and effective response. It might be helpful to think about things like:

- Roles and responsibilities for monitoring and/or responding to conversations on social media,
- Budget or resourcing required to support social media activities,
- Using social media communication templates that can be quickly customised or having sample text ready to post online, and
- Developing relationships with other local organisations or schools who you can partner with in your social media postvention response.

Other adults or community groups

If you are a key adult or group in the community that is not associated with a health, mental health or suicide prevention organisation, there are steps you can take to feel prepared in case a suicide occurs.

Reading this resource and the #chatsafe guidelines is a great place to start, so you can better understand the ways that young people might use social media after losing someone to suicide, and how to support them.

We recommend having a look at local resources and support services that are available to young people in the community who might need emotional support, so you can quickly share these if you need to. You might also want to find out about which organisations in the community are involved in postvention responses, so you know who to contact or look to for reliable information if a suicide occurs.

Encourage help-seeking and support

When sharing information online related to suicide or encouraging young people in the community to seek support, you might want to:

- Provide details for at least one 24/7 crisis service that is available to everyone (e.g. Lifeline – 13 11 14) and at least one youth friendly service (e.g. Kids Helpline – 1800 55 1800, eheadspace **headspace.org.au**).

- Include services that operate in a range of ways (e.g. phone calls, text messages, online chats, or in-person support). Some young people might find it hard to communicate in person or over the phone at this time, while others might prefer to talk face to face.

- Promote services that are available within the local community or that might be relevant to groups in the community who were most impacted (e.g. services for Aboriginal and Torres Strait Islander Young people, or LGBTQIA+ young people).

We've included information for some national services on pages 35 and 36.

You can also share content that promotes help-seeking and support services directly from the #chatsafe social media pages.

Think about the messaging and timing of any content you share

If you or your organisation decide to share content on social media to support young people in the community after a suicide, you may want to think about or look for advice on what kinds of information might be appropriate to share at various timepoints.

For instance, some young people might find messaging about *warning signs* or the fact that *suicide is preventable* to be painful or insensitive in the first days, weeks, and even months after losing a loved one to suicide. While this kind of information is safe and helpful to share as part of general suicide prevention content, it's important to be mindful that supporting a community that has lost someone to suicide requires a different approach that considers the range of complex and heightened emotions within the community.

How to look after yourself and your friends if you see images, videos or conversations about suicide on social media

@chatsafe_au
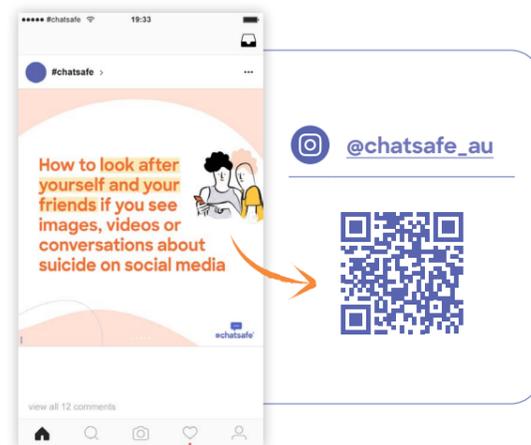
Examples of content that young people have told us might be most acceptable to see immediately after a suicide includes information that:

- Validates the range of emotions they may be feeling, and that grief is a very personal experience that looks different for everyone,

- Encourages them to talk to their family, friends, or other loved ones about what has happened, and

- Shares information about helplines or supports available in their community that they can reach out to if needed.

Tips for communicating safely about a suicide

When communicating online about a suicide, young people and adults in a community should consider:

- Posting and sharing only what they know to be true, for example, that the person has died, without sharing any graphic details about how and where,

- Correcting untrue information and encouraging others to post only what they know to be true,

- Avoiding speculating about how and why the person died,

- Asking others to show respect and empathy when communicating about the person who has died,

- Providing links to helplines or support services.

Encourage safe memorialising

It's common for young people, family members, and friends to use social media to talk about and memorialise a loved one who they have lost to suicide. This might include posts to announce the death, to remember the person and their life, or to express grief. Online groups or memorial pages might be created as a place for the community to share memories and exchange information and support. In some cases, online fundraisers might be used to raise money towards funeral costs or charitable donations in the person's name.

