

OLIVER & CONNOR

When your friend is thinking about suicide...

OLIVER & CONNOR ARE PLAYING ZOMBIE DASH ONLINE & TALKING ON HEADSETS

OLIVER LOGS IN & JOINS CONNOR'S GAME



Hey dude! you weren't at school today. 2 days in a row, how'd you score that?

Just wasn't bothered to go.

CONNOR'S SCREEN

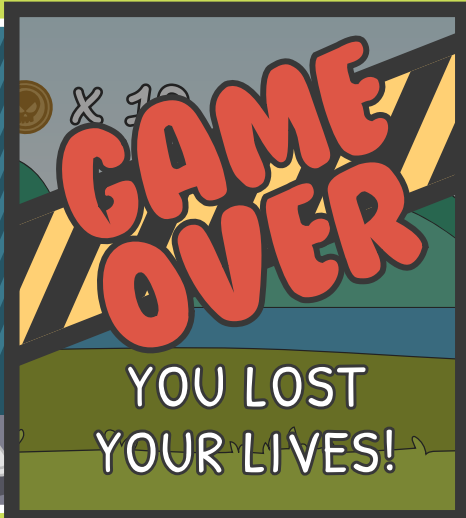
X 19 002356



- 7:05pm You're a loser 7:08pm
- 7:09pm you suck at this just like you do at life 7:11pm
- 7:11pm no wonder no-one wants you around! 7:13pm
- 7:13pm Just leave this to us, loser!



Those guys are back online. Why don't they just leave me alone?!



I wish it was that easy to die.

CONCENTRATING

What do you mean?

I'm so over life.

Yeah...

Maybe they're right. Maybe things would be better if I wasn't around anymore.

COLA



WHOA. Are you ok bro?

It's ok. Want to play another round of Zombie Dash?

Ummm... shouldn't you talk to someone about this?

Nah, it doesn't matter. Anyway, gotta feed the dog.

OLIVER IS WORRIED ABOUT CONNOR. CONNOR'S BEEN GOING THROUGH A TOUGH TIME SINCE HIS DAD DIED LAST YEAR. HE HASN'T BEEN GOING TO SCHOOL MUCH AND HE'S BEEN GETTING BULLIED CONSTANTLY ONLINE. CONNOR'S ALSO BEEN TALKING A LOT ABOUT DYING AND NOT WANTING TO BE HERE LATELY.

OLIVER LOOKS ONLINE FOR HELP AND FINDS THE KIDS HELPLINE NUMBER. HE REMEMBERS CALLING THIS NUMBER A FEW YEARS AGO AND THAT IT WAS HELPFUL.

Oliver
thinks up
a plan...

Hey Connor!
You made it today.

I found this
Kids Helpline
number; I think
we should
prank it at
lunch!!

Whatever.





IT'S TIME

Let's do this!



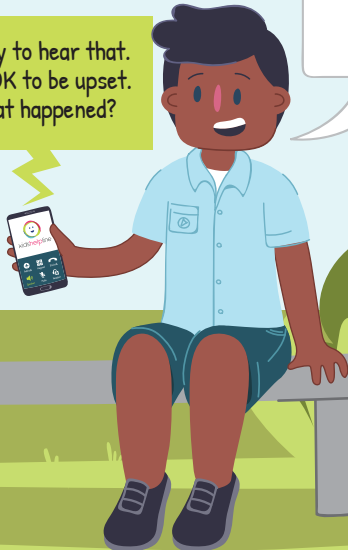
It's ringing!



Hello Kids Helpline...

Hey. My girlfriend broke up with me today and I'm 'soooo' upset.

Sorry to hear that. It's OK to be upset. What happened?



She kissed my friend Connor!!

That must have been hard for you to find out. I wonder how you're coping with this so far?

BELL RINGS

Errr... I've got to go!

That's ok. Call back when you can.



Thanks! Bye.

Call ended
1:29

I thought that would be funny, but she was really nice and easy to talk to.

Yeah, kind of...


LATER THAT NIGHT...


85%


OLIVER 


 How you doin'?

 Not too good bro

 I'm worried about you. I think you should talk to someone. You should call that Kids Helpline number

 It's just really hard to talk about it. I don't want to be judged

 They won't judge you, that lady was nice today even though we were mucking around. They're there to help, I'm sure of it

 Maybe I should... I'll check out their website

WHAT HAPPENS NEXT?

OPTION A

Connor wants to tell his mum
but doesn't know how...
he starts a WebChat with
Kids Helpline

Turn to page 8

OPTION B

Connor decides to call
Kids Helpline and chat to
a counsellor...

Turn to page 9

OPTION C

Connor looks at the
Kids Helpline website and
finds some helpful tips

Turn to page 10

OPTION A



Kids Helpline Counsellor

It's great you reached out for help. It can be tough. Let's work through this together

6:09



Connor_03

I want to tell my mum that I've been feeling like this, but I just don't know how. She's really sensitive about this type of stuff since dad died...

6:11

CONNOR WORKS WITH THE COUNSELLOR TO FIGURE OUT THE BEST WAY TO START A CHAT WITH HIS MUM & EXPLAIN HOW HE'S BEEN FEELING. HE FEELS MORE CONFIDENT ABOUT TALKING TO HIS MUM AFTER FINISHING THE WEBCHAT.



OPTION B

AFTER A SHORT WAIT...

Hello
Kids Helpline.

Sure, that's what
we're here for.
Can you tell me
what's been
going on?

Ummm, I need to
talk with someone.

I've been thinking
about suicide.

Sounds like some
serious thoughts
you've been
having. It's great
you've reached out
to talk about it...

CONNOR AND THE COUNSELLOR TALK ABOUT HOW HE CAN COPE AND GET SUPPORT. CONNOR LIKES THE FACT HE CAN TALK TO SOMEONE AT KIDS HELPLINE ON A REGULAR BASIS & KNOWS THEY'RE THERE WHENEVER HE FEELS BAD.

OPTION C



CONNOR GOES TO CALL KIDS HELPLINE BUT DOESN'T FEEL READY TO TALK WITH A COUNSELLOR JUST YET. HE FINDS THEIR WEBSITE AND READS AN ARTICLE ON HELP SEEKING WHICH MAKES HIM THINK ABOUT WHO ELSE HE COULD TALK TO.

CONNOR DECIDES THAT HE WOULD FEEL MOST COMFORTABLE TALKING WITH HIS FOOTY COACH.



CONNOR TALKS TO HIS FOOTY COACH AFTER TRAINING THE NEXT DAY ABOUT HOW HE'S FEELING. HIS COACH GIVES HIM SUGGESTIONS FOR WHO ELSE MIGHT BE ABLE TO HELP & SAYS HE'S HERE TO CHAT WHENEVER HE NEEDS.

A FEW MONTHS LATER...

How's things?

I'm ok. I have good days and bad, but today's a good day

That's awesome

Thanks for helping me through it when I was feeling so down. I'm not sure I could've got help by myself

All good





kidshelpline
Anytime Any Reason

kidshelpline.com.au

1800 55 1800

FREE CALL
24/7

Talking helps!

We're here for you 24 hours a day, 7 days a week
Check out our website for lots of tips too

KHL is a service for 5-25 year olds
In an emergency call 000