



Activation Guide

This workbook provides resources to raise awareness of suicide prevention and ways you can get involved in September.



Let's Talk About Suicide

During September, we have a unique opportunity to advocate for change and support one another in the battle against suicide. This month serves as a reminder that our actions and involvement can make a significant impact on the lives of those struggling. The theme for this year's observance is "We all have a role to play in suicide prevention."



This month provides us with an opportunity to raise awareness, share resources, and foster a community that prioritises mental well-being. It is crucial to recognise that each and every one of us has a role to play in preventing suicide. Whether you are a friend, a family member, a co-worker, or a concerned citizen, your support and understanding can make a difference.

Together, we will break the silence surrounding suicide, provide a safe space for open conversations, and actively work towards destigmatising mental health challenges. By lending a compassionate ear, offering assistance, and connecting individuals to appropriate resources, we can save lives.

Suicide prevention is not the responsibility of a few, but a collective effort that requires the engagement and commitment of every member of society. Let us stand together, promote understanding, and create an environment where seeking help is encouraged and accessible to all.

Online Resources

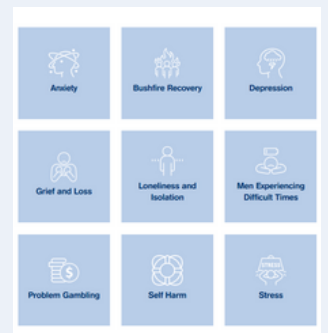
Downloadable Posters

Access downloadable posters and social media tiles which cover our suicide prevention walk, warning signs, and helpline numbers. You can start by putting up posters in your community, or share informative tiles on your social media platforms.



Support Toolkit

Information on where and how you can find support. This website has been designed to guide you to understand and manage your own mental health or concerns for someone you care for. Includes downloadable toolkits.



Where to go for support cards

The Illawarra Shoalhaven Suicide Prevention Collaborative has developed a 'Where to go for support' resource that highlights key mental health and other supports available in the Illawarra Shoalhaven region.



Conversations Matter

Conversations Matter is a suite of online resources developed to support community discussion about suicide. The resources provide practical information for communities and people working with communities to guide conversations about suicide.



Walking in solidarity

Join us to walk at sunrise on World Suicide Prevention Day (September 10) as we remember those we have lost to suicide and make a lasting impact raising awareness for suicide prevention.

As we come together, we will raise awareness, promote understanding, and honour the memory of those lost to suicide and the grief of those who knew them. The walk provides a platform to engage in open conversations, connect with others, and reinforce the message that help is available and that no one needs to face their struggles alone.



WOLLONGONG

Date: Sunday, 10 September at 5:40AM

Location: Wollongong Lighthouse,
Flagstaff Hill

The walk is a 2km distance which has been intentionally chosen to be accessible to participants of all ages, fitness levels and abilities, ensuring that everyone can take part in this event.

[RSVP HERE](#)

HOST YOUR OWN

If you can't attend our walk in Wollongong, we still welcome you to take a walk on World Suicide Prevention Day and tag us @lifelinesouthcoast. If you would like to host your own community walk, please reach out to us at fundraising@llsc.org.au and we would be pleased to assist you in planning your own Out of the Shadows Walk.

Ways to get involved



HOLD A WORKSHOP

Organise Lifeline South Coast to visit your workplace to hold a workshop. With a focus on interactive learning and practical tools, our trainers will engage your employees in meaningful discussions, empowering them with the knowledge and skills to support their mental health effectively.



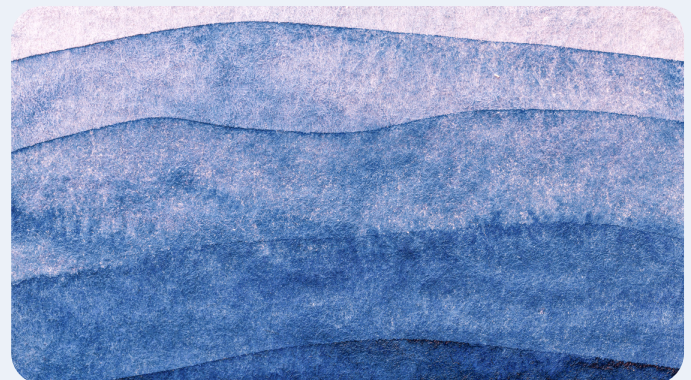
HOST A BBQ FUNDRAISER

Interested in helping raise awareness and funds to support Lifeline South Coast services? Consider hosting a BBQ fundraiser in your workplace or local community. You could even consider hosting your BBQ at Bunnings (be sure to apply well in advance).



ORGANISE A MORNING TEA

Host a morning tea that shines a light on suicide prevention. This event serves as a platform to initiate important conversations about suicide prevention, mental health support, and available resources.



DO IT YOUR OWN WAY

You could enter in an event, or you could challenge yourself to go without something for a month. Whatever you choose, share your commitment with friends, family and colleagues to help you stay motivated throughout the month of September.

How to start your own fundraiser

Why fundraise for Lifeline South Coast?

Lifeline South Coast has served our communities for more than 50 years. Our dedicated team work tirelessly to offer crisis support and suicide prevention programs to our community. Every dollar raised goes towards strengthening our essential services, enabling us to reach more people in need.

When you fundraise for Lifeline South Coast, you join a compassionate network of individuals united in our mission to empower and support our local communities to be suicide-safe through connection, compassion and hope. Your support can make a life-changing difference, offering hope and connection to those in their darkest moments.

Setting up your online fundraising page

Decide on a fundraising activity that interests you or your workplace. Visit fundraise.lifelinesouthcoast.org.au to create your very own fundraising page.

Enter your details in the fields available and you will receive your own unique fundraising link to share with your friends or colleagues.

Once you've finalised setting up your online fundraising page, you're ready to go! You can now start sharing your page URL far and wide with friends, family and colleagues.

Tips to share your fundraiser

1. Send texts or emails to your friends, co-workers and loved ones.
2. Use social media. Write a Facebook, Instagram, or LinkedIn post to share with your network. Remember to connect it to your fundraising page.
3. Put up posters around your workplace and share it in your internal newsletter if it is possible to do so.
4. Make sure you thank each person who donates – show them they've done something incredible!
5. Celebrate your success by sharing your final fundraising results and the impact you have made.

We've also designed a suite of resources you can use in your social media posts or through your email's. [Click here to access the resource pack.](#)