

I HAVE PEOPLE AROUND ME

MY FRIENDS & FAMILY DON'T REALLY GET ME



SOMETIMES LONELINESS IS HARD TO HIDE

Youth and Family Mental Health Support is available for young people aged 10–21 years and/or their parents/carers who are residents of the Byron and Ballina Shires. There is no cost for this service.

To find out more call (02) 6686 4109
or email intake@thefamilycentre.org.au

HEALTHY
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This service is funded by
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Common signs of mental health issues include:

extreme mood swings,
changes in eating habits,
excessive worrying or fear,
problems concentrating,
and avoiding friends or
social activities

If you know a young person experiencing any of these signs,
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aged 10–21 years and/or their parents/carers who are residents

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IT'S GREAT

THAT PEOPLE THINK I'M DOING OK

SOMETIMES SADNESS IS HARD TO HIDE

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MY GRADES

ARE NEVER QUITE GOOD ENOUGH



SOMETIMES ANXIETY IS HARD TO HIDE

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MY LIFE IS FULL OF PRESSURE AND EXPECTATIONS

SOMETIMES EMPTINESS IS HARD TO HIDE

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Myth:

When I'm sad I must be depressed.

Fact:

Sadness is a natural emotion. Depression comes from prolonged periods of sadness.

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We all have good days and bad days.

If you are feeling sad, down or anxious & these feelings have started to affect what you would normally enjoy doing, then its important to find out whats going on or what you can do about it.



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