

**Lived Experience  
Telephone Support  
Service (LETSS)**



**ZINE**

**2020**

***"Light in the Darkness"***

**1800 013 755**

**letss.org.au**

**365 days a year**

**5pm - 11:30pm**

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

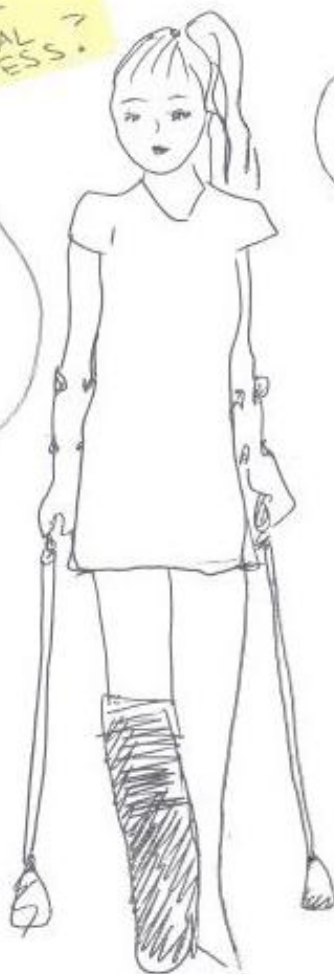
YOU WOULDN'T  
TELL SOMEONE  
WITH A BROKEN  
LEG TO GET  
OVER IT.... SO  
WHY SOMEONE  
WITH A MENTAL ?  
ILLNESS.

