

WELLNESS PLAN

What can you do?



I am unwell but I need
to wait for support!

What can I do?

Firstly, **know that you are not alone.**

If you need immediate/crisis support go to page 3
(the page with crisis numbers).

Many in our communities identify with struggling to maintain their sense of good health and wellness due to their experiences in this world. Our team of peers can relate to being unwell and have also experienced the challenges that come from waiting for support while unwell. Our mental health workers have drawn from our collective experiences to create this wellness plan to aid you while you wait to be connected to a service and a worker to support you.

Wellness is a self-defined concept meaning that you get to decide what wellness looks like for you.



Crisis and Other Support Numbers



TELEPHONE SUPPORT

[Lifeline](#) - 13 11 14

[Qlife](#) (3pm - 9pm) - 1800 184 527

[Suicide Call Back Service](#)

- 1300 659 467

Mental Health Access Line - 1800 011 511

[Beyond Blue](#) - 1300 22 4636

[Butterfly Foundation](#) (for anyone in Australia concerned about eating disorders or body image issues)
- 1800 334673

FOR MOB

[Yarning Safe and Strong](#)

- 1800 959 563

[13YARN](#) - 13 92 76 (mob only)

[Sydney Sexual Health](#) (for mob)

SEXUAL HEALTH

[Sexual Health Infolink](#) - 1800 45162

UNDER 18YO, KIDS AND FAMILIES

[Kids Helpline](#) - 1800 043 470

[ReachOut](#) - mental health service for young people and their parents

AOD

[Alcohol and other Drugs Information Service \(ADIS\)](#) - 1800 250 015

DOMESTIC AND SEXUAL VIOLENCE

[NSW Domestic Violence Line](#)

- 1800 656 463

[Rainbow Sexual, Domestic & Family Violence Service Help Line](#)

- 1800 385 578

TRAUMA SUPPORT

[Blue Knot Foundation for Complex Trauma](#) - 1300 657 380

[SAMSN Survivors and Mates Network](#)
(for male survivors of childhood abuse)
- 1800 472 676

Safe Havens

A Safe Haven is a place you can go if you're feeling distressed or having suicidal thoughts. It is a safe place where you can talk openly about how you are feeling and what you're going through. It's free and you don't need an appointment.

There are Safe Havens in Bega, Broken Hill, Brookvale, Campbelltown, Newtown, Darlinghurst, Kogarah, North Ryde, Westmead and Penrith as well as other locations across NSW.

Go to <https://www.health.nsw.gov.au/towardszerosuicides/> for more locations and contact details



Mental Health and Social Support Groups

ALTERNATIVES TO SUICIDE SUPPORT GROUPS

Alternatives to Suicide (Alt2Su) is a peer-based response to supporting people who have made suicidal attempts or who have experienced suicidal thoughts. This peer-to-peer practice consists of mutual support groups that provide a space for voicing, sitting with, understanding and moving through suicidal thoughts.

Trans & Gender Diverse Alt2su free online group

Meeting via Zoom

Email info@discharged.asn.au to join this group

8pm-9:30pm (AEDT), every Wednesday

Online Trans and Gender Diverse DISCHARGED Suicide Peer Support Group — DISCHARGED

More groups can be found:

[Alt2Su – NSW \(alt2su-nsw.net\)](http://alt2su-nsw.net)

DISABILITY SUPPORT

Disability Advocacy Support Helpline – [1800 643 787](tel:1800643787)

The Disability Advocacy Support Helpline provides short term and phone-based disability advocacy support, no matter where you live in Australia. The Helpline may refer you to other supports in your local area based on your individual needs. Read more about the [Disability Advocacy Support Helpline](tel:1800643787).

Disability Gateway – [1800 643 787](tel:1800643787)

Monday to Friday, 8 am to 8 pm
(AEST/AEDT)

The Disability Gateway is a free, Australia-wide service. It helps all people with disability, their families and carers to find trusted information and connect to services in their area.

Carer Gateway – [1800 422 737](tel:1800422737)

Monday to Friday, 8 am to 5 pm

Carer Gateway helps carers get the support they need before reaching crisis point. Carer Gateway provides a range of early intervention, preventative and tailored supports and services to help carers manage their daily challenges, reduce stress and plan for the future.

National Relay Service – [1800 020 103](tel:1800020103)

Monday to Friday, 8 am to 6 pm AEST
(closed on public holidays)

The National Relay Service (NRS) can help you contact someone in the case of emergency if you're deaf or find it hard to hear or speak to hearing people on the phone.

FOR PRACTICAL SUPPORT NEEDS

Askizzy.org.au - you can search for soup kitchens/food pantries by postcode

The Salvation Army

- support with essentials

Homelessness Link2Home

- [1800 152 152](tel:1800152152)

THINGS YOU
COULD DO:
Body & Mind



What can I do?

There are many ways that you can support yourself when feeling low. You might find it hard to think of things that you could do, particularly if you are overwhelmed. So, we have put together a list of things that are known to be helpful.