When done safely and respectfully, online memorial groups, pages or posts can be a valuable source of support and expression, and can help with healthy grieving among the community. However, some online memorial content may be distressing to those who see it, even if the person posting the content did not intend to cause any harm.

For instance, posts or comments that include sentiments like "they are in a better place now" or "their suffering has ended" might unintentionally frame suicide as a solution to life stressors, which may make it more appealing to other young people who are going through a hard time (see Section 3 for more information about safe and unsafe language).

@chatsafe_au

One year today 😢
Miss you so much 🤍🤍🤍
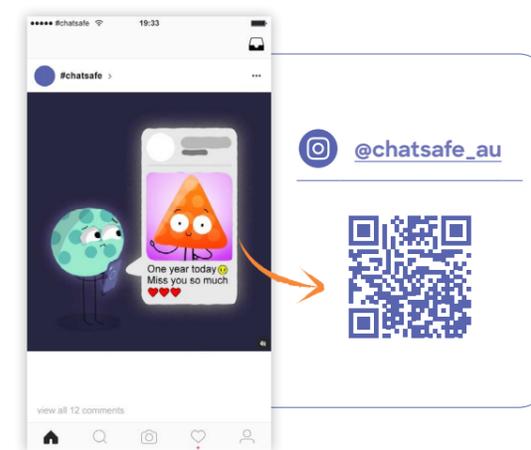
"Remembering someone who has died by suicide does not have to be a dark time"

Tips for safe online memorials

Here are some tips for how to make sure that memorial posts and groups are safe and respectful, which you may wish to share with members of the community:

- **Get permission** from the family of the person who has died before announcing their death on social media, if you're not personally related to them.

- **Avoid sharing detailed information or images** about when, how, or where the person died. Detailed images or descriptions about the death can be very distressing to others and may contribute to imitative behaviour.

- **Pause and reflect before posting.** Remember that many spaces on social media are public, and your content may be seen or saved by other people. Talking about what has happened can be an important part of the grieving process, but in some situations, it might be more helpful to do this privately or offline with trusted people or professionals.

- **Be mindful of any cultural considerations** that relate to sharing images or information about someone who has died.

- **Consider who might see your post, group or memorial site.** If you're a young person who has lost a friend, remember that their family may see what you post. If you're an adult who has lost a young person in your life, remember that their friends, peers and other young people might see what you post, and may be struggling to process what has happened.

- **Share links to helplines or support services** and encourage people who have been impacted by the suicide to reach out for help if they need to. We've included some national helplines and services on pages 35 and 36.

- Monitor any memorial sites, groups or pages you have created for content that may be inflammatory or potentially harmful to others. **Report any unsafe content to the platform.**

If a family member or friend needs help managing the social media accounts of someone who has died, they can use the social media platforms' help centres to find information about what to do. They might have the option to memorialise, deactivate or delete the account.

More information for young people communicating safely online after losing someone to suicide is available in the #chatsafe guidelines, and information for adults supporting these conversations is available in the #chatsafe guide for parents and carers, and #chatsafe guide for educators. These resources, and more, are available on the #chatsafe website: **orygen.org.au/chatsafe**

Consider monitoring how young people in the community are going

Following a suicide, it's normal for people to want to talk about what happened, which can mean that a lot of information will circulate online. During this time, people across the broader community may become more aware of or exposed to information about suicide via social media, even if they didn't know the person who died.

Being exposed to high amounts of suicide-related content after a suicide has occurred may increase the risk of self-harm or suicidal thoughts and behaviours, including imitative behaviour, among some young people.

Keeping an eye on social media at this time, particularly content or accounts related to the person who died, can help adults, organisations and groups in the community identify young people who might be at risk, and can help prevent suicide clusters.

If you are concerned about a young person

There are many things that may indicate when someone is at risk of self-harm or suicide, such as talking about feelings of hopelessness, emptiness, or feeling like a burden to others. These signs will vary from person to person.

If you see something online that makes you concerned about a young person in the community, you can encourage them to seek help by sharing links or details of support services and follow the guidance on page 21.

If you are concerned about a group

In some cases, online pages, events, or group chats may be used to talk about, plan or coordinate self-harm or suicide-related behaviour.

If you encounter online pages, events, groups or other content that is used to encourage or plan self-harm or suicide, you should report it to the platform and/or eSafety so it can be removed. Do not assume that someone else has done this.

