

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

I was overwhelmed. Then
my friend asked me: Are
you having thoughts
about suicide?

In that moment,
everything changed.

**You can make
a difference.**

#YouCanTalk

Kerry

**#YouCanTalk Ambassador
with lived experience**

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

