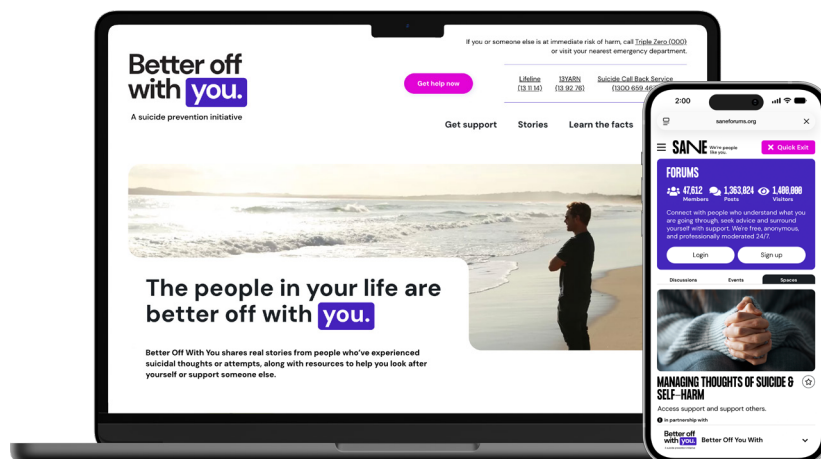


Better off with you.

A suicide prevention initiative

Supporting someone with what comes next.

betteroffwithyou.org.au



Better Off With You is a suicide prevention and recovery support initiative for the Healthy North Coast region, supported by North Coast PHN and SANE Australia. This guide covers who it's for, how to refer and answers common questions.

Whether there for themselves or someone they're worried about, Better Off With You offers practical information and resources to help people:

- Understand suicidal thoughts and self-harm.
- Explore practical tools and resources.
- Learn from others with lived experience.
- Find national and state-based support services.
- Access safe, anonymous, moderated online forum spaces for people experiencing or caring for someone with thoughts of suicide and self-harm.
- 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.

How to access

Supporting someone to register is easy – no paperwork, no handover form and no referral letter required.

Simply tell them about Better Off With You. Then give them the brochure, or direct them to the website.

You might use language like:

"There's a free, confidential resource called Better Off With You that can support you between appointments."

"Better Off With You has real stories from people who've been through something similar, plus practical tools and support – it might be worth a look."

"There's also a moderated, anonymous online forum where you can connect with others who understand what you're going through, any time day or night."

Who is it for?

People 18+ living in the Healthy North Coast region who have experienced a suicidal crisis or attempt or is in the recovery period following one – as well as friends, family and carers supporting someone in that situation. No diagnosis or mental health care plan is required.

FAQs

Is a person eligible if they're already receiving support (e.g. clinical or NDIS)?

Yes, Better Off With You is designed to complement existing clinical care and support recovery in between appointments.

Can I refer someone who hasn't experienced a suicidal crisis?

While Better Off With You has a particular focus on aftercare, it also supports people living with complex or ongoing mental health challenges more broadly. If the person needs structured peer support, connection, or somewhere to turn between appointments, it may still be a good fit.

What if they are at immediate risk right now?

Better Off With You isn't a crisis service. If the person is at immediate risk of harm, direct them to call Triple Zero (000) or go to the nearest emergency department. Lifeline (13 11 14), 13 YARN (13 92 76), and the Suicide Call Back Service (1300 659 467) are also available 24/7.



Scan to visit
betteroffwithyou.org.au

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