Report unsafe or inflammatory content

Suicide is upsetting and tragic, and it's reasonable to expect that seeing information on social media about someone who died will be associated with strong or painful feelings for many people in the community. While there are benefits to young people using social media to express these feelings and seek support after losing someone to suicide, some online content may be harmful to others.

The #chatsafe guidelines encourage everyone to report unsafe or harmful online content to the platform or eSafety. Reporting unsafe or inflammatory content can reduce the spread of information or images that may violate privacy, contribute to distress, or increase the risk of suicidal thoughts or behaviours in people who see them.

See page 27 for information about how to report online content.

Consider monitoring social media around significant dates

Significant dates such as the birthday of the person who died or the anniversary of their death may also see a surge in online activity related to suicide (e.g. to remember, grieve or celebrate the person), and some young people in the community might feel heightened emotions around these times.

It's important to remember that everyone will have a different process and timeline to experience grief, and that some young people may still need support long after the suicide has occurred.

If it's appropriate to your role, you might want to consider keeping a record of key dates to check social media for signs of distress related to a prior suicide, and to promote helpful resources and services.

Take care of your own wellbeing

Suicide can have wide-spread and long-lasting impacts on a community. Efforts by key adults, organisations and groups within the community can make a real difference in supporting young people to process what has happened and reduce the risk of further harm. However, this work can feel upsetting or emotionally draining.

Seeing high volumes of suicide-related content and grief online can be distressing, even if you didn't know the person who died or are feeling okay prior to going online. Remember to pause and check in with yourself regularly and take steps to protect your own wellbeing. This will not only help prevent distress, burnout, and other negative impacts for yourself, but will enable you to continue to support the community and model good self-care practices to others.

Tips for everyone

When using social media at this time, we encourage you to:

- Pause and reflect on how you are feeling before going online.
- Pay attention to any signs that your experience of social media or information related to the suicide is negatively impacting you.
- Take care with your own social media use. You might choose to unfollow, mute or snooze certain accounts, hashtags or topics related to suicide during this period of time, to make sure your personal social media feeds do not become focussed on suicide. You can also limit the amount of time you spend on social media, or intentionally search for content that makes you feel good.

Taking some time to do some self-care activities or find a bit of extra support might be helpful for you, even if you're not currently feeling down or distressed. You might choose to:

- Reach out to family members, friends or other supports in your personal network.
- Prioritise self-care activities like getting enough sleep, moving your body, spending time in nature, or engaging in hobbies.
- Make an appointment with your GP or seek support from a mental health professional, such as a psychologist.

Tips for those supporting a community as part of their paid employment or a formal role

Individuals supporting a postvention response as part of formal or paid employment or volunteer work can also:

- Follow any existing policies or procedures relating to employee wellbeing.
- Access Employee Assistance Programs (EAPs) or other counselling services available within your organisation.
- Request regular debriefing meetings with a supervisor or senior staff member, or peers.
- Use your organisation's social media accounts, if available, when sharing or engaging with content related to the suicide.
- If the work is negatively affecting your wellbeing, consider requesting a change in responsibilities, more support, or a period of leave.
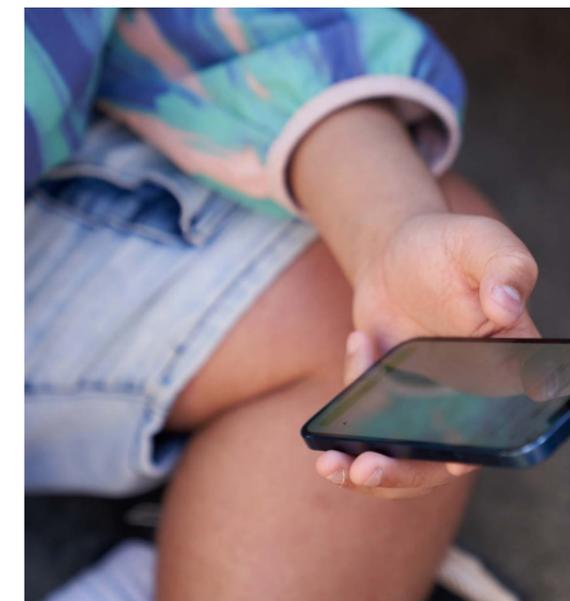
Case study: the #chatsafe postvention response

What?

