Money worries weighing you down?
It's OK to Ask for Help

Looking for change

When you're feeling low, especially when money worries are weighing you down, it can be hard to see a way forward. You might feel anxious, stressed or like life is out of control, thinking things will never get better. These feelings can make it hard to see clearly and can lead to thoughts of giving up. But you don't have to face these tough times alone.

Here's how you can reach out:

→ Understand Your Feelings

It's normal to feel overwhelmed when life gets difficult. Noticing that you're struggling is a big step towards getting the help you need.

→ Who Can You Talk To?

It could be a trusted friend, family member, or a professional. Finding someone who listens without judgement can make a huge difference. You can reach out to your GP or a counsellor - they're there to help. If you're not sure where to start, you can contact Lifeline on 13 11 14.

→ Start the Conversation

Opening up about your feelings can be tough, but it's important. You might say, "I've been really down because of money worries, and I'm not sure what to do. I've been thinking about suicide." Be honest about what's going on.

→ Get Connected to Help

There are many services that offer support. Your GP can connect you with mental health help, and services such as the National Debt Help-line (1800 007 007) and GambleAware (1800 858 858) can help you get your finances back under control.

→ Stay Connected

Keeping in touch and reaching out to people who care about you can help you feel less alone. A supportive network can make a big difference when life gets difficult.
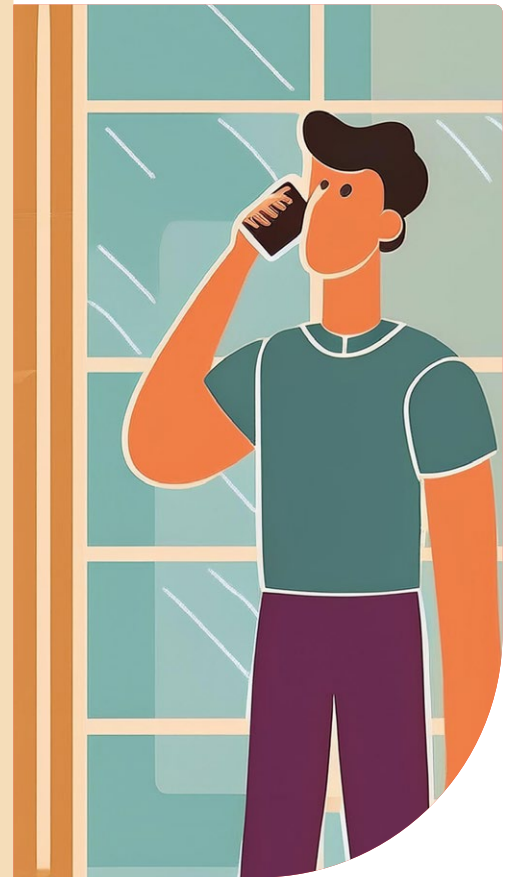
TIP:

Asking for help isn't a sign of weakness - it's a step towards taking care of yourself. It 's better to face tough times together, not alone.

Scan the QR code to access the FREE Looking for Change podcast and support resources

or visit www.prosperprojectaustralia.org/programs/lookingforchange