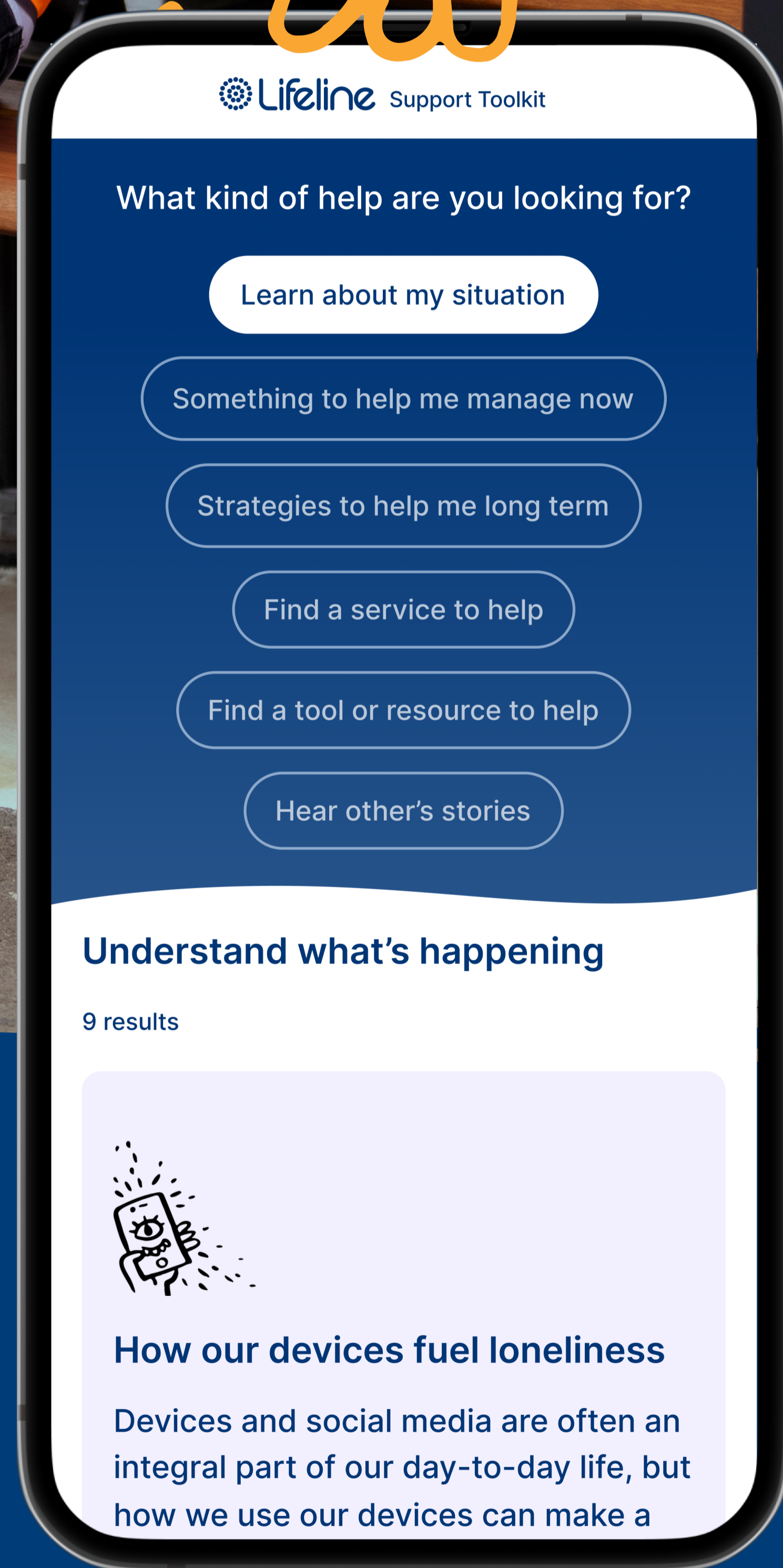





Lifeline's Support Toolkit

Tell us what's on your mind,
and we'll show you ways to help.

Get help, at your own pace. Visit toolkit.lifeline.org.au.




 Support Toolkit

What kind of help are you looking for?

