



IF YOU COULD  
WAKE UP TOMORROW  
WITH ONE THING IN  
YOUR LIFE CHANGED,  
WHAT WOULD IT BE?

A lot can change over the years, but a lot can also change in just a few minutes. 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.**



Proudly funded by the Australian and Queensland Governments through the Disaster Recovery Funding Arrangements (DRFA)



HAVE YOU EVER  
BEEN SURPRISED  
BY THE KINDNESS  
OF OTHER PEOPLE?

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