



Media release

Creating hope in the Noongar community

- Reach out and check in with your community
- A positive connection and kindness can demonstrate an alternative to suicide

The theme of World Suicide Prevention Day for 2023 is 'Creating hope through action'.

Sadly, suicide is the leading cause of death of First Nations children and adults less than 40 years old. And almost all First Nation deaths by suicide are individuals from below the poverty line.

World Suicide Prevention Day reminds us that we should be on alert every single day of the year, and with a positive connection and kindness, we can reach those who need help.

To mark this important day, we encourage our Noongar community, and all First Nations people, to reach out to those around us and offer love and support to people who are struggling.

There are support services that can provide much-needed help to people in need.

If you know someone who needs support, reach out to the National Suicide Prevention and Trauma Recovery Project at suicidepreventionproject.com.au, call 13YARN (139 276), the 24/7 Aboriginal and Torres Strait Islander crisis support line 13yarn.org.au, or contact your local community services.

South West Aboriginal Land and Sea Council Chair, Megan Krakouer, is passionate about raising awareness to prevent suicide in our communities. Megan is the Director of the National Suicide Prevention and Trauma Recovery Project and has worked for almost a decade in suicide postvention and prevention.

"Suicide is the most pressing issue that affects our people. This needs to be prioritised by this nation, by every government in this country, before all other issues." Megan said.

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