



# Australian Suicide Prevention Foundation

[www.suicideprevention.com.au](http://www.suicideprevention.com.au) [www.aftersuicide.com.au](http://www.aftersuicide.com.au)  
[www.youthsuicide.com.au](http://www.youthsuicide.com.au) [www.depression.com.au](http://www.depression.com.au)

FREE TELEPHONE HELP SINCE 1997

1800 HOLDON 1800 465 366

*We have played our part in reducing suicide in Australia from 2800 suicide deaths per year (1997 figures) to 2200 deaths per year (latest figures) despite Australia's population growth, but we want to do more with your help.*

Your donation is totally protected as we are a government approved and audited Registered Harm Prevention Charity. For any enquiries please contact our Founder/Medical Director Dr David Horgan, Clinical Associate Professor of Psychiatry (more details on [www.ASPF.com.au](http://www.ASPF.com.au))

**Yes!** I wish to support the Australian Suicide Prevention Foundation in providing help for those being attacked by suicidal ideas and self harm thoughts due to stress of all sorts, and for their families, co-workers, relationships and friends affected by such an event.

### Credit Card

- I would like to make a one off donation of \$.....
- I would like to set up a **monthly/ quarterly/ annual** donation (please circle) of:
  - \$25.00       \$50.00       \$100.00       Other amount \$.....

Please charge my credit card:

- Mastercard       Visa       Amex       Diners Club

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Card Holder's Name \_\_\_\_\_ Expiry Date (mm/yy) \_\_\_\_/\_\_\_\_

Card Holder's Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Cheque

Please find my cheque / money order made payable to ASPF Donations Fund

### Internet

You can donate via the security of our web site. Please visit [www.aspf.com.au](http://www.aspf.com.au)

### Direct Deposit

I have made a direct bank transfer to the ASPF bank account BSB 033 058 Account 266 734. Details (for receipt purposes)

Date of Transfer: \_\_\_\_/\_\_\_\_/\_\_\_\_      Amount: \_\_\_\_\_

Dr/Mr/Mrs/Ms \_\_\_\_\_ Telephone \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_

Please mail or fax to:

**Australian Suicide Prevention Foundation**

**PO Box 222 North Melbourne VIC 3051 or Fax (03) 9827 7424**

ABN 74 114 737 898

You will receive a receipt. All donations to the Australian Suicide Prevention Foundation over \$2.00 are tax deductible.

*"You would never advise a friend to die; tell yourself what you'd tell a friend"*