



WHAT'S THE
BIGGEST CHALLENGE
YOU'RE FACING
RIGHT NOW?

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.



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



WHAT'S ONE
THING YOU'RE
PUTTING OFF?

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