



Is Your Mind Stressed? Got a Problem? Don't hesitate to ask for help.

When something is weighing on your mind,
or when you feel stuck with no way forward,
it's wise to reach out for support from a trusted friend
or adult.

We don't all face life challenges the same way.
Some may manage them with ease,
while others may struggle to find solutions and that's okay.

So, who can you turn to?
Someone you trust.
Someone who respects your privacy.
Someone with experience in life and in understanding
social issues.

And if you can't find that person in your circle,
professional support or guidance from a qualified
organisation
is always there for you.

Don't carry the weight alone. Don't feel ashamed.
Sharing what's on your mind
is the first step toward lightening the burden.

