



**IT'S OKAY,
NOT TO BE
OKAY**

ABOUT US

It's okay, not to be okay was started in 2016 by us three grieving sisters who lost our brother Ben to suicide. It's okay not to be okay is a registered charity that's mission is to advocate and create change in mental health, grief and suicide prevention. We do this by running community events and providing gift packs for those bereaved by suicide, running social media campaigns through all platforms that increase mental health literacy and raising awareness about the support available. We also fund counselling sessions for those who might need help but not be able to afford to do so. We encourage people to wear our message which reduces stigma, starts conversations and normalises seeking help for your mental health.

To join our online community or find out more please see the links below.

www.itsokaynottobeokay.com.au



@_itsokaynottobeokay_



/itsoknottobeokay



IT'S OKAY, NOT TO BE OKAY MEANS

- It's okay, to grieve.
- It's okay, to reach out for help.
- It's okay, to cry + admit you've had a bad day.
- It's okay, to seek professional help.
- It's okay, to get your friends help even if they don't think they need it.
- It's okay, to take medication.

24/7 SUPPORT

Triple Zero (emergency) | 000

For use in life threatening or time critical emergencies

Lifeline | 13 11 14

Crisis support, suicide prevention and mental health support

Text service available | 0477 131 114

Suicide Call Back Service | 1300 659 467

24/7 free professional phone and online counselling

MensLine Australia | 1300 789 978

Men with family and relationship concerns