

# 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](http://www.loddonhealthyminds.com.au)

*Maddison Holt*  
GRAPHIC DESIGN