

IF YOU ARE WONDERING...

WHY NOT HAVE A

FRIENDLY, ANONYMOUS

CHAT?

CALL:

QLIFE : 1800 184 527 (between 3pm & midnight daily)

KIDSHELPLINE: 1800 55 1800 (24 hours)

OR VISIT:

WWW.YOUTHCENTRAL.VIC.GOV.AU

HTTPS://QLIFE.ORG.AU

A Loddon Healthy Minds Network Initiative
www.loddonhealthyminds.com.au

Maddison Holt
GRAPHIC DESIGN