The #chatsafe postvention response is an approach we use to deliver evidence-based suicide postvention content directly to a local community that has experienced the loss of a young person to suicide. We use this approach to reach young people, first and foremost, but we can also deliver content to adults (e.g. parents and educators) in the community.

The youth campaign focuses on how to communicate safely about someone who had died by suicide, how to support others, and how to seek help. Adult campaigns deliver adult-facing #chatsafe resources, including our guides for parents, carers and educators, to adults in the impacted community.

To date, we have delivered more than 80 local campaigns across Victoria, Western Australia and New Zealand, reaching more than 1.6 million social media users. Evaluations of this approach have found it to be safe, high quality, and acceptable according to stakeholders, including young people who have recently been exposed to suicide or a suicide attempt (7, 16).

How?

We work with government departments and agencies who notify us when a local community has lost a young person to suicide. We then use geo-targeted advertisements to share #chatsafe postvention content to the community within 24 hours. Geo-targeting is a tool to promote social media content as paid advertisements that target specific users based on their location (e.g. post code) or demographics (e.g. age, interests). This approach allows us to quickly reach large numbers of people in the impacted community, and we can also tailor the content we share to make sure it's most likely to be helpful.

Our social media advisor monitors direct messages and comments on the #chatsafe social media pages to ensure conversations are safe and respectful. We also regularly monitor how our content is performing by tracking social media engagement metrics (e.g. number of views, likes, comments or shares) so we know if our content is reaching its intended audience.

User privacy is important, and we do not collect any individual data as part of this approach.

Want to know more?

The #chatsafe postvention response is currently delivered in partnership with agencies such as PHNs and the Victorian Department of Health, and we have also rolled out this approach with funding from other stakeholders across Australia and New Zealand.

If you would like to know more about this approach and whether it might be appropriate for your community, reach out to the team at **chatsafe@orygen.org.au**

@chatsafe_au

@chatsafe_au
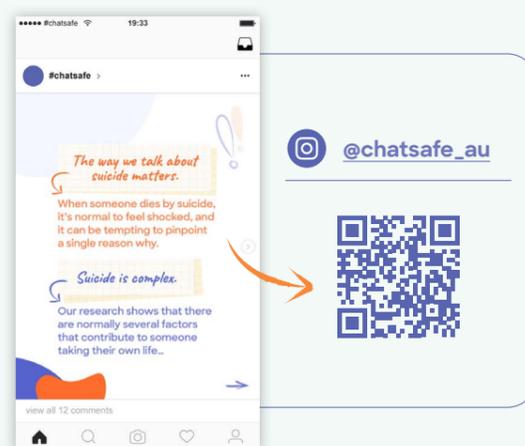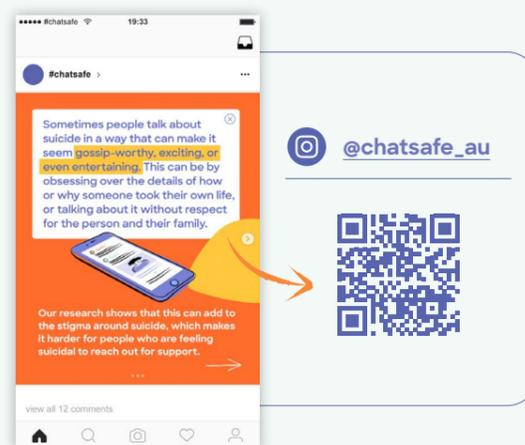
Support services

We have included the details of a few Australian helplines below. This is not an exhaustive list, but it is a starting point. For more services, you could search the '*find a helpline*' website: **findahelpline.com** or Medicare Mental Health: **medicarementalhealth.gov.au**

If at any point you or somebody else is at immediate risk of harm, call Triple Zero (000). You can also attend a local hospital emergency department for urgent support.

For anyone

Lifeline Australia

Provides free online and phone crisis support to all Australians.

Visit: **lifeline.org.au**

Call: 13 11 14 (available 24/7)

Beyond Blue

Beyond Blue provides information as well as online and telephone support to help all Australians achieve their best possible mental health.

Visit: **beyondblue.org.au**

Call: 1300 22 46 36 (available 24/7)

For young people

Kids Helpline

Provides free and confidential phone and online counselling for children and young people aged between 5 and 25 years.

