

When someone has thoughts of suicide it can feel overwhelming inside.

But on the outside the warning signs can be subtle.

Suicide can impact anyone, but all of us can help.

You can make a difference.

#YouCanTalk

Courtney

#YouCanTalk Ambassador

lifeinmindaustralia.com.au/youcantalk

000 if life is in danger

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Beyond Blue: 1300 22 46 36

