

Every day we lose nine Australians to suicide. Seven of those people are men.

That's more than double the national road toll.



**All of these are common feelings.
But, over time, bottling things up
can have a negative impact on your health.**

If you're feeling overwhelmed or out of control, it's time to do something about it.
Reach out to someone you trust or call Lifeline anytime on 13 11 14.

