

Which support option is right for you?

1

If you:

- prefer to talk about personal things with someone you know and trust
- would rather speak to someone in person
- are part of a strong community with existing support options

Then you might like:



Face-to-face support

2

If you:

- are seeking professional support or advice
- like human connection but dislike face-to-face chat
- feel uncomfortable with technology or don't have a stable internet connection

Then you might like:



Phone support and helplines

3

If you:

- are nervous about sharing your story
- prefer to talk in private or anonymously
- want to grow your support network
- lead a busy life and need to access support on the go

Then you might like:



Online support

Read on to learn more about **how to access** your preferred support option