- Learn about my situation
- Something to help me manage now
- Strategies to help me long term
- Find a service to help
- Find a tool or resource to help
- Hear other's stories

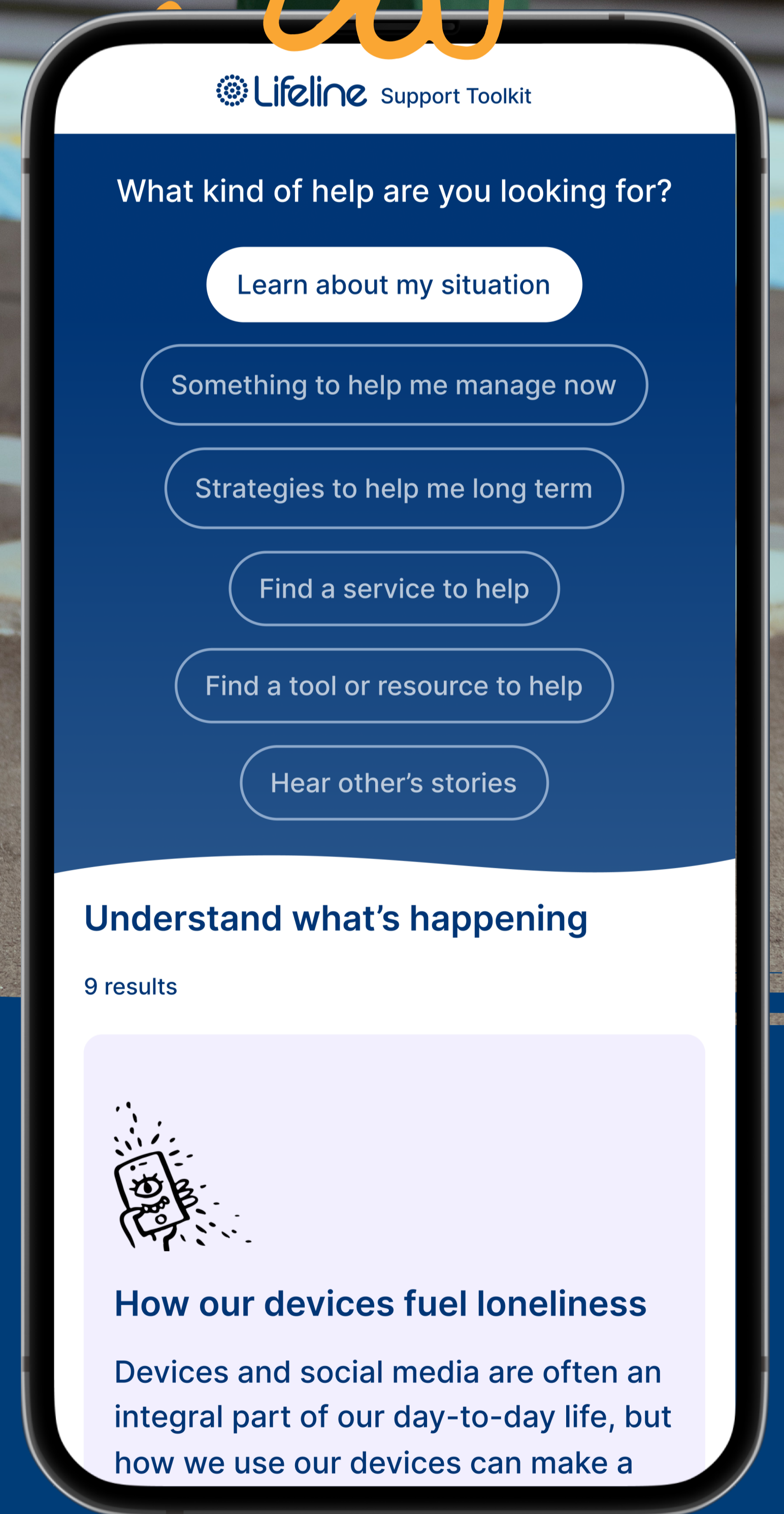
Understand what's happening

9 results



How our devices fuel loneliness

Devices and social media are often an integral part of our day-to-day life, but how we use our devices can make a



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