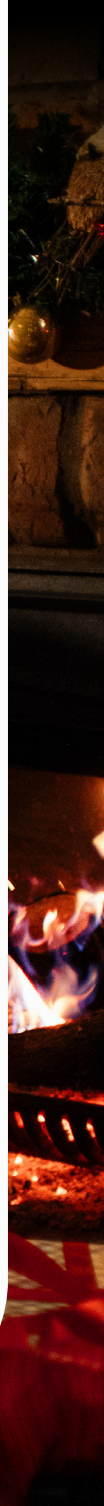


Who to see when:

| | IN AN EMERGENCY | NEED TO TALK TO SOMEONE | ONGOING SUPPORT |
|--------------------------|--|--|---|
| Mental Health | <p>000 Call police for a welfare check. Call ambulance if believed to be injured.</p> | <p>Lifeline, Beyond Blue, Sane, MensLine, Headspace.</p> | <p>See a GP who can refer to professional support or skip the GP and link straight to professional support (more costly).</p> |
| Money Talk | <p>1800 979 777 Emergency Relief and Food Access Service.</p> | <p>National Debt Helpline Face to Face Financial Counsellor.</p> | <ul style="list-style-type: none"> • Financial counselling service (free). • Professional paid support. • Talk to your lenders or utility providers. |
| Family and Relationships | <p>000 Call police if you have immediate safety concerns. Crisis Care (child safety).</p> | <p>1800Respect, MensLine, Kids Helpline, Women’s Domestic Violence Helpline, Elder Abuse Helpline.</p> | <ul style="list-style-type: none"> • Seek professional support-counselling services for individuals, couples or families. • Attend a workshop to build new skills to improve relationships. |



Who to see when:



| | 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 |
|----------------------|---|--|--|--------------------------------------|
| Mental health | GP (FOR MENTAL HEALTH PLAN AND ACCESS MEDICARE REBATES) | | | |
| | COUNSELLOR | | SOCIAL WORKER | |
| | PSYCHOLOGIST | | | |
| | PSYCHOTHERAPIST | | | |
| | PSYCHIATRIST | | | |

| | I WANT TO CHANGE THE WAY I ACT/THINK | I AM WORRIED ABOUT OUR RELATIONSHIP | HEADING FOR SEPARATION | WE ARE SEPARATING |
|----------------------|--|--|--|-------------------|
| Relationships | PSYCHOLOGIST | | | |
| | COUNSELLOR - INDIVIDUAL, COUPLES OR FAMILY | | | |
| | | MEDIATOR | | |
| | | | FAMILY DISPUTE RESOLUTION PRACTITIONER | |
| | | | ACCOUNTANT | |
| | | | FAMILY LAWYER / SOLICITOR | |
| | | FINANCIAL COUNSELLOR / FINANCIAL ADVISOR | | |

| | I WANT TO MAKE THE MOST OF MY MONEY | I AM WORRIED ABOUT MY FINANCES | I AM IN A FINANCIAL CRISIS |
|-----------------|--|--------------------------------|----------------------------|
| Finances | FINANCIAL PLANNER / ADVISOR (PAID SERVICE) | | |
| | ACCOUNTANT (PAID SERVICE) | | |
| | | FINANCIAL COUNSELLOR | |
| | | LENDERS | |