

this christmas

remember to be



compassionate

& understanding

MANY PEOPLE



grieve for missing loved ones

ARE UNABLE TO ACCESS SUPPORT SYSTEMS

HAVE NO FAMILY



struggle financially

feel isolated

at this time of year

DOMESTIC AND FAMILY VIOLENCE



SELF HARM & SUICIDAL THOUGHTS



drug AND alcohol abuse

ANXIETY & DEPRESSION

significantly increase



YOU CAN HELP

CHECK IN AND KEEP CONNECTED

know open support services

do not shame negative thoughts