



The Way Back Support Service



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The Way Back Support Service was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis.

A dedicated Support Coordinator will work with your family member or loved one to develop a program:

- encouraging and supporting them following discharge from hospital
- supporting them to develop a safety plan
- connecting them with services based on their needs, such as community groups and financial or relationship counselling

This kind of encouragement, support and personal connection can make all the difference.

For you

Someone you care about attempting suicide can be very traumatic. We've worked with people who have attempted suicide, as well as their family and friends, asking what information they wished they'd known. This led to developing our *Guiding their way back* booklet, which is available at beyondblue.org.au/thewayback

The main messages our respondents thought you should know are:

- You're not alone and you can get through this
- One of the most important things you can do for someone who has attempted suicide is let them know you love and care about them, and you'll support them
- By looking after yourself, you're better able to support others.

If you're feeling overwhelmed and want additional support, you can always talk to your GP about a Mental Health Care Plan. This means the Government pays some or all of the cost for up to ten sessions with a mental health professional in a year, available through a Medicare rebate.

For more information please contact **The Way Back Support Service at Anglicare Tasmania on 1800 243 232 or wayback@anglicare-tas.org.au** 9am to 4pm Monday to Friday (excluding public holidays)

Need urgent assistance?

Dial 000 or go to a hospital emergency department.

Suicide Call Back Service (24 hours)

1300 659 467

Lifeline (24 hours)

13 11 14

Access Mental Health

1800 332 388

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