

You don't have to be
a professional to ask
someone if they're
thinking of suicide or
feeling suicidal.

You don't have to try and
fix the problem.

If you notice a change,
the best thing you can do
is start a conversation.

**You can make
a difference.**

#YouCanTalk

Erik

Paralympian and
#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

