



# The Way Back Support Service



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

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

The Way Back Support Service is a free service, developed by Beyond Blue to be there for people in the first few months following a suicide attempt or suicidal crisis. A dedicated Support Coordinator 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 Support Coordinator will be in touch to see how things are going and if The Way Back 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/](http://www.anglicare-tas.org.au/privacy-policy/)

1800 243 232 or [wayback@anglicare-tas.org.au](mailto: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 1800 332 388

For information about the Beyond Now suicide safety planning app go to [beyondblue.org.au/get-support/beyondnow-suicide-safety-planning](http://beyondblue.org.au/get-support/beyondnow-suicide-safety-planning)

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