

The Way Back Program – Western NSW

Support after a suicide attempt or crisis

Find your way, one step at a time

We're here to help you feel safe and
connect you to the support you need.



The Way Back Support Service provides free, personalised support after a suicide attempt, suicidal crisis or period of distress.

What happens next?

A doctor, healthcare worker or other community service may refer you to The Way Back Support Service. A friendly Care Coordinator or Peer Worker will then contact you within one business day (excl. Public Holidays) to discuss if The Way Back Support Service is right for you.

How does The Way Back support service work?

The Way Back Support Service is peer-led – meaning you may have support from people who have experienced what you're going through.

A dedicated Care Coordinator and Peer Worker will work with you for up to 12 weeks.

Based on your needs and goals, support can include:

- creating a support plan that focusses on your long-term recovery
- connecting you with services, such as mental health supports, community groups, financial support, or relationship counselling
- making a safety plan so you know what to do and who to call if you feel distressed – providing access to formal and informal support to help your recovery.

Need help now?

Dial Triple Zero (000) or go to your nearest
emergency department

Lifeline (24/7) 13 11 14 or 13 YARN 13 92 76

Suicide Call Back Service (24/7)
1300 659 467

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