JUST  
GET OVER  
IT

YOU ARE  
JUST BEING  
WEAK

ITS  
JUST IN  
YOUR  
HEAD

JUST  
PUSH  
THROUGH  
IT





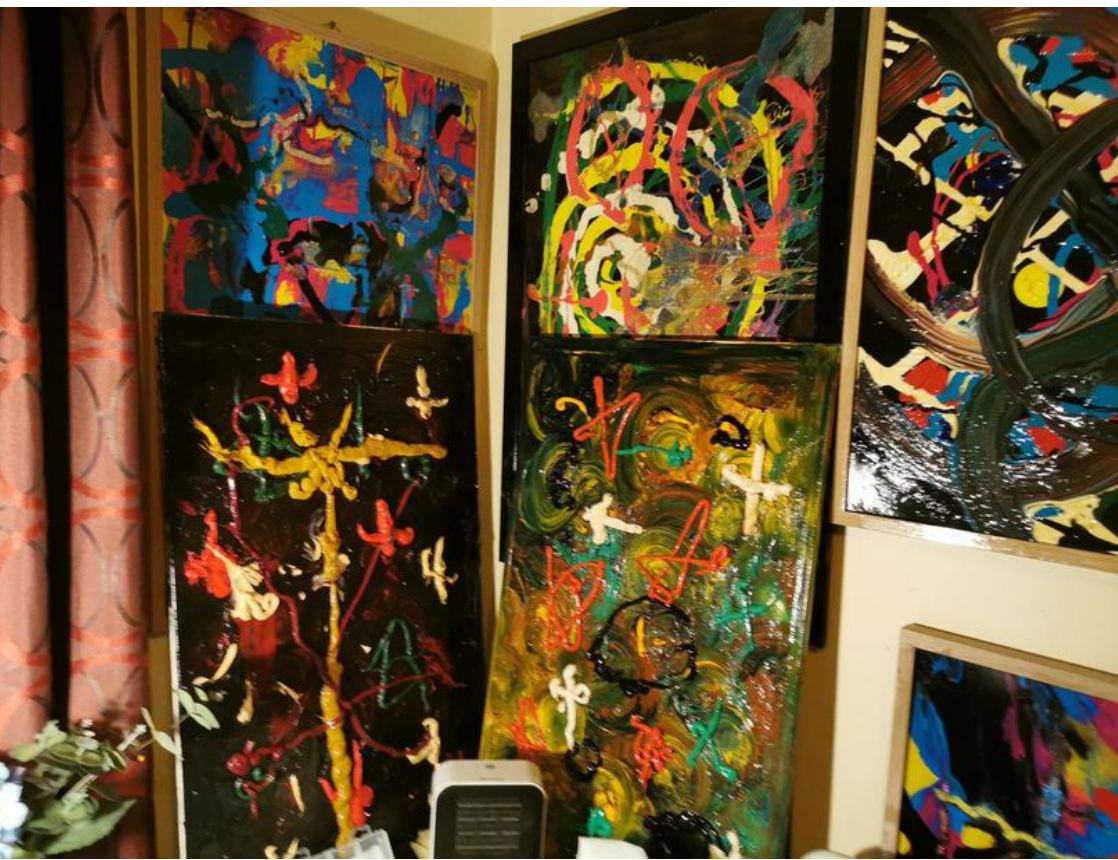
**M.W.**



**A.M**

**The things that remind me there is light**





**N.K.**

**A little piece of my world.**



**E.E**

# Slow Down...

When I feel overwhelmed, the world around me feels like it is flying at 100 miles an hour and I'm often reminding myself to slow down. When I slow down and ground myself with the things I love (cuddling my dog, doing mindfulness activities, drinking tea with a family member or friend), that's where I find my light in the darkness.







Keep off the grass!

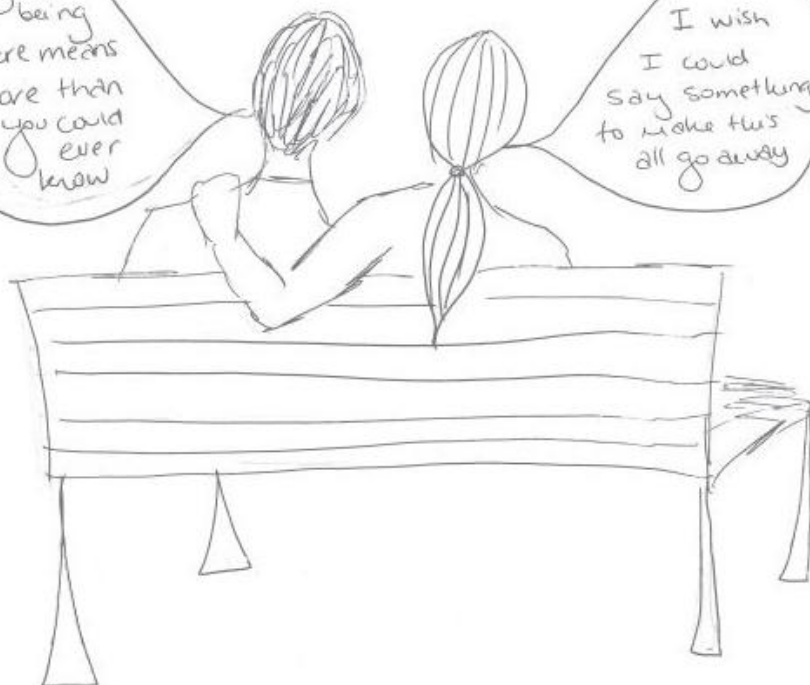
N.K.



Supporting someone  
isn't about  
taking the pain  
away from  
them. It's about  
supporting them  
through it.

you just  
being  
here means  
more than  
you could  
ever  
know

I wish  
I could  
say something  
to make this  
all go away





S.M.



- Being outside
- Spending time with my pets
- Endless cups of tea



My light in the  
darkness

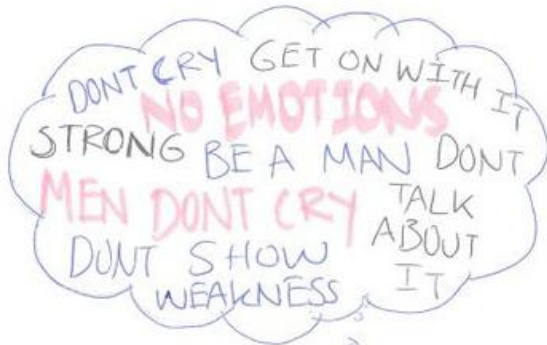


**L.M.**



J.G.







