



You need help.

More places you can ask.



Go to the next page.



We are QBE. We can help with your cover.

Like how to pay your bill.



Call

133 723.



You may need different help.

Like a person to talk to. It is about how you feel.



This book has places you can ask.



Help with how you feel

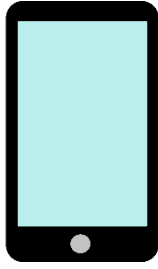


You feel bad.



You may want to hurt your self.

You may want to die. You need to talk **now**.



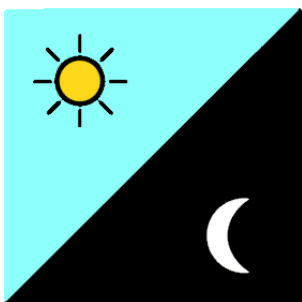
Call **Life line**.

13 11 14.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
[Green shaded area]						

It is open each day. You can call on

- any week day. Like Monday
- the week end. Like Sunday.



It is open all the time. You can call

- in the day
- late at night. Like mid night.



You can talk to a person. They are from Assure.

It is about how you feel.

Like you are sad all the time.

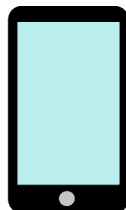


They can help you with your money.

Like help you make a plan.

It is for how you use your money.

assure

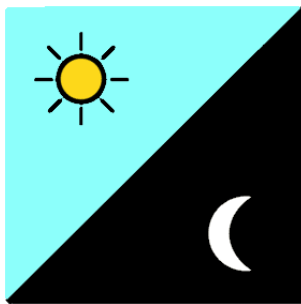


Call **Assure**.

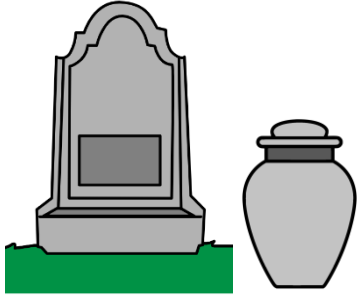
1800 808 374.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
[Green filled area]						

It is open each day.

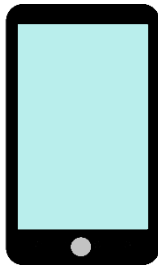


It is open all the time.



A person died. Like your son.

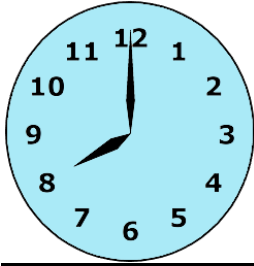
You feel sad. You want to talk.



Call **Grief line.**

1300 845 745

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
It is open each day.						



8:00

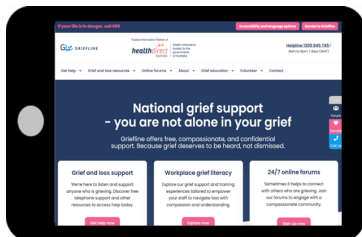
It opens at 8 each morning. It is Sydney time.



8:00

It shuts at 8 each night.

Or

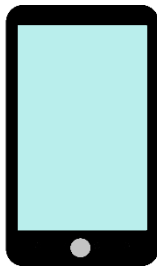


Go to www.GriefLine.org.au.



You are a man.

You want to talk about how you feel.

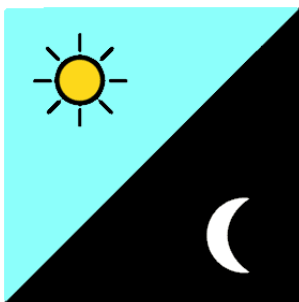


Call **Mens line**.

1300 789 978

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
[Green area]						

It is open each day.



It is open all the time.



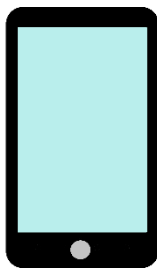
Help with money



You want help to look after your money.

You may want to make a plan.

It is for how you use your money.



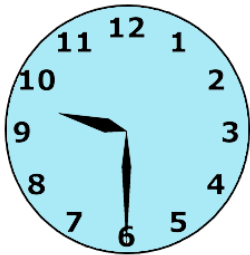
Call **National Debt Line.**

1800 007 007.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

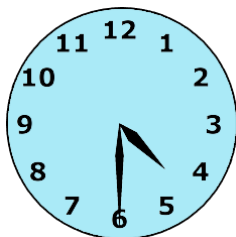
It is open each week day. You can call on

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday.



It opens at 9.30 in the morning.

9:30

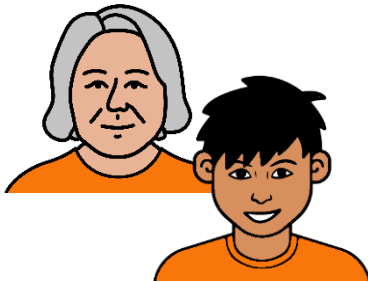


It shuts at 4.30 in the afternoon.

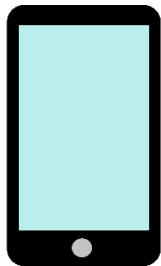
4:30



You can get help from the government.
Like Centre link.



You may be old. You may get a pension.
You may be young. You study.
You may get some money.

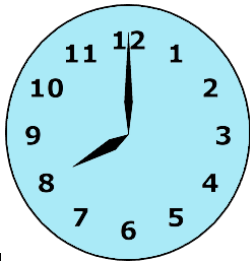


Call **Services Australia**. 13 24 90

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

It is open each week day. You can call on

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday.



It opens at 8 in the morning. It is Sydney time.

8:00



It shuts at 8 at night.

8:00



You may have your own Centre link number.

It is on your Centre link card.

They call it your CRN.



Centre link send you letters. Your number is

- at the top
- on the right.



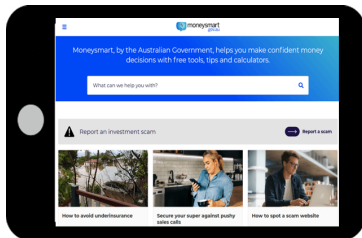
You call. Have this number ready.

They will ask for it.



You want to learn about money. Like how to

- save money
- be safe from scams.





Go to www.MoneySmart.gov.au

They have things you can read.



You need more help

 QBE



You do not feel safe.
You need help.
Places you can ask.

Read

You do **not** feel safe. You need help.

Places you can ask.

 QBE



You are Aboriginal.
You need help.
Places you can ask.

Read

You are Aboriginal. You need help.

Places you can ask.

Images

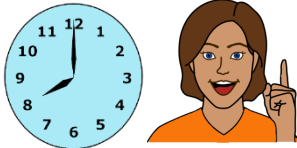
We can use the images from



- CHANGE www.changepeople.org
- Inspired Services



- iStock
- Noun Project

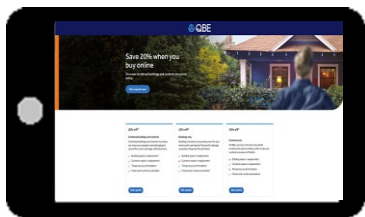


- Picto Selector
- Tobii Dynavox.

We used AI to make some images.



We can use the logos.



This fact sheet is based on information from the QBE website.



Access
Easy English

Access Easy English wrote the Easy English.

December 2025.