

LIFE CHANGING LISTS



The simple act of making a list is a powerful way to start taking charge of your health and wellbeing.

Plan Ahead

Taking the time to develop your personal health and wellbeing roadmap when you are feeling good and thinking clearly will pay off when things get tough.

As soon as you recognise things are not okay, you can move your plan into action, step by step, with the support of those around you. It's about prevention before intervention.

“DON'T DESPAIR - THERE IS ALWAYS HOPE. RECOGNISE THE SIGNS, SEEK HELP, MAKE A LIST OF SUPPORT PEOPLE AND JUST FIND SOMEONE TO TALK TO WHO UNDERSTANDS.”

B, 'STORIES ARE STRONG' (THERE IS ALWAYS HOPE)

My Life Changing Lists

What you need will be unique for you, but here is a guide to get you started.

My 'go-to' people and key contacts list

This will include your chosen support team and may include:

- Case manager
- Psychiatrist and doctor
- Family, friends or partner

Note each person, their role and contact number. Also include help lines like Lifeline, Suicide Prevention Line and Beyond Blue as a minimum.

My warning signs list

Know your warning signs so you can act and get support early. This is what you and your chosen 'go to' people will look out for to note as the first signs that things may not be okay such as:

- I'm having trouble sleeping
- I don't feel like seeing family or friends
- I'm getting into more conflict than usual
- I can't think straight...

My steps to take list

This lists the steps you will take when you or your 'go to' people recognise your warning signs. Steps can include:

- Talk to people I trust
- Take time out to do things I love
- Create something to look forward to
- Create a safe environment – remove anything you could use to harm yourself
- Agree to seek support

Write down each step and then prioritise what order they need to be taken i.e. if this happens who you need to call, then the next steps in turn.

Put these lists by your phone and into your phone contacts. Review and update regularly.

This article is part of the #storiesstrong suicide prevention campaign which highlights a series of twenty articles developed by a diverse range of people with lived experience of suicide and experts in the field.

Stories Are Strong is an initiative of the **Place-Based Suicide Prevention Trials** project which is jointly funded by the Victorian Department of Health and Human Services and Gippsland PHN.

For more information visit www.gphn.org.au

I ALWAYS HAVE
SOMEONE WHO I CAN
TRUST TO TELL ME:
'YOU'RE NOT OKAY.'

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Remember – support is always available.

#storiesstrong

You may prefer to use a mobile phone app such as **Beyond Now** which helps you make a step-by-step plan to help you stay safe in those times when you're overwhelmed and are having thoughts of suicide.
www.beyondblue.org.au

WHO TO CONTACT

Lifeline 13 11 14
www.lifeline.org.au

Beyond Blue 1300 22 4636
www.beyondblue.org.au

Mensline 1300 789 978

Kidshelp 1300 551 800

Qlife 1800 184 527
(LGBTIQ peer support)

Yarning SafeNStrong 1800 95 95 63
(7 days 12 pm – 10 pm)

Suicide Call Back Service
1300 659 467

Emergency 000

LEGAL DISCLAIMER: Please note that the information provided in this article is for general information only. It is NOT intended to be a substitute for professional medical advice from qualified practitioners. If you have concerns regarding your mental health please seek professional advice.

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