

BUILD your EMOTIONAL MUSCLES

Just like you have physical muscles in your body that help you move, you also have invisible, emotional muscles that help you handle the ups and downs in life.

Let's build our mental fitness together

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EMBRACE your VILLAGE



Your village is made up of the people who care about you, listen to you and spend time with you - they help you to feel supported, and safe to be YOU.

Who are the people in your village?

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DON'T

worry

ALONE



If you're facing a problem or a worry that won't go away, talking to someone you trust is brave and strong.

No problem is too big or too small to talk about, everyone needs help, sometimes.

Speak to a trusted adult at home or at school, and the kind people at Kids Helpline are here to talk 24/7, every day and night on 1800 55 1800. You can visit their website at kidshelpline.com.au



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