

MAKE A DIFFERENT KIND OF RESOLUTION

START THE YEAR BY STAYING HERE.

The new year can feel heavy.

If you're struggling to stay here and stay safe, reach out.

Make a different kind of resolution and contact one of the supports below or scan the QR Code for supports here in Margaret River.

Lifeline 13 11 14

Lifeline Crisis Text 0477 13 11 14

Suicide Call Back Service 1300 659 467

StandBy 1300 727 247
(Support after suicide loss)

Beyond Blue 1300 224 636

13 YARN 13 92 76
(For Aboriginal and Torres Strait Islanders)

RuralLink 1800 552 002

Here For You 1800 437 348

Samaritans Crisis Line 1800 198 313

MensLine Australia 1300 789 978

TIACS 0488 846 988
(For blue collar workers)

ICAMHS Crisis Connect 1800 048 636
(Support for young people 0-17)

Kids Helpline 1800 55 1800



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