Reach out to
trusted people

Consider inviting
someone to
run errands
and complete
responsibilities
with

Eat a favourite
meal/snack

Have a glass of
water or other
favourite drink

Create – drawing/
painting, playing
music, dancing,
doing craft activities,
journaling

Hugs from trusted
people or
yourself– for those
who like hugs

What can I do?

Cuddles and
quality time
with fur babies

Watch your
favourite comfort
show/movie

Visit places that
bring you comfort,
joy, peace or
spiritual connection

Take small moments
to stand in the
sunshine, feel grass
under your feet, the
breeze on your skin

Move, small gentle
movements or
stretches that are
accessible to you



If you respond well to deep pressure – weighted blankets can help to ground and self-soothe.

If weighted blankets are too heavy – weighted plushies/soft toys

What can I do?

Listening to 8d music with headphones, Spotify & YouTube have plenty of playlists

8D Tunes

<https://open.spotify.com/artist/5fOzKeaM5PmZ2BcKKA?si=0lWQJvWtRzew3p8lBnB3KQ>

8D Sleep

https://open.spotify.com/artist/6PC3Jy6f6JmABXbfbtYc9L?si=nXEOJSXjTh6vfVGskE5P_w



Note: Sometimes no matter what you do the feeling might not go away and that is okay too. It does not mean you are broken, or something is wrong with you; it is purely a reflection of how hard living can be. Sometimes all we can do is wait it out and comfort ourselves in any way we can.

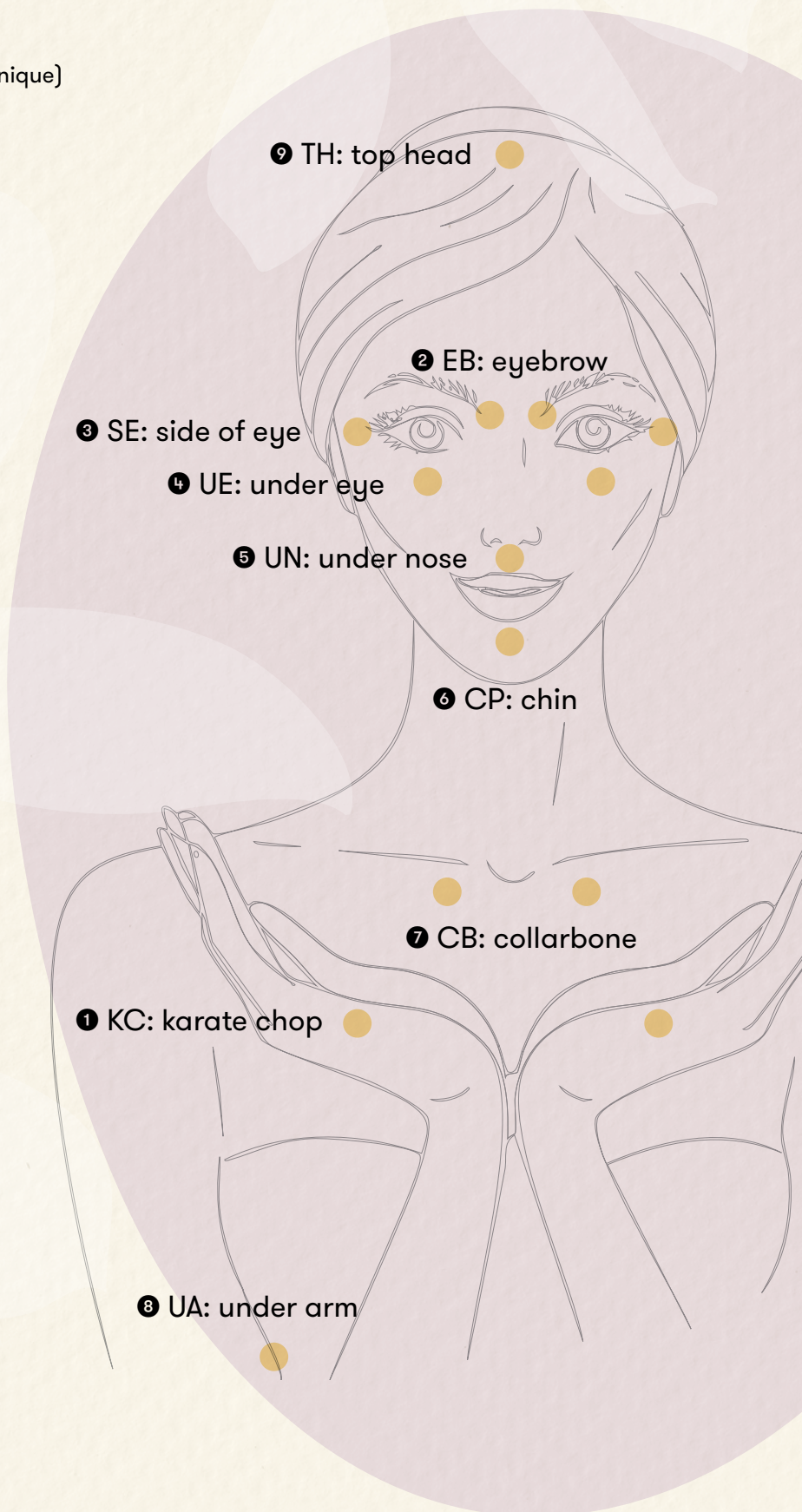
Tapping

• Tapping, or EFT (Emotional Freedom Technique)

1. Identify the feeling (name the emotion or locate a sensation in body)
2. Rate intensity from 0 -10 3. Create a phrase that feels right for you, starting with “even though”.

