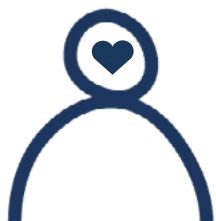


# Who to see when:



## Mental Health

| I want to change the way I act/think | I have a low level mental health concern                | Life is complicated and I have multiple issues | I have severe mental health concerns |
|--------------------------------------|---|--|--------------------------------------|
|                                      | GP (for mental health plan and access medicare rebates) |  |                                      |
| Counsellor                           |   |  |                                      |
| Psychologist                         |   | Social Worker                                  |                                      |
| Psychotherapist                      |   |  |                                      |
|                                      |   | Psychiatrist                                   |                                      |



## Relationships

| I want to change the way I act/think       | I'm worried about our relationship | We are separating                         | Heading for separation |
|--|------------------------------------|---|------------------------|
|  |                                    |   |                        |
| Psychologist                               |                                    |   |                        |
| Counsellor - Individual, couples or family |                                    |   |                        |
|  | Mediator                           |   |                        |
|  |                                    | Family Dispute Resolution Practitioner    |                        |
|  |                                    | Accountant                                |                        |
|  |                                    | Family Lawyer/Solicitor                   |                        |
|  |                                    | Financial Counsellor or Financial Advisor |                        |



## Finances

| I want to make the most of my money      | I'm worried about my finances | I am in a financial crisis |
|--|-------------------------------|----------------------------|
|  |                               |                            |
| Financial Planner/Advisor (Paid Service) |                               |                            |
| Accountant (Paid Service)                |                               |                            |
|  | Financial Counsellor          |                            |
|  | Lenders                       |                            |

# Who to see when:



|                         | Mental Health  | Money Talk  | Family and Relationships  |
|-------------------------|--|---|---|
| In an emergency         | <p>000<br/>Call police for a welfare check<br/>Call ambulance if believed to be injured</p>  | <p>1800 979 777<br/>Emergency Relief and Food Access Service</p>  | <p>000<br/>Call police if you have safety concerns<br/>Crisis Care (child safety)</p>   |
| Need to talk to someone | <p>Lifeline, Beyond Blue, Sane, MensLine, Headspace</p>  | <p>National Debt Helpline<br/>Face to Face Financial Counsellor</p>   | <p>1800Respect, MensLine, Kids Helpline, Women's Domestic Violence Helpline, Elder Abuse Helpline</p>   |
| Ongoing Support         | <p>See a GP who can refer to professional support<br/>OR<br/>Skip the GP and link straight to professional support (more costly)</p> | <p>Financial counselling service (free)<br/>Professional paid support<br/>Talk to your lenders or utility providers</p> | <p>Seek professional support – counselling services for individuals, couples or families<br/>Attend a workshop to build new skills to improve relationships</p> |