

Suicide is not a solution...



"I was shocked to wake up in hospital. By the time I got back home, the bank had responded that they would help. I think every day what would have happened if I had not woken up...all because of a money problem I don't have anymore."

This is:

- 1** Call the **National Debt Helpline** on **1800 007 007** and become one of more than a million people who have gotten their financial crisis under control with the help this FREE service.
- 2** Talk to someone about what you are going through. Call **Lifeline** 24/7 on **13 11 14**. Don't want to talk? You don't have to. You can text **Lifeline** or use their online crisis chat instead. This service is FREE.
- 3** Scan the QR code to access the FREE **Looking for Change** podcast and support resources.

