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Stay connected. We're stronger together.



Want to build and maintain stronger connections with friends and family?

Would you like to build your confidence and ability to assist a friend or family member who is in need of mental health support?

Do you know how easy it is to get help and support for your mental health or the mental health of others?

Small Talk Big Difference is here to help.

Learn more, visit www.smalltalkbigdifference.com.au

We will equip you with the skills and knowledge to support your own mental health, build your confidence and ability to have difficult conversations with others, and connect you with services in your local area.



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