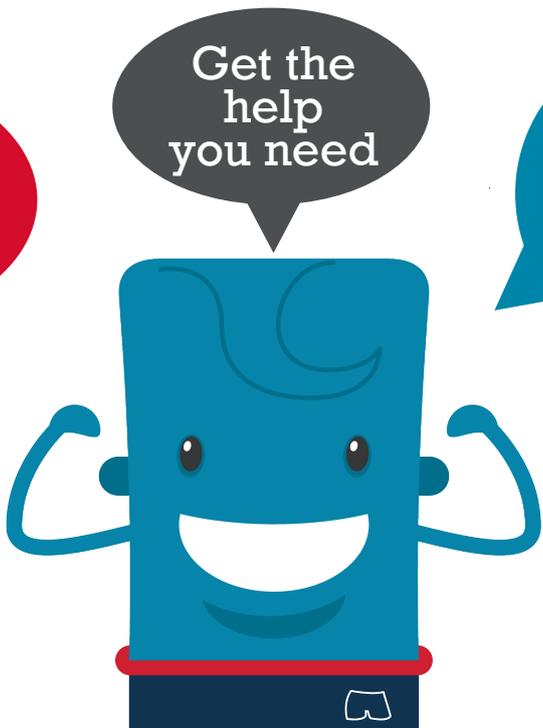


5 ways to make a difference

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.



Listening
saves lives

Get the
help
you need

Be kind

Conversations
matter

It's OK to
not be OK

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:

