

A family member said

“You don’t seem yourself,
what’s been happening?”

They helped me feel safe,
encouraged me to get
professional help, and
to make plans for my
recovery.

**You can make
a difference.**

#YouCanTalk

Leilani

**#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

