

This is a message you need to hear. It could help save a life.

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

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

You can make a difference.

#YouCanTalk

Michelle Bridges
#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

