



ABORIGINAL HEALTH SERVICE

ABN 48 212 321 102

HEAD OFFICE:

56 PATRICK STREET,

G.P.O. BOX 569,
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Phone: (03) 6234 0777

Fax: (03) 6234 0770

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182 CHARLES STREET,

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53 ALEXANDER STREET,

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**WORLD
SUICIDE
PREVENTION
DAY** ●●●

10th September

In 2015, the International theme of World Suicide Prevention Day is **Preventing Suicide: Reaching Out and Saving Lives.**

It is speaking up to reduce the stigma around talking about suicide prevention safely. It is about standing up to make a positive impact on our mental health and wellbeing. It is about being self informed and aware of the supports available.

It's no secret that suicide is a big problem within the Aboriginal community, our community... Many of our families have been affected, many of our daughters, son's, parents, cousins and friends have taken their lives ☹ and we don't have answers? Although we are desperately searching for those answers. You're not alone in your grief!

Please join us for lunch, having a catch up and coming together...

Thursday, 10 of September 2015

Time: 12:00pm-1:00/1:30pm

Venue: Aboriginal Health Service

(Conference Room - 56 Patrick Street, Hobart)

If you have any queries, require transport please contact: Sara Maynard
on 03-6234 0700, 1800 132 260



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AHS Counselling Service team



Nick Weetman – Mary Edwards – Heidi Lethbridge

Counselling is about helping people solve their stresses and problems in a safe environment.

We provide counselling for individuals, couples and families. We are happy to help with day to day difficulties, relationship challenges, alcohol and drug problems, emotional and psychological stresses, and communication hassles.

Your privacy is very important to us so all consultations are confidential.

**Come and have a talk with Nick, Mary or Heidi. Make an appointment at the health service reception or ask to speak to your preferred counsellor directly
Phone 62340777 or Free call 1800 132 260**