

# **“I KNOW NOTHING”**

**We all know something. Sometimes we need to share this something with our mates and look for support on anything and everything. If you're feeling depressed & your mental well-being is being challenged by:**

*School Concerns    Work Issues    Sleep deprivation  
Bullying    Alcohol & Drug Abuse    Relationships    Family  
Matters    Loneliness    Eating Disorders    Money Concerns  
Death of Loved One    Lack of drive to socialise  
Lack of motivation to exercise  
Or Anything Else...*

**Don't keep it to yourself. Share it with a family member, friend or if you need a confidential chat with someone who will listen & you can trust, please don't leave it too long to chat with either:**

Michael Duggan - 0417 569 061  
Allison Dodd - 0405 209 982  
Steven Knight – 0428 796 368  
Mark Hassall - 0438 554 287  
Craig Leggo - 0487 087 241  
Bert Werden – 0411 106 652  
Neil Moxon - 0431 240 628

Troy Cuthbertson - 0419 171 262  
David Tate – 0417 571 311  
Annie Manson - 0408 318 248  
Nick Sabatino – 0478 063 993  
Carrie Reddick - 0428 443 050  
Paul Dillon - 0409 828 021  
Danny McConville – 0459 953 200

**All of us & many more care about you**

**Or for a professional chat call:**

Headspace - 1300 880 218



Beyond Blue - 1300 224 636



Lifeline - 13 11 14



**Even the Strongest are Vulnerable  
Make Mental Fitness a Priority and Start Talking**

