



YOU ARE NOT ALONE:

Compassionate Support When You Need It Most

Life can sometimes present challenges that feel overwhelming, and we may experience thoughts or feelings that are scary or confusing. It's important to remember that these feelings are temporary, and help is always available. If you find yourself having thoughts of self-harm or suicide, please know that it's okay to reach out for support.

The following services are staffed by caring professionals who are here to listen and support you through difficult times, without judgment:

24/7 CRISIS SUPPORT

- **Lifeline Australia:** 13 11 14 - Compassionate volunteers ready to listen and support you anytime, day or night.
- **Suicide Call Back Service:** 1300 659 467 - Free, professional counselling over the phone or online, specializing in suicide-related concerns.
- **Beyond Blue:** 1300 22 4636 - Understanding support for those experiencing depression or anxiety.

SPECIALISED SUPPORT SERVICES

- **Mensline Australia:** 1300 789 978 - Dedicated support for men facing family or relationship challenges.
- **Kids Helpline:** 1800 551 800 - Gentle, confidential counselling for young people aged 5 to 25.
- **1800 RESPECT:** 1800 737 732 - Supportive counselling for those impacted by sexual assault, domestic or family violence.
- **QLife:** 1800 184 527 - Accepting and understanding LGBTQIA+ peer support services.

ADDITIONAL SUPPORT NETWORKS

- **Butterfly Foundation:** 1800 33 4673 - Empathetic support for individuals affected by eating disorders.
- **Carers Australia:** 1800 242 636 - Compassionate support for carers and their families.

- **Relationships Australia:** 1300 364 277 - Understanding assistance for relationship concerns.
- **NACCHO:** 02 6246 9300 - Culturally sensitive support from the National Aboriginal Community Controlled Health Organisation.
- **Open Arms:** 1800 011 046 - Specialised support for veterans and their families.

Remember, reaching out is a sign of strength, not weakness. These services are here to provide the support you need, whenever you need it.

You don't have to face difficult times alone. Your feelings are valid, and there are people who want to help.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

Janaya Karloci

NATUROPATH & DIRECTOR

☎ +61 415 575 788

✉ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia



JANAYA KARLOCI
Naturopath