

Taking care of yourself

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reimagine.today includes examples and stories to help make psychosocial disability and recovery easier to understand. Sometimes reading and hearing about other people's lives might be distressing or trigger memories of your own experiences.

If you find yourself getting upset, consider taking a short break and coming back to it later.

If this doesn't help, or you want support, speak to someone you know and trust or consider contacting the following helplines:

[Lifeline](#) 13 11 14

[Suicide Call Back Service](#) 1300 659 467

[Kids Helpline](#) 1800 55 1800

[MensLine Australia](#) 1300 78 99 78

Additional information about other services you can speak with is available on the [Other services that could help me](#) page.

Keeping check on your health and wellbeing is very important when thinking about, considering or making an NDIS application. More information about looking after yourself, taking care of your health and wellbeing and telling your story to other people in safe ways is available on the [Strategies to maintain my health and wellbeing](#) page.

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