

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 if you're worried about them
- It's okay to take medication

SEEING A GP

- GP's are the best starting point for professional support—they can link you with other services including psychologists.
- GP's are time pressured. When making an appointment to see a GP about your wellbeing, ask for a longer (or double) appointment so there's plenty of time to chat.
- If cash is tight, find a GP who BULK BILLS. This means the session is free. If they do not offer this option, you pay a gap for the session.

This session requires a Medicare card.

SUPPORTING A FRIEND

It's a myth that talking directly about suicide will put the idea in someone's head. You don't need to know the solutions when you start a conversation.

For more information

1

ASK

Ask Directly
'Are you thinking about suicide?'

This shows you care & encourages them to talk.

2

STAY & LISTEN

Listen closely & let them express their feelings.

Stay with them or find someone else reliable to stay with them.

3

GET HELP

Call Lifeline 13 11 14
000 if life is in danger.
Get support for yourself too.

lifeline.org.au/Get-Help



It's okay, not to be okay is a grass roots mental health charity started in 2016 by three grieving sisters who lost their brother Ben to suicide.

It's okay, not to be okay is not a crisis service. We make every effort to ensure that the information here is accurate.

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CONSTANT

COMPANION

IT'S OKAY, NOT TO BE OKAY

This constant companion summarises where to find help for some common issues.

If the service you contact can't help you, ask them who to contact.

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.

Lifeline text service | 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

ONLINE SUPPORT & INFORMATION

Head to Health
headtohealth.gov.au

Lifeline
Lifeline.org.au/Get-Help

Beyond Blue
beyondblue.org.au

**eheadspace
(for 12 - 25 years)**
eheadspace.org.au

FINANCIAL SUPPORT

National Debt Hotline | 1800 007 007
Assistance with debt problems incl. rent assistance, redundancy payments and bankruptcy

MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

Headspace online & phone support |
1800 650 890

Support for young people 12-25 or their family to chat with a qualified youth mental health professional

Kids Helpline | 1800 551 800
support for young people aged 5-25

RELATIONSHIP SUPPORT

**Relationships Australia
Victoria** | 1300 364 277

Counselling, family dispute resolution (Mediation)

LifeWorks | 1300 543 396
Individual and relationship counselling, family therapy violence prevention

1800 Respect | 1800 737 732
Support for people impacted by sexual assault, domestic violence and abuse

Safe Steps | 1800 015 188
Family violence response support for women and children experiencing violence and abuse

LOSS & BEREAVEMENT

Grief Line | 1300 845 745 (12pm - 3am)
Phone counselling for any type of loss

Support After Suicide | (03) 9421 7640
Specialised support for those who have lost someone to suicide

Suicide Line Victoria | 1300 651 251
People affected by suicide

StandBy Support | 1300 727 247
Provides a 24/7 coordinated response to assist with families, friends, frontline responders, workplaces, sporting teams, schools, funeral homes and witnesses who have been exposed to, or bereaved by suicide

SUPPORT FOR LGBTIQA+ COMMUNITIES

QLIFE | 1800 184 527
Anonymous and free LGBTIQA+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships

Victorian Pride Centre | 03 7035 3592

SUPPORT FOR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITIES

Yarning SafeNStrong | 1800 959 563
Counselling service for Aboriginal and Torres Strait Islander Peoples

ALCOHOL & OTHER DRUGS

**ADIS - Alcohol and Other Drug Info Service
(24 hr helpline)** | 1800 177 833

Direct Line | 1800 888 236

HOUSING ASSISTANCE

Salvocare Eastern | 1800 825 955
Access point for individuals or families who are homeless or at risk of homelessness

GAMBLING SUPPORT

Gamblers Help | 1800 858 858 (24 hour)
Counselling for gamblers and those affected by someone else's gambling

LEGAL SUPPORT

Youth Law | 9113 9500

Victoria Legal Aid | 1300 792 387
Help in areas of criminal law, family law and some civil law matters

OTHER SUPPORTS

Sexual Assault Crisis Line | 1800 806 292

Butterfly Foundation | 1800 334 673
For eating disorders and negative body image

PARENTS & CAREGIVERS

Parent Line | 13 22 89

**PANDA (Parental Anxiety & Depression
Australia)** | 1300 726 306
Child and Maternal Health Line | 13 22 29

Nurse on Call | 1300 606 024

Poisons Hotline | 131 126

CONSTANT COMPANION