J. R.





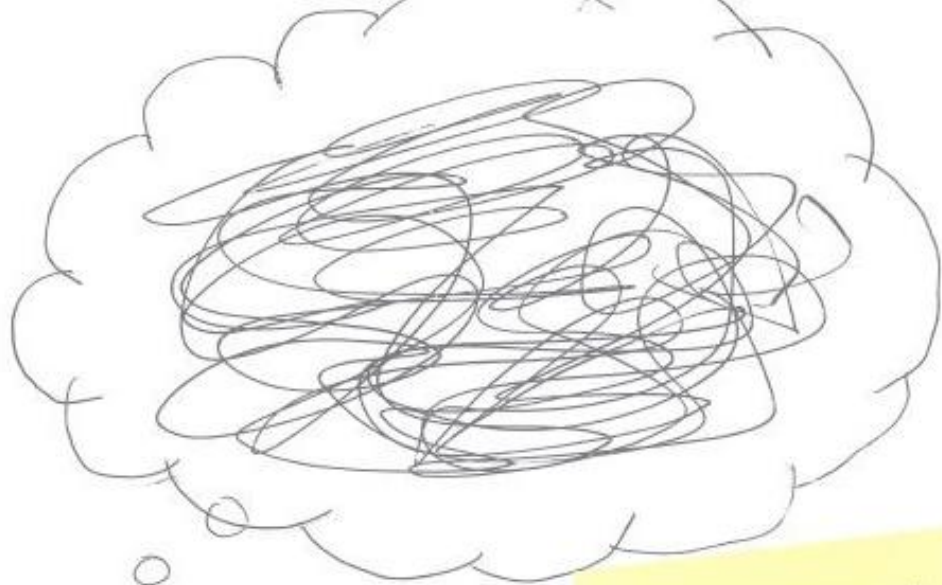


**Whenever I'm feeling down, I like to go to the beach and watch the light bounce off the waves on the horizon. It makes me and whatever issues I'm going through feel very small.**

**A.M**







ITS OKAY  
NOT TO  
BE OKAY.



I'M  
JUST TIRED





B.B.



I often navigate and attempt to sit more comfortably with difficult emotions by likening them to events that take place in the natural world. For example, if I'm feeling sad I might compare these feelings to waves in the ocean. This reminds me that yes, these waves can be turbulent and overwhelming but they also always pass. The photo below follows a similar theme. I took it on a day that was very overcast and gloomy – from memory the sun hadn't made an appearance at all. I remember feeling that the weather was very reflective of my own mood – I was feeling down, depleted and fairly hopeless. Just as the sun was almost ready to disappear for the day a few rays of light managed to break through the (seemingly) endless, overcast clouds. I remember noticing and thinking that this light that I'd caught a glimpse of had been there the whole day, it always is. Sometimes we can't see it because there are things blocking the view, but that doesn't mean it isn't there. It reminded me that the sun's always shining, we just can't always see it. Or in context of our own human experiences, hope is always present even if we can't always feel it. And we don't have to always feel it, in fact we won't always feel it, but knowing and remembering that it's there nevertheless can often bring a little light to the darkness.

**O.K.**







E.E.

# About the Zine

**During Mental Health Week 2020, the LETSS team asked for submissions to our first online Zine.**

**Based on the theme “Light in the Darkness”, peer workers and LETSS callers added their interpretations of this theme and reflected on their recovery journeys in the process.**

**We received quite a few submissions and this is the final product.**

**A big thank you to every one who submitted!**



# LETSS Keep Connected!

LETSS is a free non-crisis mental health support service for people in the Adelaide Metropolitan Region.

Call us or webchat

7 days a week from 5:00pm - 11.30pm

**Information | Navigation | Support**



**1800 013 755**



**@LetssAus**



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**letss.org.au**

Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National, Mind Australia, Skylight Mental Health and Uniting Care Wesley Bowden.