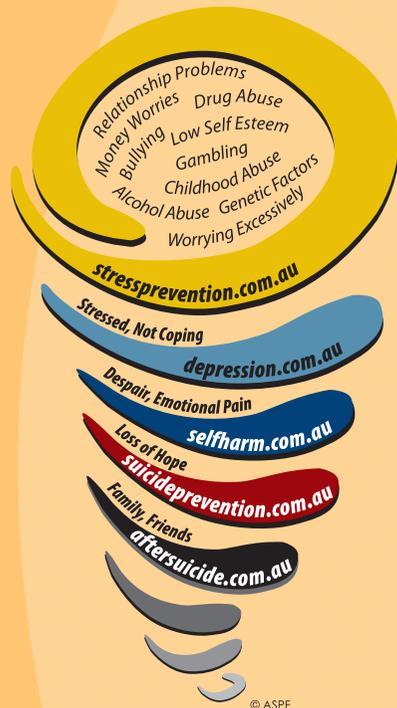


## Facts:

Australia has over 2,000 suicides each year. About 20 times that number attempt to take their own lives.

- People kill themselves because of emotional pain
- Approximately 50% of suicides are fatal on the first attempt
- 80% of suicide deaths are male
- 80% of non fatal self harm are female
- 30 men and 7 women die from suicide every week in Australia
- Every week in Australia, about 1,000 people self-harm deliberately
- About 13%\* of the population have contemplated suicide in their lifetime

\* 2007 National Survey of Mental Health and Wellbeing, ABS



© ASPF

*You would never advise a friend to die.  
Tell yourself what you'd tell a friend!*



## Contact Details

### Postal Address:

PO Box 222  
North Melbourne VIC 3051

### Phone:

Service & Support:	Office:
1800 HOLDON	Tel: 03 9826 2192
1800 465 366	Fax: 03 9827 7424

### Media Contacts:

Clinical Associate Professor David Horgan (Medical Director)	(03) 9853 5211
John Hardy (Chief Executive)	(03) 9826 2192
Mary Rose Morgan (Director)	(03) 5974 3146

### Email:

info@aspf.com.au      admin@aspf.com.au

### Web:

[www.suicideprevention.com.au](http://www.suicideprevention.com.au)  
[www.1800holdon.com.au](http://www.1800holdon.com.au)  
[www.aftersuicide.com.au](http://www.aftersuicide.com.au)  
[www.depression.com.au](http://www.depression.com.au)  
[www.depressionprevention.com.au](http://www.depressionprevention.com.au)  
[www.aspf.com.au](http://www.aspf.com.au)

## Donations

ASPF is a formally audited charity approved by the Commonwealth Government.

Donations will reach their destination in full.  
Donations to ASPF over \$2 are tax deductible.

Donations can be made online at [www.aspf.com.au](http://www.aspf.com.au)

ABN: 74 114 737 898

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



Australian Suicide Prevention Foundation

*Feeling sad,  
down or lost?*

*“You would never advise  
a friend to die.  
Tell yourself what  
you'd tell a  
friend.”*

*Hold On To Life*

## About Us

The Australian Suicide Prevention Foundation (ASPF) is a no-profit, privately funded organisation dedicated to harm prevention and to helping those considering suicide.

ASPF offers practical support through a free telephone service and website services available across Australia.

We provide practical emotional help without embarrassment and with complete anonymity to those who are geographically or emotionally isolated, which is always available, free and never engaged everywhere in Australia. Our operating motto is "Hold on to life".

Please visit our website [www.aspf.com.au](http://www.aspf.com.au) for more information on ASPF

## Our Story

Melbourne psychiatrist Dr David Horgan established the ASPF after becoming concerned about alarming suicide rates in 1997.

With the financial support of philanthropist Mayer Page, Dr Horgan set up the telephone service 1800 HOLD ON.

The service receives more than 5,000 calls each year and receives hundreds of letters from those helped by the service.

In 1999 the services were extended to include a number of informative websites which the ASPF hopes to expand further. Over 250,000 hits are received each year.

ASPF is a registered charity. All donations are tax deductible.

The current board of the ASPF includes:

- Clinical Associate Professor David Horgan - Founder / Medical Director
- Kathryn Page - Director
- Philip Chubb - Director
- Dr Cathy Sloan - Director
- Mary Rose Morgan - Director / Treasurer
- Michael Cassar - Director
- John Hardy - Chief Executive Officer

## How to Get Help

### [www.suicideprevention.com.au](http://www.suicideprevention.com.au)

- Explains how suicidal thinking develops;
- Dealing with suicidal thoughts;
- Advice on immediate intervention;
- How to help a friend.

### [www.depression.com.au](http://www.depression.com.au)

- Practical and easily readable information about depression (the major cause of suicide), its causes and ways to deal with it.

### [www.aftersuicide.com.au](http://www.aftersuicide.com.au)

- Support for family and friends;
- Information and contact details for help.

### [www.depressionprevention.com.au](http://www.depressionprevention.com.au)

- Information to avoid depression in the face of adversity.



**ASPF provides free online support through a number of specialised websites. The sites receive more than 250,000 hits each year and that number is growing.**

Our 24 hour nation-wide telephone service provides anonymous emotional support.

The recorded message -

- Explains why suicidal thoughts develop,
- Describes the symptoms of depression,
- Offers advice for immediate intervention,
- And encourages the caller to seek treatment.

The one-way communication targets the majority of potential suicide victims, males, who are less likely than females to reveal their feelings to others, even on the telephone counselling lines.



**For more than 10 years ASPF has operated the crisis hotline 1800 HOLD ON (1800 465 366).**

## Donations

You can help the Australian Suicide Prevention Foundation continue to provide these most necessary services by making a tax deductible donation or by becoming a Supporter Against Suicide.