



Operation Compass

Ex-ADF and Families Suicide Prevention
Project - Townsville

#CHECKYOURMATES



HOW TO CHECK YOUR MATES?

Connect to others

Make the time to meet.

"Let's catch up for a BBQ!"

"Let's go fishing or for a run"

Yarn to listen

Listen; don't judge.

"What's been happening?"

*"How have you
been travelling?"*

Motivate to act

Encourage action and
offer support.

*"I can take you to get
some more help"*

"Let's chat again in a week"

YOUR PARTNER, YOUR FAMILY,
YOUR NEIGHBOUR, YOUR MATE.

theoasistownsville.org.au



THE
oasis
TOWNSVILLE



Operation Compass

Ex-ADF and Families Suicide Prevention
Project - Townsville

#CHECKYOURMATES



'One call or
connection at a
tough time can
change a life...
it saved mine'

NEED TO TALK?

National 24/7
Crisis Services

Open Arms: 1800 011 046
openarms.gov.au

Lifeline: 13 11 14
lifeline.org.au

Kids Helpline: 1800 55 1800
kidshelpline.com.au

theoasistownsville.org.au



THE
oasis
TOWNSVILLE