

World Suicide Prevention Day

Creating Hope Through Action – 10th September

There is HELP, here is HOPE

Take a moment, change a life.
Use ALMA

Know someone who may be struggling? Suicide Prevention is everyone's business!

- **ASK:** Are you okay? Become someone who cares enough to ask the other if she/he is okay.
- **LISTEN:** Listen to understand. Do not judge. Seek explanations to allow the person to open up to you.
- **MOTIVATE:** Offer your support and motivate them to manage the situation. Connect them to FNU counsellors or any other available professionals/resources who could help them.
- **ASK AGAIN:** Follow-up and ask again and stay connected. Be supportive, caring and most importantly let the person know that she/he is not alone.

You may also contact the toll-free national suicide helpline: LIFELINE – 1543

Or any of the following mental health service providers:

Text Free Platform : 857
Fiji Women's Crisis Centre - Ph: 331 3300 | 920 9470
Empower Pacific (Toll Free) - 5626
Domestic Violence Helpline (Toll Free) - 1560
Medical Services Pacific (MSP) - 991 0894
Ministry of Health Stress Management Ward - CWMH: Ph: 331 3444
Lautoka: Ph: 666 0399 | Labasa: Ph: 881 1444

HELP IS AVAILABLE
Talk to us or refer someone today!

For further information contact:

Kantha Mani Natabua Campus Mobile: 891 0854 Email: counsellor-km@fnu.ac.fj
Varsha Naidu Nasinu Campus Mobile: 896 0857 Email: counsellor-vd@fnu.ac.fj