Visit: **kidshelpline.com.au**

Call: 1800 551 800 (available 24/7)

eheadspace

Provides email, chat and phone counselling for young people aged 12 to 25 years, and their family and friends. eheadspace operates seven days a week, from 9:00am to 1:00am AEST. As a parent or carer of a young person, you can also request an online or telephone appointment with a family clinician.

Visit: **headspace.org.au/eheadspace**

Call: 1800 650 890 (available between 9am–1am AEST, 7 days)

ReachOut

ReachOut is an anonymous, confidential and 100% online service that includes free peer support, online communities, and resources for young Australians aged 16-25.

Visit: **au.reachout.com**

For Aboriginal and Torres Strait Islander people

13YARN

13YARN provides culturally safe crisis support to Aboriginal and Torres Strait Islander people. Crisis supporters are all Aboriginal and Torres Strait Islander people.

Visit: **13yarn.org.au/**

Call: 13 92 76 (available 24/7)

For the LGBTIQA+ community

Qlife

QLife provides anonymous and free LGBTI peer support as well as referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings, or relationships.

Visit: **Qlife.org.au**

Call: 1800 184 527 (available 3pm–12am, 7 days)

For men

MensLine

MensLine Australia is a telephone and online counselling service offering support for Australian men.

Visit: **mensline.org.au**

Call: 1300 78 99 78 (available 24/7)

Support after suicide

StandBy – Support After Suicide

StandBy provides free face-to-face and/or telephone support to anyone who has been bereaved or impacted by suicide, including individuals, families and friends, witnesses, first responders, and service providers.

Visit: **standbysupport.com.au**

Call: 1300 727 247 (available 6am–10pm, 7 days)

Thirrili

Thirrili is an Aboriginal and Torres Strait Islander-led organisation that provides support to Aboriginal and Torres Strait Islander communities after a suicide

Visit: **thirrili.com.au**

Call: 1800 805 801 (available 24/7)

Additional resources

Postvention frameworks for schools and community organisations

headspace Suicide Postvention Toolkit for secondary schools: **headspace.org. au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf**

Be You Postvention Toolkit and fact sheets: **beyou.edu.au/resources/suicide-prevention-and-response/suicide-response**

Standby Support After Suicide Toolkit: **standbysupport.com.au/resources/**

Suicide prevention/postvention and social media resources

The #chatsafe website includes all #chatsafe guidelines and adult-facing resources, including versions available in languages other than English. These are also linked below so you can find them quickly: **orygen.org.au/chatsafe**

We also have a range of resources that can be used to support young people in the community when it comes to self-harm and suicide, including downloadable templates, handouts and posters: **orygen.org.au/chatsafe/Resources**

Resources for young people
#chatsafe guidelines: **orygen.org.au/chatsafe/guidelines/download**

#chatsafe top 10 tips: **orygen.org.au/chatsafe/Resources/Top-10-tips**

Resources for parents and carers
#chatsafe for parents and carers: **orygen.org.au/chatsafe/Resources/chatsafe-for-parents-and-carers**

Coping with self-harm: A guide for parents and cares: **orygen.org.au/copingwithselfharm**

What young people want their parents and carers to know: **orygen.org.au/chatsafe/Resources/chatsafe-for-parents-and-carers/What-young-people-want-their-parents-and-carers-to**

Supporting young Aboriginal people who self-harm: **https://www.orygen.org.au/ https/www-orygen-org-au/Training/ Resources/Self-harm-and-suicide-prevention/ Guidelines/Supporting-young-Aboriginal-people-who-self-harm-a/Supporting-young-Aboriginal-people-who-self-harm-a**

Resources for schools and educators
#chatsafe for educators: **orygen.org.au/chatsafe/Resources/chatsafe-for-educators**

Support services poster: **orygen.org.au/chatsafe/Resources/Support-services-poster**

Other resources
Trigger warnings: **orygen.org.au/chatsafe/Resources/Trigger-warnings**

Resources for supporting mental wellbeing in community sport: **orygen.org.au/Training/Resources/Physical-and-sexual-health/Toolkits/Supporting-mental-wellbeing-in-community-sport**

Keep up to date with #chatsafe

To stay up to date with the work we do at #chatsafe and the resources available to you, keep an eye on our website: **orygen.org.au/chatsafe**.

We also regularly update our social media pages with information for young people, which you might want to share with your community as part of suicide prevention or postvention activities. You can follow us on:

@chatsafe_au
@chatsafe.online
@chatsafe_au
#chatsafe AU

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