

# 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.



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

## **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.

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