

Friend in emotional distress

Is there an **imminent risk***?

* your friend is planning or attempting to commit suicide or harm others

Unlikely

Not sure

Yes

Advise your friend to approach CoPE
Facilitate the referral if appropriate

Within office hours:
Discuss with CoPE Duty Counsellor

Outside office hours:
Consider consulting a crisis service helpline in the community

Take prompt and necessary actions such as calling **Emergency Services**[#] at 999 or the Security Control Centre at 3917 2882

[#] Police, Fire Services Department or ambulance service

Friend agrees to seek help

Friend refuses to seek help

CoPE Office Hours
Mon - Fri 9:00am - 5:45pm
(Tel) 3917 8388

If you feel stressful about supporting your friend, you may contact CoPE Duty Counsellor / Director of CoPE for advice

Friend will be invited to attend a 20-minute screening by CoPE

Contact CoPE Duty Counsellor for advice

CoPE Drop-in Service
Mon - Fri 10:00am - 5:00pm