



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, providing support for the first three months following a suicide attempt or suicidal crisis.

According to your needs, The Way Back can assist by:

- providing encouragement and support
- collaborative safety planning and help to follow your hospital discharge plan
- assistance to navigate and connect with services that may help in your recovery

It's not always easy asking for help, but support and personal connection can make all the difference.

Who can refer?

The Way Back receives referrals from hospitals and partnering mental health services.

Once I have been referred to The Way Back, what happens next?

Shortly after you leave hospital or following your referral, a Support Coordinator will be in touch to check-in and introduce The Way Back service. You're also welcome to contact us on the number on this card.

Privacy

We treat your information with care and follow strict privacy legislation. For the purposes of evaluation, some information about your contact with us will be used, but this will not be linked with any identifying information such as name or address. For more details, please refer to the Consent Information Sheet or talk to your Support Coordinator.

Contact Us:

The Way Back Support Service: **1300 364 184**
(Monday - Friday)

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**

Mental Health Line (24 hours) **1800 011 511**

Mens Helpline **1300 78 99 78**



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