

You don't have to figure this out alone.

If you're having thoughts of suicide or self-harm, recovering after a suicide attempt, or supporting someone you care about, **Better Off With You** can help you find information, support and connection 24 hours a day, 7 days a week.



Scan to visit
betteroffwithyou.org

Need urgent help?

Better Off With You is not a crisis service. If you or someone else is in immediate danger, call Triple Zero (000).

Lifeline	13 11 14
13 YARN	13 92 76
Suicide Call Back Service	1300 659 467

Supporting someone you care about.

It can be hard to know what to say or do when someone you care about is experiencing suicidal thoughts, self-harm or recovering after a suicide attempt.



Better Off With You has information for friends, family and carers, including:

- Tips for offering support.
- Guidance on seeking urgent help and keeping someone safe.
- Recognising signs someone may be struggling and what they might be experiencing.

You can also join a dedicated forum space for friends, family and carers.

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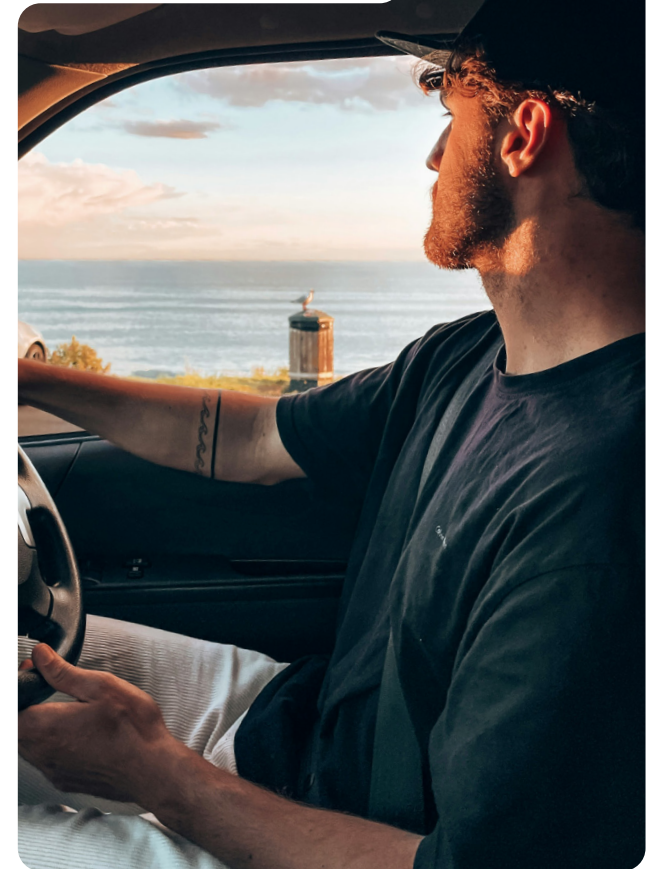
**HEALTHY
NORTH COAST**

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NORTH COAST
An Australian Government Initiative

The 2025–2026 Grant Program for Targeted Initiatives for Suicide Prevention Grant is funded by Healthy North Coast through the North Coast PHN Program.

Better off with you.

A suicide prevention initiative



Find your next step.

Better Off With You is a free online resource for people affected by suicide and self-harm. Explore the site and find what's right for you.

betteroffwithyou.org.au

Start where you are.

You might be:

- Having thoughts of suicide or self-harm.
- Recovering after a suicide attempt or suicidal crisis.
- Feeling overwhelmed or unsure what to do next.
- On waitlists for clinical services or experiencing gaps in care.
- Seeking peer connection and recovery tools between appointments.
- Supporting a friend, family member or someone you care about.

Every person's experience is different.

Hearing from people who have experienced suicidal thoughts or attempts can help reduce isolation and show that recovery is possible. **Better Off With You** stories share how people found support, connection and hope during difficult times.



Find what you need, when you need it.

Whether for yourself or someone you're worried about, **Better Off With You** brings together practical information and resources to help you navigate what you're going through.

You can:



Learn about suicidal thoughts and self-harm.



Explore practical tools and resources.



Learn from others with lived experience.

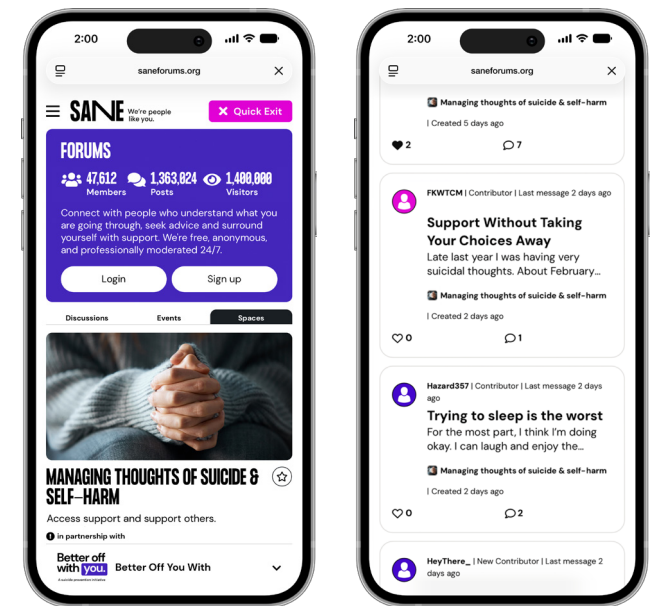


Find national and state-based support services.



Join **RecoveryClub**, a free and confidential online support program for people navigating suicidal thoughts, emotional distress and recovery after crisis – as well as for friends, family and carers supporting someone they care about.

Take what's useful and come back whenever you need to.



An anonymous, safe space to ask, share and connect.

Through **Better Off With You**, you can access safe, moderated online forum spaces for people experiencing thoughts of suicide and self-harm, as well as friends, family members and carers.

You can:

- Read other people's experiences.
- Join a conversation.
- Ask a question.
- Share what's happening for you.

Not ready to post? That's okay. You can simply read.