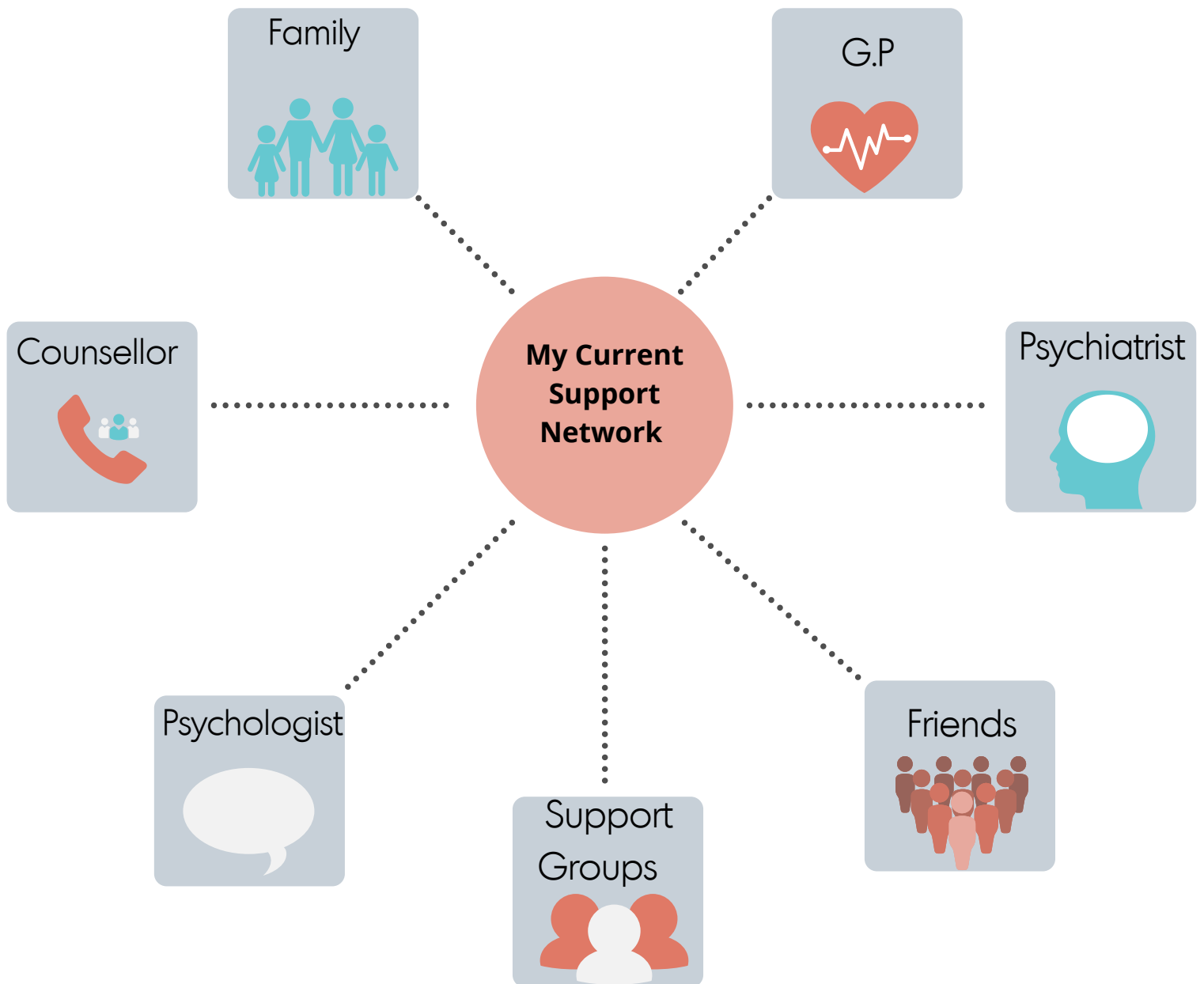


My Support Network



Having a plan about who to contact when you are not travelling so well and a quick list, can make seeking help easier. It can also help you feel more in control of the situation; you decide who to reach out to and when to contact them.

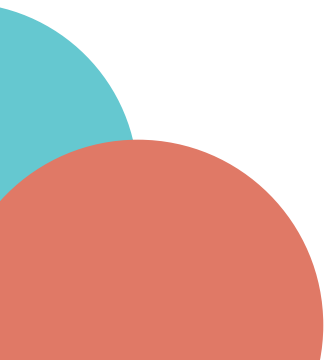
Consider people or services that you may be able to contact when you need support, here are some ideas:



Lived Experience Telephone Support Service

1800 013 755

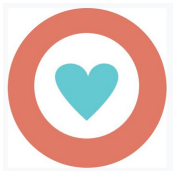
Webchat: letss.org.au



My Support Network



Sometimes we may not feel like talking to people that we personally know or perhaps we just want some extra support! That's when it can be helpful to have a list of services that you can contact over the phone! Here are some ideas



LETSS
Ph. 1800 013 755
5pm - 11:30pm
365 days a year



Beyond Blue
Ph. 1300 224 636
24/7



1800 Respect
Ph. 1800 737 732
24/7



Lifeline
Ph. 13 11 14
24/7



Qlife
Ph. 1800 184 527
3pm - 12am
365 days a year



Samaritans
Ph. 116 123
24/7



Suicide Call Back
Service
Ph. 1300 659 467
24/7



Kids Helpline
Ph. 1800 55 1800
24/7

Lived Experience Telephone Support Service
1800 013 755
Webchat: letss.org.au



My Support Network

Sometimes we may not feel comfortable talking to anyone face-to-face or over the phone! In those moments, there are plenty of online resources which can be helpful to help you cope with how you are feeling. Whether it is connecting with peers or using self-help worksheet, below are some suggestions

Beyond Blue offers a free and safe online space for discussion and support from peers

<https://www.beyondblue.org.au/get-support/online-forums>



Sane offers forums that are full of people who care and want to be able to offer their support!

<https://www.sane.org/forums>



E-Couch is an interactive online self-help program which provides evidence-based information and self-help tools!

<https://ecouch.anu.edu.au/welcome>



MindSpot Clinic can provide a number of online courses to help people manage symptoms of depression

<https://mindspot.org.au/>



MoodGym is a free and interactive online resource that helps people learn how to cope with depression and anxiety

<https://moodgym.com.au/>



The Centre of Clinical Interventions provides a range of free self-help worksheets and modules for a range of mental health conditions.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>



The LETSS blog provides mental health related blog posts written by people who have experienced a mental health condition

<https://www.letss.org.au/index.php/individual-blog>



The SANE blog provides a range of mental health related articles including stories from people experiencing mental health concerns

<https://www.sane.org/information-stories/the-sane-blog>



Lived Experience Telephone Support Service

1800 013 755

Webchat: [letss.org.au](https://www.letss.org.au)



My Support Network

Person/Service	When to call	Contact Details
LETSS	<ul style="list-style-type: none">• When I need information about supports and referrals to services• When I'm not coping and need support to develop strategies• Short episode informal counselling	1800 013 755

This program is funded by the Adelaide Primary Health Network - an Australian Government Initiative

Lived Experience Telephone Support Service
1800 013 755
Webchat: letss.org.au