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Want to build and maintain stronger connections with friends and family?

Would you like to build your confidence and ability to assist a friend or family member who is in need of mental health support?

Do you know how easy it is to get help and support for your mental health or the mental health of others?

Small Talk Big Difference is here to help.

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Local General Practice clinics:

- > **Richmond Surgery**
58 Crawford St, Richmond
Ph: 07 4741 3390
- > **Hughenden Health Service**
Richmond Hill Dr, Hughenden
Ph: 07 4741 2800
- > **Flinders Medical Centre**
4/5/27 Ramsay St, Cloncurry
Ph: 07 4742 2233
- > **Julia Creek Medical Centre**
Hospital, 1 Burke St, Julia Creek
Ph: 07 4746 7159
- > **Gidgee Healing Medical Centre**
32 Brown Street, Normanton
Ph: 07 4769 7044
- > **Burketown Primary Health Care Clinic**
Burketown Health Centre Hospital Rd, Burketown
Ph: 07 4745 5133
- > **Winton Medical Practice**
Lot 15, Corner Blomfield and
Oondooroo Street, WINTON, QLD, 4735
Ph: 07 4657 2755

24-hour specialist mental healthcare access line

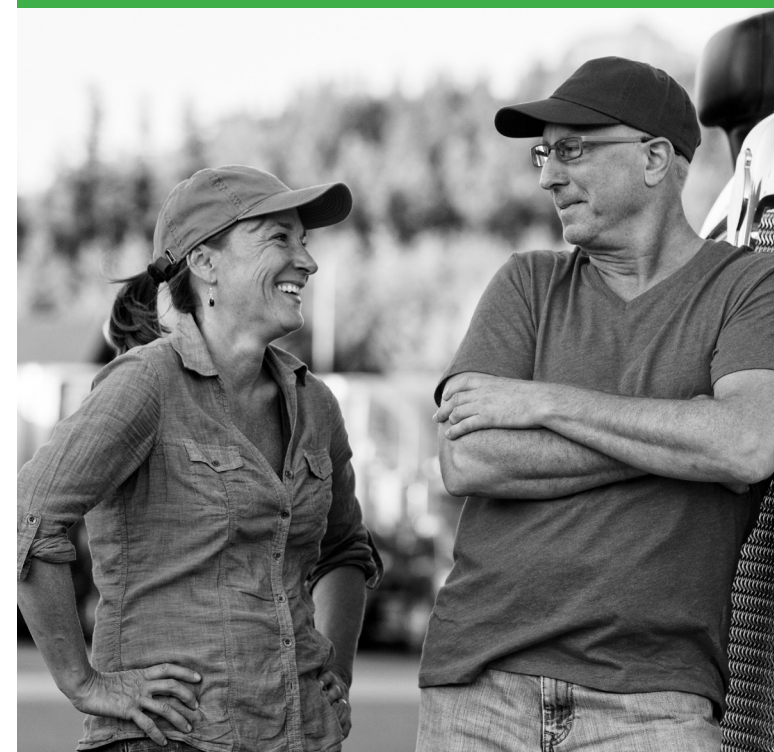
1300 MH CALL (1300 642255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

Head to Health

If you're trying to improve your own mental health, or support somebody else with mental health issues, Head to Health provides links to trusted Australian online and phone supports, resources and treatment options. <https://headtohealth.gov.au/>



Stay connected.
We're stronger together.



www.smalltalkbigdifference.com.au

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Learn how to build and maintain stronger connections

Most of us get through hard times in life with the help of our family and friends. **We need each other.** Making and maintaining connections with others, linking in with our local community and checking in – particularly with older members of our community or those who are more at risk of being isolated – is important for everyone's wellbeing.

There are many reasons that people can end up feeling isolated and alone; distance, COVID-19 or a breakdown in communication and relationships, but sometimes we don't know where to start.

Small Talk, Big difference is here to help you learn how to build the skills to overcome the barriers to connection.

Get more comfortable having challenging conversations, it could save a life.

What many people don't realise when it comes to mental health concerns, is that they are very common, but also very treatable.

Help is readily available, but sometimes people need encouragement from those close to them who they trust to get the help they need to get out of the hole and back into life.

Sometimes they just need to talk through things with a mate. After all, small talk does make a big difference.

Small Talk, Big Difference is here to support you in learning these skills to have conversations that matter.

Having a hard time?

Get Help! It's available, it's normal and it works!

Have a chat with your GP about any concerns. Whether it's diabetes or depression, treatment options are available.

Your local GP or Health Centre is one of the best places to start, offering direct support and linking you in with professionals who can help you through the hard times.

You are not alone, there is a way through.

Make that call before things get worse and help yourself (or a mate) to get back into life.

Learn more, visit www.smalltalkbigdifference.com.au

Stay connected We're stronger together