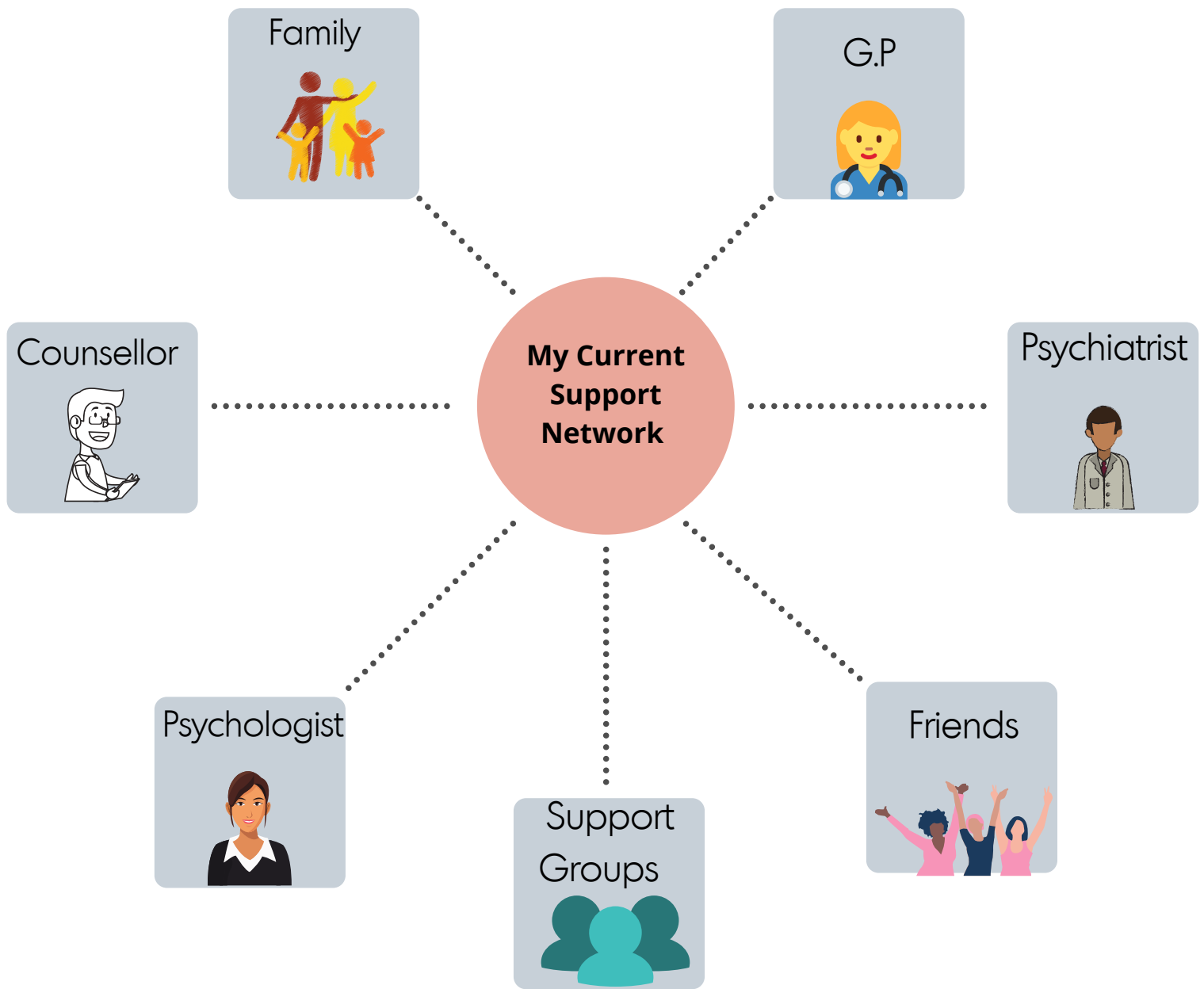




# My Support Network

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:





# 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

LETSS

Lived Experience Telephone Support Service

1800 013 755

Webchat: [letss.org.au](https://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>



# My Support Network



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

**LETSS**  
**Lived Experience Telephone Support Service**  
**1800 013 755**  
**Webchat: [letss.org.au](https://letss.org.au)**