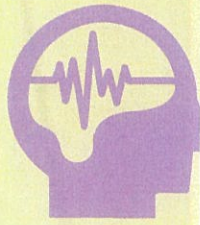




MENTAL HEALTH



**YOU ARE NOT
ALONE THERE
IS ALWAYS
SOMEONE OUT
THERE WHO
WANTS TO HELP
YOU.**

**YOU CAN TALK
TO A FRIEND, A
PARENT, A
TEACHER, ANYONE
WHO YOU CAN
TRUST TO HELP
YOU.**

**ASK FOR
HELP
REACH OUT
LOOK FOR
CHANGES
IN A PERSON
SEEK OUT
SOMEONE
TO TALK
TO**

HERE IS SOME PHONE NUMBERS TO HELP YOU

BEYOND BLUE (4390 3266)

KIDS HELP LINE

(1800 55 1800)