“Even though I feel scared, I accept this feeling”

“Even though I feel uncomfortable, I accept myself as I am right now”
4. Tap one spot for a few moments whilst saying the phrase. Move through spots on the body slowly.
5. Check in with the intensity as you go. If it’s still higher than you’d like, keep moving until the number reduces to a level that’s better for you.



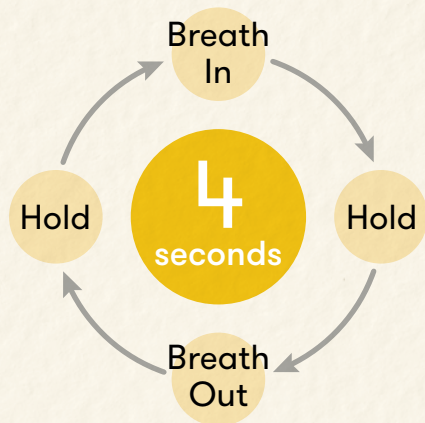


Grounding

- Take off your shoes, walk in the grass and feel the earth under your feet. If you'd like you can imagine tree roots growing down from your feet, anchoring you to the ground
- Say what emotion you feel out loud e.g "I feel sad, angry, scared". If you have a safe person, ask them if you can look into their eyes as you share this feeling and for them to validate - "It's okay for you to feel sad/angry/scared".
- Eat a strong flavoured food like a mint, sour candy or ice cubes and focus on the experience

Breathing

- Alternate Nostril Breathing: [Video demo](#)
- For Panic Attacks: Avoid deep breathing. Slow shallow breaths reduce symptoms of hyperventilation.
- (If you feel adverse effects — such as shortness of breath, feeling lightheaded, dizzy, or nauseous, feelings of agitation or that it triggers any mental or physical symptoms, return to regular breathing or try singing or humming)
- Circle Breathing



SUPPORT ORGANISATIONS AND GROUPS

Where can you find help?

Autism Connect

National Autism helpline - 1300 308 699

InsideOut Digital Self Help for Eating Disorders

THIS WAY UP

Online tools and practical ways to manage your mental health

SMART Recovery

group online and in person meetings for behaviours of concern including substance use, gambling, smoking

Rainbow Recovery Club

LGBTQ+ 12 step recovery meetings

Rainbow Cultures

LGBTQIA+ multicultural community groups and services in NSW

Rainbow Families

LGBTQ+ Social Meet Ups



Other Helpful Links

WEBSITES

Beyond Blue

Beyond Blue is Australia's leading mental health and wellbeing organisation, offering immediate support for anyone feeling anxious, depressed, or unsafe. You can access free, confidential help 24/7 by calling **1300 22 4636** or using the [Beyond Blue Online Chat](#). Whether you're in crisis, seeking safety, or looking for practical strategies and resources to cope, Beyond Blue connects you to trusted resources and caring professionals because help is always just a call or click away.

[24/7 Support for Anxiety, Depression and Suicide Prevention. - Beyond Blue](#)

Transhub

TransHub is ACON's comprehensive digital resource for trans and gender diverse people, their loved ones, allies, and health providers. It offers clear, accessible information on social, medical, and legal gender affirmation, as well as health and wellbeing support. From practical guides and downloadable templates to resources for clinicians and allies, TransHub is

designed to empower individuals and foster inclusion. Explore topics on rights, healthcare, and community connection—all created by and for trans and gender diverse people across Australia.

[TransHub | ACON's Digital Resource](#)

HERE

HERE is ACON's digital hub for suicide prevention and situational distress, designed for LGBTQ+ communities, their loved ones, and service providers in NSW. It offers practical resources, lived experience stories, and guidance on navigating mental health support. From 24/7 crisis lines and safety planning tools to peer support and affirming care options, HERE connects you to the help you need because no one should face distress alone. Explore resources to support yourself or someone else and find pathways to care that respect your identity and community.

[Here - HERE is ACON's digital hub for information on suicide and situational distress, connecting LGBTQ+ people, their loved ones, and service providers in NSW to care, support, and resources.](#)

Medicare Mental Health Centres

[Medicare Mental Health Centres](#) are a welcoming and non-judgemental place where you can access free mental health information, services and supports.

The centres provide free, immediate, short and medium-term care to **anyone**. They aim to make it easier for anyone living in Australia to access equitable, free, and quality mental health support closer to home.

You can walk into any centre for free mental health support.

When you arrive, a trained professional will take the time to talk to you to understand your immediate needs. They may also make an appointment for you to visit again.

You can also **call 1800 595 212** for information about local mental health supports or to book an appointment with your nearest centre.

