

The Way Back Support Service



**Take action to stay
safe and connect to
the supports that are
right for you.**



beyondblue
Depression, Anxiety,

The way back can be tough but you are not alone.

We know it's not always easy asking for help but we also know the value of encouragement and support. The Way Back Support Service is available to support people in the first few months following a suicide attempt. According to your needs, The Way Back Support Service can assist by:

- providing encouragement and support in the first few months following your attendance at hospital
- helping you follow your hospital discharge and safety plan
- supporting you to connect with your GP and other services that may help you in your journey to recovery.

What happens next?

Shortly after leaving hospital, a Support Coordinator from The Way Back Support Service will be in touch with you to check in and see how things are going. You are also welcome to make contact with us any time during the three months after you leave hospital.

Privacy

The Way Back Support Service is a *beyondblue* trial initiative funded by donations to *beyondblue* and the Movember Foundation. We treat your information with care and in line with privacy legislation. For the purposes of evaluation some information about your contact with us will be used, but this will not be linked with any identifying information such as your name or address. For more detail, please refer to the Information and Privacy Handout. If you do not wish your data to be included in the evaluation, or have any questions, please talk to your Support Coordinator.

The Way Back Support Service NSW

Phone: 1300 364 184 (Mon-Fri 8.30am-5.00pm)

Need urgent assistance?

Dial 000 or go to a hospital emergency department.

Mental Health Line
(24 hours)

1800 011 511

Lifeline (24 hours)

13 11 14

Mens Helpline

1300 78 99 78

Suicide Call Back Service
(24 hours)

1300 659 467



Hunter
PRIMARY
CARE