**Help at hand**

Life can throw a curve ball at times.   
At some time in our lives, most of us will need to reach out for support and help.

The most important thing to remember is that **people do care about you**, and that there is   
help available.

If you feel you are not coping as well as you would like to, please:

* talk to someone you trust
* visit your local GP
* call one of these help lines:

|  |  |
| --- | --- |
| **Crisis Support** | |
| Beyond Blue | 1300 224 636 |
| Lifeline | 13 11 14 |
| Suicide Call Back Service | 1300 659 467 |
| 1800 RESPECT | 1800 732 732 |
| 13 YARN | 13 92 76 |
| Mensline Australia | 1300 78 99 78 |
| QLife | 1800 184 527 |
| Kids Helpline | 1800 55 1800 |
| Open Arms | 1800 011 046 |

**Support services in** **<<town/region>>**

Help is also available locally. Contact any of the following services for support.

**<<service provider name>>**  
<<address>>  
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