



IS THERE A
CONVERSATION
YOU WANT
TO HAVE
RIGHT NOW?

24-hour specialist mental healthcare access line

1300 MH CALL (1300 642 255) 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/>

LET'S HAVE
A TALK?

Want to become more confident to start
a conversation about mental health?

Want to know how to encourage a
loved one or neighbour to seek help?

Want to know how to get mental
health support?

Small Talk, Big Difference is here to help.

A lot can change over the years,
but a lot can also change in just a
few minutes. **Let's have a talk?**

This program is proudly funded
by the Australian and
Queensland governments
under the Disaster Recovery
Funding Arrangements (DRFA).



To learn more, visit
www.smalltalkbigdifference.com.au



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Starting conversations towards better mental wellbeing

Having a conversation about your own, or a loved one's mental health can feel challenging - but it doesn't have to be.

Small Talk, Big Difference is a program delivered in partnership between the Royal Flying Doctor Service (Queensland Section) and Queensland Health, providing you with the tools and confidence to start these important conversations and seek help if you are struggling.

Why a small talk can make a big difference

The help-seeking process often starts after a chat with a friend or family member. Sometimes, all someone needs is a little encouragement from people they trust to get the help they need.

We can become more comfortable having these conversations by getting better at small talk. This starts with asking thought-provoking questions that encourage people to reflect on their feelings and open up, rather than defaulting to 'how are you?'

When was the last time you had a small talk?

Call a loved one, strike up a small talk with someone in your community or book an appointment with your GP if you're concerned about your own mental wellbeing.

Your local GP or Health Centre is one of the best places to start, offering direct support and linking you with professionals who are there to help.

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