Some think it's a floorplan or an incomplete picture of stairs.

The diagram of lines you saw is confusing, until you know it's the shadow of a capital **F**.

Once you see it, you can't *not* see it.

This shows how incomplete information can distort interpretation. The same can happen with your thoughts during distress.

If you're reading this, it may be that you haven't been seeing the full picture of your situation or your worth.

4. You are not alone

If you are struggling or facing a tough time – there is hope and also free, non-judgmental and confidential support from the local community. You are not alone.

5. Creating Hope

Write down:

- What you're feeling.
- How others who care about you would feel if you ended your life.
- What you'd change if you could.
- What you're grateful for tomorrow.
- A hope, a reason and/or a purpose for living.
- What would a very good friend want for me right now?

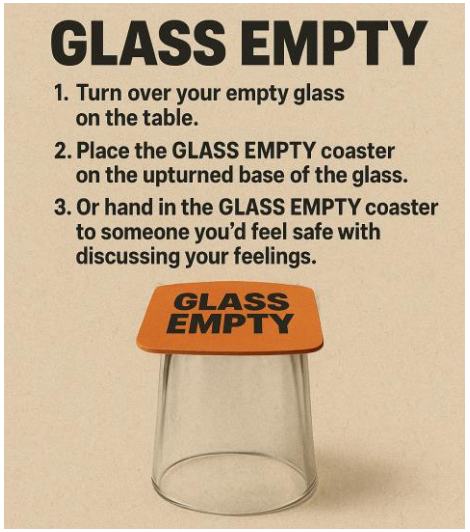
Begin reconnecting with clarity and hope.

Support is also available at:

- Lifeline – 13 11 14
- Suicide Callback Service – 1300 659 467
- Beyond Blue – 1300 224 636
- Mensline Australia – 1300 78 99 78
- 13YARN – 13 92 76

Call 000 if you're in danger. Online options are also available through Lifeline, Beyond Blue and the Suicide Call Back Service.

You matter. You deserve support, safety, and someone who understands.



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GLASS EMPTY
You're Not Alone.

A SUPPORTIVE GUIDE TO HELP YOU THROUGH DISTRESS.

In conjunction with your local

1. Beginning the journey

The stats tell us that in Australia suicide distress can happen to anyone. According to recent figures released by Suicide Prevention Australia, 1 in 6 Australians aged 16 to 85 years have experienced suicidal thoughts or behaviours in their life.

The fact you're reading this already puts you among those who reach out. You may feel overwhelmed, numb, panicked, confused or afraid — but you're not alone, and this moment doesn't define your future.

(Stats from Suicide Prevention Australia).

The Glass Empty signal is a quiet way to say:

- "I'm not okay."
- "I don't know how to say it aloud."
- "I need someone to check in."

It's not dramatic — just human connection. By using the signal you have demonstrated that you want to start a confidential chat and want to feel safe.

Distress can make your mind speed up or slow down, forget things, or loop thoughts. It's your brain trying to protect you — not your fault. You don't need to fix everything right now. Just take small steps.

2. Breathe

Reach out to someone kind, calm, and non-judgmental. You don't need perfection — just presence.

If someone noticed the signal, you don't need to share everything. You can simply say:

- "I'm having a hard time."
- "I don't want to be alone."
- "Can you sit with me?"

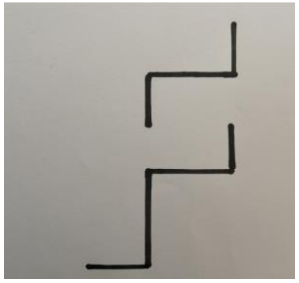
While you're waiting to have a chat, take a slow breath. Notice your feet, your hands, the weight of your body. You're here and you're safe in the moment.

Massage your ears gently; it's calming and stimulates hundreds of acupressure points.

This was originally meant to be the distress signal before **Glass Empty** became the clearer, more helpful option.

3. Awareness

If no one has reached out yet, read on.

Ask yourself whether your current awareness might be incomplete — whether your negative thoughts might not reflect the full truth of who you are.

Notice the image below. What does it look like to you?