

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 (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.**