

Suicide is not a solution...



"I am finding it hard to pay rent, put food on the table, and especially pay for medical bills. I have credit card debt of \$7,500. I have contemplated suicide a couple of times but worry about who will take care of my mother".

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.

