5 ways to make a difference

No matter our age, background and experiences we all have a role to play in promoting positive mental health in our own lives, and our community.

For more information on where to seek support and how to get involved: www.staychatty.com.au

We all have a role to play in breaking down the stigma surrounding mental health.

Remember...
SPEAK UP! Stay ChatTY

Relationships Australia Tasmania
1300 364 277
tas.relationships.org.au

Kids Helpline
1800 551 800
kidshelpline.com.au

Mental Health Services Helpline
1800 332 388

Lifeline
13 11 14
lifeline.org.au/tasmania

Relationships Australia TASMANIA

www.staychatty.com.au
staychatty@reltas.com.au

Find us on: