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

That's more than double the national road toll.

wat ood "I'm good."

anxious lonely sadness
overwhelmed withdrawn
helpless negative thoughts worry
alcohol down empty
nervousness anger fearful
agitated insecure reckless
fidgeting pain guilt
hurt grumpy hopeless
rejected drugs grief
shame restless
isolating

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.



