

Not Feeling Good?

It's okay not to be okay.

Talking to someone can help lighten the load. You're not alone — support is here when you're ready.



Steps to support



1. Talk to someone you trust

Who: partner, friend, family member, or faith leader

Try: "I just need someone to listen"



2. Contact your GP or Child & Family Health Team

They can: help you work out what's going on, arrange mental health care plans, & connect you to local services



3. Reach out for 24/7 support

If you need help now, or someone to talk to anytime

📞 [NSW Mental Health Line](https://www.nsw.gov.au/mental-health) - 1800 011 511

📞 or [Lifeline](https://www.lifeline.org.au) - 13 11 14

📞 or [Beyond Blue](https://www.beyondblue.org.au) - 1300 22 4356

📞 [13Yarn](https://www.13yarn.org.au) - 13 92 76

📞 [PANDA](https://www.panda.org.au) - 1300 726 306 (Mon-Sat)



4. If you are at risk of harm, or feel very unwell

Please go to your nearest Emergency Department, or call 000



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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