

MENTAL ILLNESS IS COMMON.

One in five (20%) Australians aged 16-85
experience a mental illness in any year.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.

Source - The Black Dog Institute (1)



#STAYCHATTYCOACHKIT

SPEAK UP! Stay ChatTY
SPORTS PROGRAM