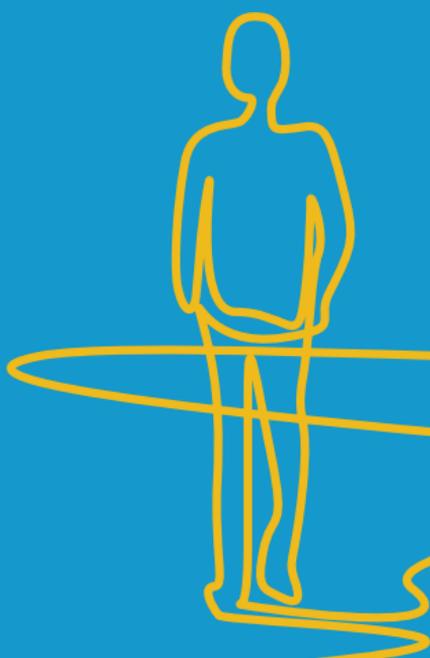


The Way Back Support Service

Let us help you move forward.



1800 243 232 | anglicare.tas.org.au

Supported by



The way back can be tough, but you're not alone.

The Way Back Support Service is a free service, for people in the first few months following a suicide attempt or suicidal crisis. A dedicated Practitioner will work with you to develop a personalised program, based on your needs.

This can include:

- encouraging and supporting you following discharge from hospital
- working with you to develop a suicide safety and support plan
- connecting you with services that can help such as community groups and financial or relationship counselling

It's not always easy asking for help, but support and personal connection can make all the difference.

What happens next?

Shortly after you leave hospital or a community mental health service, a Practitioner will be in touch to see how things are going and if The Way Back Service is right for you. You're also welcome to contact us any time during the three months after you leave hospital.

Privacy

We treat your information with care and follow strict privacy legislation. For further information: www.anglicare-tas.org.au/privacy-policy
1800 243 232 or wayback@anglicare-tas.org.au

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 Helpline
1800 332 388

Further information

Call The Way Back Support Service at Anglicare Tasmania on **1800 243 232** or email wayback@anglicare-tas.org.au