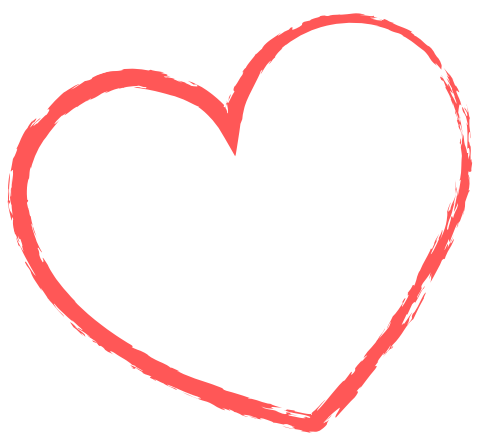
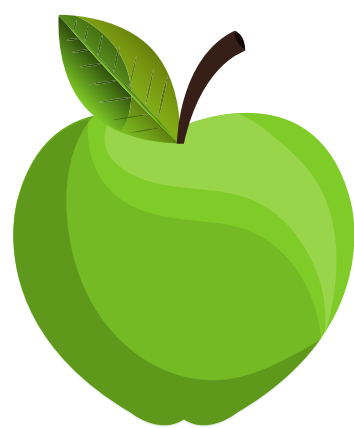


# KIDS, BE KIND TO YOUR MIND

What can you do if you need help  
with your feelings?



Talk to an adult  
in your family



Talk to an adult  
at school



kidshelpline  
Anytime Any Reason

Connect to  
kidshelpline online or  
on the phone 1800  
551 800



Do some relaxation or  
mindfulness



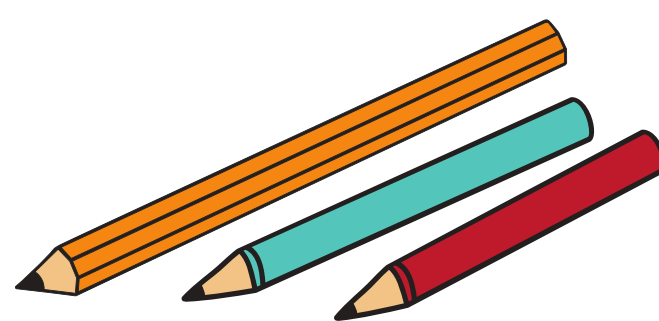
Contact the eSafety  
Commissioner for  
help online



Do some exercise



Take a break &  
get a drink



Do some drawing  
or colouring