

# National Hope Line

24 hours | 7 days a week

If you have lost a loved one by suicide, we can help. Please call the National Hope Line and talk to one of our trained telephone counsellors.

**1300 HOPE LINE**  
**1300 467 354**

You may be overwhelmed by different emotions, some of them all at once: denial, shock, confusion, guilt, anger or pain. It is important to realise that you can SURVIVE the pain. There may be times when you don't think you can, but hope makes it possible.

For More Information

[www.suicideprevention.salvos.org.au](http://www.suicideprevention.salvos.org.au)

