

A different kind of Christmas.

You don't have to be merry, bright, or joyful.

If you're exhausted, struggling, grieving, overwhelmed, or numb, you don't have to pretend. It's okay if this season feels different for you.

YOU ARE NOT ALONE.

If you're thinking about suicide.

This season can make pain feel heavier or sharper than usual. Please hold on.

Connection can help steady your mind. If staying safe feels hard, reach out to someone who can support you.

For those living with suicide loss.

For many, grief sits at the table at Christmas.

With every carol, tradition, or moment that catches you off guard, the gap where someone would be can feel unbearable.

Be gentle with yourself. You don't have to carry this alone.

If you need support, reach out to someone who understands.

You do not have to get through this season alone.

If you're overwhelmed, grieving, or struggling to stay here, please pause and let someone in.

There are people who will listen, who understand, and who can help.

Lifeline	13 11 14
Lifeline Crisis Text	0477 13 11 14
Suicide Call Back Service	1300 659 467
StandBy (Support after suicide loss)	1300 727 247
Beyond Blue	1300 224 636
13 YARN (For Aboriginal and Torres Strait Islanders)	13 92 76
RuralLink	1800 552 002
Here For You	1800 437 348
Samaritans Crisis Line	1800 198 313
MensLine Australia	1300 789 978
TIACS (For blue collar workers)	0488 846 988
ICAMHS Crisis Connect (Support for young people 0-17)	1800 048 636
Kids Helpline	1800 55 1800



**Support is
right here in
Margaret River.**