

Suicide is not a solution...

 Looking for change



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.

"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 service is funded by
phn
SOUTH WESTERN
SYDNEY
An Australian Government Initiative