



# This is for YOU!



You Are **NOT** Alone

People **CARE**

People **WILL** Help



Don't be stressed alone.

If you are feeling alone, or no one knows what is going on for you, and everything seems too much, PLEASE reach out.

People care and can help. You might have thoughts about suicide – people can help.

**REACH OUT**

The first thing to do is tell someone you trust and feel safe with about what you are feeling and thinking.

**Just sharing can help you feel better connected.**

If you do not feel comfortable sharing with people around you, then you can still connect with people who are there for you and can help. Here are a few places you can go.



If you feel you are in crisis, you can drop into the **Lighthouse** Monday to Friday during the day and you will always get a welcome in a safe space with people who will listen.

You can phone anytime night or day on the **Lighthouse free phone number 0800 121 4820** there is always someone available to talk with.

You can also send a message on **Facebook messenger** if you wish to connect that way - **just text**.

For further information follow the link <https://lighthouseforperth.org/>

## Text 85258 SHOUT

If you are struggling to cope and do not like talking then text SHOUT to 85258. This is 24/7. It is free. Confidential and anonymous.

For More Info: <https://giveusashout.org/get-help/>

If you think you are in immediate danger because of how you feel or what you have done, then dial **999 immediately**.



If you are **16 to 24** [Togetherall](#) is a **free on-line service** which combines **social networking** with a **choice of exercises** to support you with your mental wellbeing. There are trained counsellors available **24/7** who respect your confidentiality and anonymity. You become a member by adding a few details and then you can access all the support available.

### Other Immediate Responses

#### [Childline on 0800 1111](#)

Connect with a **trusted adult** to help you with any situation **24/7**



#### The [Samaritans](#)

Always there for you **24/7**. Follow the link for the phone number or email if you wish to connect that way.



### Once things have calmed down:

## cool2talk

This is a **24-hour on-line support service** if you are 12 and up to the age of **25 years**.

<https://cool2talk.org/>

### REMEMBER

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