

NEWLY RELEASED ABS DATA REINFORCES THE IMPORTANCE OF AUSTRALIA'S SUICIDE PREVENTION SECTOR

Lifeline Australia

MEDIA RELEASE
27 September 2023

Lifeline Australia Chief Research Officer, Dr Anna Brooks, said today's release of the ABS's latest cause of death data, which reveals there were 3,249 lives lost to suicide in 2022, outlines a tragedy that reinforces the critical role of families, workplaces and communities in reducing the number of deaths caused by intentional self-harm.

"Behind every statistic there is a person. Firstly, we remember the 3,249 individuals who died by suicide in 2022 and also those who attempted to take their life."

"Every life lost is a tragedy that affects families, workplaces and communities. And it is through families, workplaces and communities that we can work to better support people experiencing thoughts of suicide, mental health issues or crisis situations."

"We acknowledge and thank all the people and organisations who work tirelessly every day and the significant funding that governments and partners invest into moving towards our vision of an Australia free of suicide."

"We know intervention can save lives and we are committed to keeping up our momentum in all areas, including community services, aftercare and bereavement, as well as finding new ways of working together within the sector to support people in suicidal distress or at risk of it."

"Today will be a difficult day for many. I want to encourage anyone who is struggling to reach out for support – and to remind everyone that Lifeline is here for you across our phone and digital services, 24 hours a day, 7 days a week," Dr Brooks said.

Lifeline is Australia's leading crisis support and suicide prevention service, operating the 13 11 14 telephone line within 41 centres around the nation as well as a 24/7 crisis text, webchat service and Support Toolkit.

The organisation expects to respond to over one million requests for support this year, creating an average of about 150 safety plans a day to keep people experiencing suicidal ideation safe.

If you, or someone you know, are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, chat to Lifeline online or access the Support Toolkit to self-manage what you're going through at www.lifeline.org.au (all services are available 24/7).

To donate to Lifeline, visit www.lifeline.org.au/donate

NB: Lifeline's 24-hour telephone crisis line 13 11 14 is pronounced 'thirteen eleven fourteen'

Media contacts:

media@lifeline.org.au | 0408 407 376