

SNAP OUT OF IT



Thank you for telling me

What can I do to help?

I'm here for you

If only it were that simple.

Mental illness is complex and recovery doesn't happen overnight.

Telling someone to just 'snap out of it' usually does more harm than good.

The words we use have an impact, so choose them wisely.

It's okay to ask for help.

If you or a loved one are having a hard time, it's important to reach out.

Your GP is a great place to start.

In a crisis, call Lifeline on
13 11 14.

For further guidance, call Jewish Care on
(03) 8517 5999.

 **JewishCare**
Enriching Lives

Have you spoken to anyone about how you're feeling?